



# SWIM ONTARIO OPEN WATER CHAMPIONSHIP

Gull Lake Rotary Park, Gravenhurst

*Celebrating 100 Years...and Beyond!*



**JULY 16 – 17**

THANK YOU TO OUR SPONSORS



# SWIMMERS & COACHES BRIEFING

2022 ONTARIO OPEN WATER CHAMPIONSHIP  
GULL LAKE, GRAVENHURST, ONTARIO  
JULY 16 & JULY 17, 2022

# 2022 ONTARIO OPEN WATER CHAMPIONSHIP

## The Venue:

- ▶ Gull Lake Park is a municipal park with a managed and guarded waterfront
- ▶ There are 2 docks secured in the water that will be used to secure the start line
- ▶ The depth of the water exceeds the 1.4 meter requirement
- ▶ The water temperature when measured on the course is 24 degrees
- ▶ The water is regularly tested for bacteria and reported
- ▶ The water on the course is free of any hazards and weed base.



- ▶ Clerk of Course will be the 1<sup>st</sup> person confirming registration, distribution of caps and chips, overseeing the grooming area – nails, jewelry and marking – directing to the marshalling area.
- ▶ Clerk will also confirm the swimmers in numerical order by wave entering the water
- ▶ Following the diagram for direction from marshalling to water front.

## PARTICIPANT FLOW



# PARTICIPANT TRANSITIONING AND FLOW

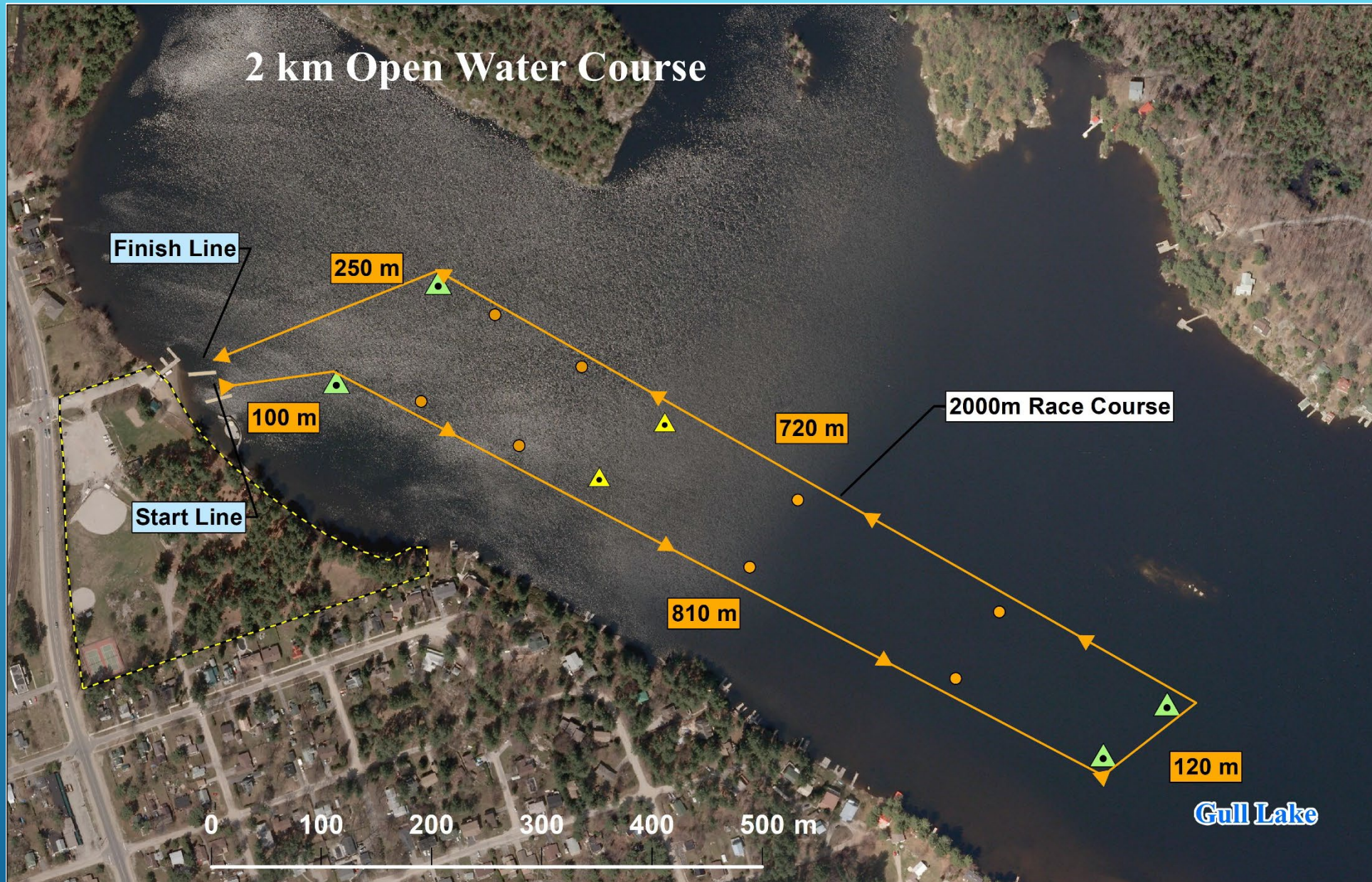
- ▶ The marshalling will take place on the volleyball area that will be designated in rows by heat
- ▶ Swimmers will be transitioned down the outer ramp to the water where you can leave your belongings.
- ▶ Then to the water for the commencement of your swim.

