



July 6<sup>th</sup>- 9<sup>th</sup> 2023

Coaches Technical Bulletin

Welcome to 2023 Ontario Summer Championships hosted by Whitby Swimming

## **PARTICIPANT SAFETY**

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.

## **Swim Ontario Concussion Management Procedure (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.
- 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.

## **Open and Observable Environment**

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

| DATE   | OVERALL, SESSION TIMELINES |  |         |         |                 |
|--|----------------------------|--|---------|---------|-----------------|
| <b>Pre-Meet Training</b><br><b>Wednesday</b><br>July 5, 2023 |                            | Pool Access                            | Start   | End     | 10 lanes<br>LCM |
|  |                            | 4:00 PM                                | 4:30 PM | 7:30 PM |                 |
|  | Team Registration          | 4:00 PM – 7:00 PM located in room 2060 |         |         |                 |
|  |                            | Pool Access                            | Warm Up | Start   | Finish          |
| <b>DAY 1</b><br><b>Thursday</b><br>July 6, 2023              | Prelims                    | 6:30 AM                                | 7:00 AM | 8:30 AM | 12:30 PM        |
|  | Team Registration          | 6:15 AM - 8:20 AM located in room 2060 |         |         |                 |
|  | Finals                     | 3:30 PM                                | 4:00 PM | 5:00 PM | 7:30 PM         |
| <b>DAY 2</b><br><b>Friday</b><br>July 7, 2023                | Prelims                    | 6:30 AM                                | 7:00 AM | 8:30 AM | 12:30 PM        |
|  | Team Registration          | 6:15 AM - 8:20 AM in room 2060         |         |         |                 |
|  | Finals                     | 3:30 PM                                | 4:00 PM | 5:00 PM | 7:30 PM         |
| <b>DAY 3</b><br><b>Saturday</b><br>July 8, 2023              | Prelims                    | 6:30 AM                                | 7:00 AM | 8:30 AM | 12:00 PM        |
|  | Team Registration          | 6:15 AM - 8:20 AM in room 2060         |         |         |                 |
|  | Finals                     | 3:30 PM                                | 4:00 PM | 5:00 PM | 7:15 PM         |
| <b>DAY 4</b><br><b>Sunday</b><br>July 9, 2023                | 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 and Check-in in room 2060

- Accreditation will be required to gain access to the pool
- All athletes, coaching staff, support staff will need accreditation

### 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

- Coaches and officials' hospitality will be in the leadership room
- Continental breakfast will be served
- Coffee will be available until 11 AM

## 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 7:45am
- Finals 10 lanes competition pool
  - 4:00pm to 4:50 pm
  - Sprint lanes open 4:20 pm
- Configuration
  - Lane 0 -> para swimmers
  - Lane 9 -> pace lane from start of warmup
  - Lane 1 & 8 -> sprint lanes (7:45 prelim, 4:20 finals)
  - 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 competition for continuous warmup and cool down
  - Dedicated para lane in Dive Tank
  - Closed 1 – 4pm

Backstroke ledges available when sprint lanes open, additional sprint lane for backstroke may be opened

## SPLASH

**NOTE:** Summer OSC will be using Splash software for this event. The heat sheets are different visually then HY-Tek

- [Live Results Link](#)
- Get mobile live results and notifications with **SplashMe** App.
  - [Get it on Google Play](#)
  - [Download on the App Store](#)

## Heat sheets – relay cards

- Available at the Admin Desk at start of warmup
- Must be returned 30min prior to start of the session in which the relay takes place
  - The deadline for relay name submission is 30 mins prior to the start of the session in which the relay will be swum. Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum. No relay name changes will be accepted after this deadline unless approved by meet management.

### Live Results – Heat Sheets

- The meet information page - <https://www.swimontario.com/athletes/competitions/2023-summer-ontario-swimming-championships> will have heat sheets and live results available including heat sheets for finals.
- There will not be any sales of heat sheets for spectators

### 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 relay name submission is 30 mins prior to the start of the session in which the relay will be swum. Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum. No relay name changes will be accepted after this deadline unless approved by meet management.
- 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 Admin Desk within 30 minutes after the completion of the last preliminary event.
- Forms available at the Admin Desk
- Forms to be placed into the scratch box available

### OFFICIALS SPLITS

Official Split cards are available at the Admin Desk. 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 Admin Desk when a swim-off is announced.

