

2023

OPEN WATER

CHAMPIONSHIPS

SWIMMERS & COACHES INFORMATION PACKAGE

**2023 ONTARIO OPEN WATER CHAMPIONSHIP
GULL LAKE, GRAVENHURST, ONTARIO
JULY 15 & JULY 16, 2023**

2023 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.



- ▶ Prior to arrival
 - ▶ ensure nails and toenails are trimmed short
 - ▶ Remove all jewelry – leave it at home!
- ▶ Clerk of Course will be the 1st 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



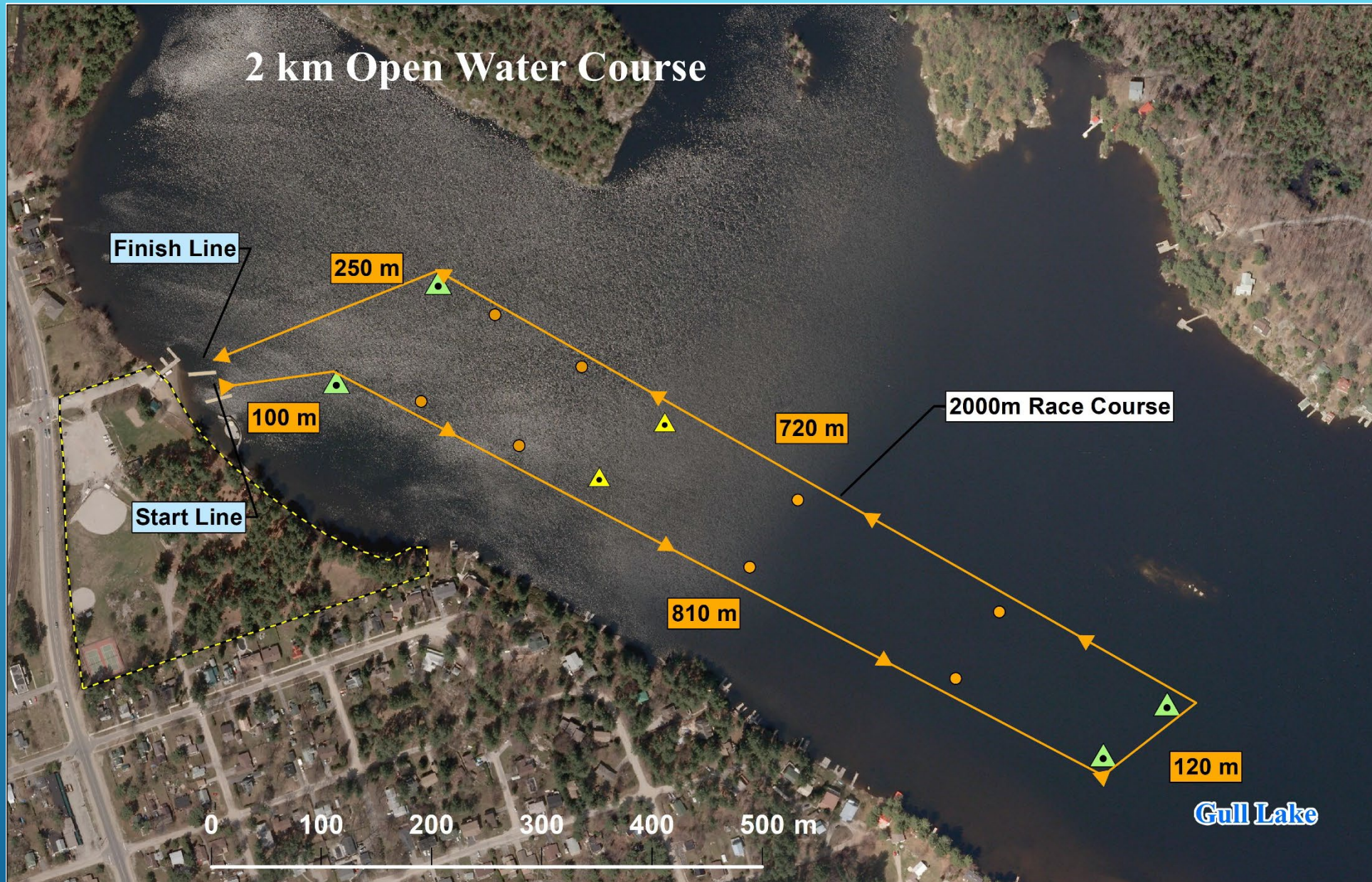
PARTICIPANT TRANSITIONING AND FLOW

- ▶ 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



THE COURSE 1 KM



THE COURSE 2 KM

500m Open Water Relay Course - 4x 500m



THE COURSE 4 X 500 RELAY

3 km Open Water Course - 1x 1km Loop, 1x 2km Loop

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THE COURSE 3 KM

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 and wave starts are 15 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

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 will 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 will bring the flag down simultaneously with giving the audible start signal.



THE FINISH

The finish is to the left of the 4th 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 lap is completed
- ▶ 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 4th that will be rounded on their LEFT shoulder
- ▶ Returning to the start line where they will meet swimmer 2, 3 and 4.
- ▶ The 4th swimmer will be wearing the electronic timing chip that will have been started at the commencement of the race.
- ▶ The 4th 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

- ▶ 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