# MARSHALLING

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue background.



# THE COURSE 1 KM



**THE COURSE 2 KM**



# 500m Open Water Relay Course - 4x 500m



THE COURSE 4 X 500 RELAY

# 1 km Open Water Relay Course - 4x 1km



## THE COURSE 1 KM RELAY

# 5 km Open Water Course - 1x 1km Loop, 2x 2km Loop



THE COURSE 5 KM

# THE COURSE

- ▶ The start will be in waves by age group beginning with the boys 15 and over, girls 15 and over followed by 11-14 boys then girls
- ▶ The morning session will be the 1 km race on the short course followed by the 2km race on the long course
- ▶ The start will begin in the water evenly spaced on the exterior marker line at the front of the 2 docks
- ▶ Age group starts are 15 minutes apart while the waves are 5 minutes apart
- ▶ There are 2 courses: 1 km course with green markers and the 2km course requiring the swimmer to navigate the course only once
- ▶ The first marker will be taken on the right hand shoulder while all other markers will be taken on the left shoulder
- ▶ The finish line funnel will be taken on the left shoulder
- ▶ The swimmers will be required to touch out on a pad/mat that will be attached to a floating dock

# THE START

An in water start socially distanced along the marker line at the end of the docks

The starter will be positioned on the right hand dock for all swimmers to see

The start rules require the Starter to visually indicate the start (OWS 4.7), by lowering a flag

On the signal from the Chief Referee, the Starter should raise the flag above their heads at the same time as they give the start command to "Take your marks". When satisfied with the swimmers are ready for the start the Starter should bring the flag down simultaneously with giving the audible start signal.

Chief Timekeeper and Timers

Positioned on the opposite dock in order to have a clear view and start the watches



# TURN JUDGES

You will be positioned at the 3 markers

- 1<sup>st</sup> marker at the 100 metre mark
- 2<sup>nd</sup> marker at the 280 metre mark
- 3<sup>rd</sup> marker at the 120 meter mark
- 4<sup>th</sup> marker at 250 metre mark
- Finish 250 metres

Boat positioning will be outside of the mark a sufficient distance for safety of swimmers

There will be 2 people at each corner to monitor the turns and to count heads

The markers will be rounded on the outside with their **left shoulder**

You are there to also watch for swimmers in distress or tiring.

You will radio your results of each event as the swimmers pass your location

# THE FINISH

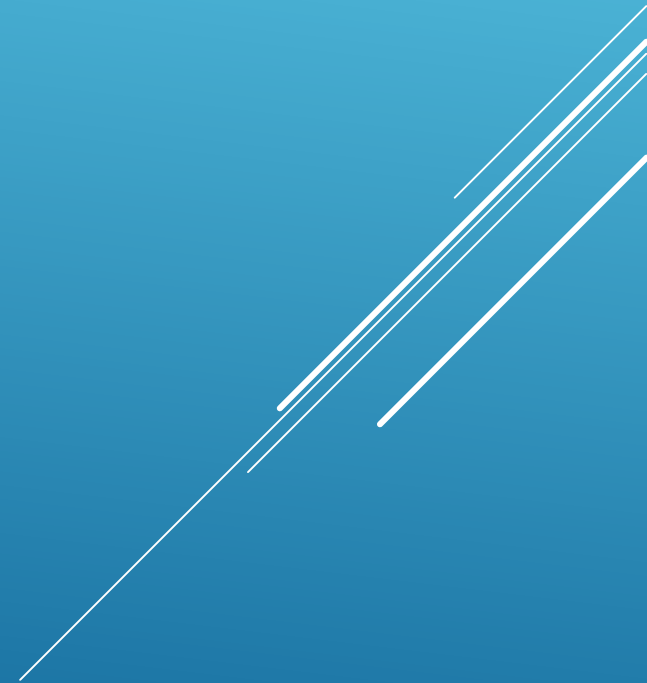
The finish is to the left of the 4<sup>th</sup> marker

There will be a funnel marking the finish and guiding the swimmer to the mat/pad where they will connect their chip for a time to be recorded

The Finish judges will record the order of swimmer arrival -- they will be positioned on the dock to the left of the finish line adjacent to the floating dock

There will be greeters at the finish checking with the swimmers and providing a new disposable mask

There will also be medical support staff if any swimmer is in distress.