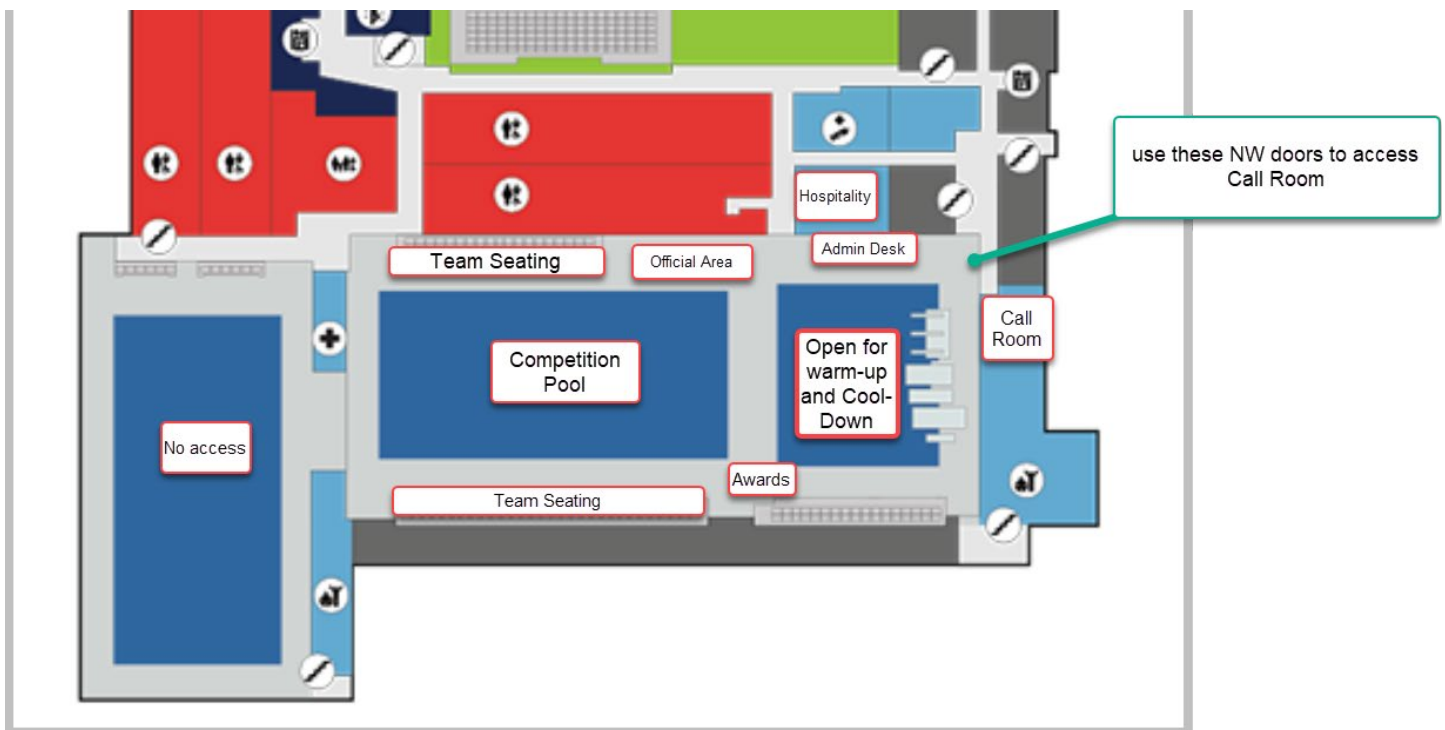
## MARSHALLING

### 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 Call Room Supervisor (Dive DryLand room – North West entrance – see below) 15 minutes before scheduled start of their race
- Alternates are to report to the Admin Desk 15 minutes before their race
- All finalists will be marched on and introduced (during march on) before the start of race
- 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.
- Accepted payment is via the Online Penalty Form via Credit Card - <https://form.jotform.com/SwimOntario/2023-provincial-meet-penalty-form>



## AWARDS

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

## LIVE STREAMING

Livestreaming is available at <https://app.staylive.io/rectec/osc>

## PICTURE IN MOTION

**FLYER** - Sign-up online, when you are at the event or at home by submitting form at [www.pictureinmotion.ca](http://www.pictureinmotion.ca) or text 416-712-6812. See flyer for details.

## FINE DESIGNS APPAREL

Fine Designs will be onsite beginning FRIDAY of the Ontario Swimming Championships. They will be onsite until Sunday. Online orders are also possible.



Meet Information Page - <https://www.swimontario.com/athletes/competitions/2023-summer-ontario-swimming-championships>

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

Competition Coordinator: Steve Sachs

Para Technical Advisor: Jeff Holmes

Meet Managers: Alison Davidson (Friday, Sunday), Suzi Santaguida (Thursday), Andy Mitchell (Saturday)

Swim Ontario Staff