



March 2 - 5, 2023
Coaches Technical Bulletin
February 27, 2023

[Meet Package](#)

[Meet Information Page](#)

DATE	OVERALL SESSION TIMELINES				
Pre-Meet Training Wednesday March 1, 2023		Pool Access	Start	End	10 lanes LCM
		4:00 PM	4:30 PM	7:30 PM	
	Team Registration	4:00 PM - 6:30 PM located in room 2060			
DAY 1 Thursday March 2, 2023		Pool Access	Warm Up	Start	Finish
	Prelims	6:30 AM	7:00 AM	8:30 AM	12:30 PM
	Team Registration	6:00 AM - 8:20 AM located in room 2060			
DAY 2 Friday March 3, 2023		Pool Access	Warm Up	Start	Finish
	Prelims	6:30 AM	7:00 AM	8:30 AM	12:00 PM
	Team Registration	6:00 AM - 8:20 AM in room 2060			
DAY 3 Saturday March 4, 2023		Pool Access	Warm Up	Start	Finish
	Prelims	6:30 AM	7:00 AM	8:30 AM	12:00 PM
	Team Registration	6:00 AM - 8:20 AM in room 2060			
DAY 4 Sunday March 5, 2023		Pool Access	Warm Up	Start	Finish
	Prelims	6:30 AM	7:00 AM	8:30 AM	12:15 PM
	Team Registration	No Team Registration			
	Finals	3:30 PM	4:00 PM	5:00 PM	7:45 PM

**** Accreditation required to access lower level -**

Note the time change for team registration ends 10 minutes before the start of the prelims.





Welcome to the 2023 Winter Ontario Summer Championships hosted by Whitby Swimming

Participant Safety

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility.

Swim Ontario Concussion Management Procedures (Rowan's Law)

The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.

- Meet Management will have copies of the [Concussion Management procedure](#) at the competition. **NEW revised February 2023**
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the Swim Ontario Injury reporting form

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

Food and Drink

- TPASC does not allow for any open food or drinks on deck
- Refillable water bottles only, no coffee etc.
- Swimmers can have recovery snack food only while seated in the bleachers
- Hospitality food and drinks for coaches and officials in Studio 4. Continental breakfast & light snack for afternoon finals.

Live Streaming - Live Streaming is available at [relectv.ca](https://www.relectv.ca)

Live Results – Heat Sheets:

The meet information page -

<https://www.swimontario.com/athletes/competitions/2023-winter-ontario-swimming-championships/> will have heat sheets and live results available including heat sheets for finals.

Unofficial results on Meet Mobile – “**2023 Winter Ontario Swimming Champs**”



Warm Up

- Deck access
 - Prelims 6:30 am
 - Finals 3:30 pm
- Prelims 10 lanes competition pool
 - 7:00am to 8:25am
 - Sprint lanes open 7:40am
 - Dive tank (6x25m) available throughout
- Finals 10 lanes competition pool
 - 4:00pm to 4:50 pm
 - Sprint lanes open 4:25 pm
 - **Dive tank opens at 5:00 pm** (except Sunday available at 4pm)
- Configuration
 - Lane 0 -> para swimmers
 - Lane 9 -> pace lane from start of warmup
 - Lane 1 & 8 -> sprint lanes
 - Lane 1 north end
 - Lane 8 south end
 - Backstroke ledges available when sprint lanes open, additional sprint lane for backstroke may be opened

Warm up/cool down

- Training pool not available during the meet
- **Dive tank will be open during the racing for continuous warmup and cool down**
- Dedicated para lane for 20 min after each para event

Backstroke Ledge

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

Starts

- Starts for 100m events and greater will be from the north end (dive tank)
- Starts for the 50m/150m events will be from the south end (scoreboard) with the following exceptions
 - Prelims
 - Event 213 will be combined with Event 215 and will start from north end
 - Event 217 will be combined with Event 219 and will start from the north end
 - Finals
 - All combined para events (as per meet package) will start from the north end

Heat sheets – relay cards

- Available at clerk of course at start of warmup
- **Completed Relay cards must be returned 30 min prior to start of the session in which the relay takes place**



Scratch Deadlines

Time Final Events

- Relays and 800 & 1500 Free
- The deadline for scratches for relays events is 30 minutes before the start of the preliminary session (morning session even if only swimming in evening session) on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of teams for the final's session.
- The deadline for scratches & positive check-in for **all 800 and 1500 Free heats** is 30 minutes before the start of the preliminary session (morning session even if only swimming in evening session) on the day the event is scheduled. This allows meet management the opportunity to ensure a full complement of swimmers for the final's session.
- Requests to move from finals to preliminary session will not be granted

Preliminaries

- No scratch deadline for preliminary events

Finals

- All Scratches for Finals from preliminary events must be provided to the Clerk of Course within 30 minutes after the completion of the last preliminary event.
- Forms available at the clerk of course desk
- Forms to be placed into the scratch box available

Scratch Penalties

- Failure to participate in an individual FINAL or the FASTEST HEAT of an event without meet management's knowledge and consent will result in a \$50 fine for each offence payable to Swim Ontario.
- **Individual Events:** Failure to pay the fine before the swimmer's next individual event will exclude the swimmer from any further participation in individual events at the meet.
- **Relay Events:** Failure to pay before the next session will exclude the team from any further participation in relay events at the meet.
- Accepted payment is via the Online Penalty Form via Credit Card - <https://form.jotform.com/SwimOntario/2023-provincial-meet-penalty-form>

Officials Splits

Official Split cards are available at the clerk of course. Deadline for Official Split Requests is 30 minutes before the start of the session.



Swim-offs

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- Coaches are to report to the Clerk of Course when a swim-off is announced.

Marshalling

Preliminaries

- All prelim events will be self marshalled
- No replacement for missed swims
- Session will run as close as possible to stated timelines

Finals

- Swimmers report to ready room (outside leadership room by clerk of course) 15 minutes before scheduled start of their race
- Alternates are to report to the clerk of course 15 minutes before their race
- All finalists will be marched on and introduced (during march on) before the start of race

Disqualifications & Protests

Disqualifications:

- Disqualifications will be announced and include event number, heat number and lane number.

Procedure for protests:

- Discuss DQ with the session Referee
- If not resolved, a written protest may be presented to the Referee. A written protest must be presented within 30 minutes after the conclusion of the event in question.
- If not resolved after discussion of the written protest, the matter may be assigned to a Jury of Appeal.

Protest Forms available at the Clerk of Course

Awards

- Top 3 eligible swimmers, after board declared final to proceed to the awards podium
- Awards to be announced and presented during the following race.

Swim Ontario and Whitby Swimming are looking forward to a great winter championship meet, we will see you on deck

Competition Coordinator: Paul Duff
Para Technical Advisor: Jeff Holmes

Meet Managers: Alison Davidson (Whitby Swimming)
Andy Mitchell (Trent)

Swim Ontario

Inquiries regarding entries and meet format: Nicole Parent (meetentries@swimontario.com)



The Sashbear Foundation

Making waves for mental health and suicide prevention

We are pleased to have the [Sashbear Foundation](#) join us at TPASC on Saturday and Sunday of this event. Please drop by and see what this foundation is all about. A great resource for your clubs.