- ▶ The finish of the race will be on the north/west side of the entry dock and is a clean, hazard free area.
- ▶ There will be persons there to check on the swimmer well being, to provide water if necessary and to provide them with a new disposable mask.
- ▶ The exit from the beach will be up the adjacent stair case
- ▶ Relay swimmers, will return to the original marshalling area once their 1 or 2 km swim is complete
- ▶ All races of 2 km will be completed within the 1 hour time span.

## THE FINISH



- ▶ There will be many boats on the water for safety
- ▶ The Officials will use a whistle to get the swimmer's attention and advise them of any inappropriate conduct
- ▶ If there is no change in behaviour the swimmer may be advised by the use of a white board or a yellow card with their number on it
- ▶ Serious infractions will be addressed with a red card and the can be removed from the water.
- ▶ There is to be no grabbing of other swimmers, no pulling on shoulders, grabbing ankles, etc.

## INFRACTIONS - WARNINGS

- ▶ The first swimmer will start from the water as all other races have
- ▶ The course takes the swimmer out passed the first marker on to the 4<sup>th</sup> that will be rounded on their LEFT shoulder
- ▶ Returning to the start line where they will meet swimmer 2, 3 and 4.
- ▶ The 4<sup>th</sup> swimmer will be wearing the electronic timing chip that will have been started at the commencement of the race.
- ▶ The 4<sup>th</sup> swimmer will complete the race coming thru the funnel and touching out on the pad attached to the dock on the left side of the starting dock.

RELAYS -- THE FUN BEGINS

# EVENT SCHEDULE

## Saturday July 16 - Morning Session

8:30am - 1 KM Check-In begins

### 1KM Event start

9:15am – 15 & over Boys Waves	Check-In Times 8:30 <b>Red Cap</b>
9:15 am – 15 & over Girls Waves	Check-In Times 8:30 <b>Yellow Cap</b>
9:30 am – 11-14 Boys Waves	Check-In Times 9:00 <b>Green Cap</b>
9:40 am – 11-14 Girls Waves	Check-In Times 9:15 <b>White Cap</b>
10:00 am - Masters	Check-in Times 9:15 <b>Pink &amp; Orange Cap</b>

# EVENT SCHEDULE

## Saturday July 16 - Morning Session

10:30am - 2 KM Check-In begins

### 2 KM Event start

11:00am – 15 & over Boys Waves	Check-In Times	10:30	Red Cap
11:30 am – 15 & over Girls Waves	Check-In Times	10:30	Yellow Cap
12:00 am – 12-14 Boys Waves	Check-In Times	10:45	Green Cap
12:15 & 12:25 am – 12-14 Girls Waves	Check-In Times	10:45	White Cap
12:45 am - Masters	Check-in Times	10:45	Pink & Orange Cap

# Saturday July 16 Afternoon

1:45 pm – 4 x 500 Relay Check-In begins

4 x 500 Relay 2 Heats

2:45pm – Mixed Relay Heat 1

3:15 pm Mixed Relay Heat 2

(Masters in Heat 2)

# Sunday July 17 - Morning Session

8:30am Check-In – 4 x 1 km Relay

4 x 1km Relay Event Start

9:15am – Mixed Relays    Check-In    8:30    Lavender Cap

## 5 km Event

Check –In 9:30

11:00    14 & over Boys & Girls    Events 11 & 12

11:15 Masters    Events 111 & 112 Combines

- ▶ All steps have been taken to provide for social distancing and addressing all COVID concerns and requirements
- ▶ There will be garbage receptacles for all used masks, and any other garbage – please do not litter.
- ▶ It would be prudent for swimmers to bring a bag that they can store their belongings in while they are in the water.
- ▶ In the event of a storm, a safety plan is in place to direct all swimmers to safety
- ▶ If a swimmer is in distress, they will remove their cap and wave it, a safety boat will attend and provide them with a PFD until assistance can be provided.

## SAFETY PRECAUTIONS







# QUESTIONS?



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