



Vaughan Aquatic Club

31st Annual Roy Jacobson Invitational

DATE(S): December 6-8, 2019 Region: Central

HOSTED BY: Vaughan Aquatic Club

LOCATION: Vellore Village Community Centre, 1 Villa Royale Avenue, Woodbridge, Ontario, L4H 2Z7.

FACILITY: 25 Meter, 6-Lanes.

Daktronics Timing Systems

Diving end 3.8 meters

Shallow end 1.3 meters

Upper level spectator viewing

PURPOSE: For the past thirty years we have been hosting a competition that is suitable for entire clubs, from Novice to National level swimmers.

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

SAFETY & LIABILITY: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](http://www.swimontario.com/uploads/Officials/Resources/SafetyCompetition.pdf).

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Rowan’s Law – Concussion Management

The Rowan’s Law requirements came into effect on July 1, 2019.  Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities.   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.   Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body.  If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols.  For full details and resources on Rowan’s Law and Concussion management protocols click [HERE](http://www.swimontario.com/uploads/Officials/Resources/SafeSportCompetition.pdf).

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid 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 should normally, and wherever possible, be in an environment or space that is both ‘open’ and ‘observable’ to others.

Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](https://swimming.ca/content/uploads/2016/10/2016_Safe-Sport-Environment-Policy_20190329.pdf)

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

COMPETITION

COORDINATOR: Lynn Lubrick, Level V , Email: lubeymom@gmail.com

MEET MANAGER: Karen Besser, Email: benbesser343@rogers.com

Steven Schaerer, Email: stevenandha@hotmail.com

DESCRIPTION: All events are timed finals - Meet will have a variety of events both short and long distance.

COMPETITION RULES: Sanctioned by Swim Ontario.  
All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](http://swimontario.com/uploads/Officials/Resources/SwimwearRulesGR5_2018.pdf) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE.](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/)

DIVE STARTS: As per the Facility Rules for Dive Starts, this competition will be conducted as follows

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

- from deep end only

and/or

Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1

- from deep end only

and/or

In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2

- from deep end only

RECORDS: Swim times achieved at this competition will NOT be used for applications of provincial and national records.

AGE UP DATE: Ages submitted are to be as: December 6, 2019

MIXED-GENDER: An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Entries without a valid SC registration number and registration status will be declined entry.

- This is an invitational meet. Participation of this meet is at the full discretion of the host club.

- Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.

- Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver’s license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](http://www.swimontario.com/uploads/Clubs/Club%20Operations/Forms/2015-2016/ProofofResidence.pdf) to Swim Ontario no later than 7 days prior to start of competition.

ENTRY FEE: $12.00 for individual events

Please make Cheques payable to: Vaughan Aquatic Club

ENTRIES: Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca) . Meet Management will not accept entries via email.

Online Entry Deadline: November 25, 2019

- Changes to entries will not be accepted after *Date above*.

- Entries must be submitted using provable times. Swimmers with NT are accepted.

- No qualifying standards

- No qualifying period for entry to the meet.

**CLUBS THAT ATTENDED LAST YEAR, WILL HAVE AN EARLY ENTRY OPPORTUNITY**

**TO SECURE PARTICIPATION. DATE: FRI, NOV 15**

CONVERSION: Entry times can be converted. Please submit converted times: Hy-Tek default conversion factor.

SEEDING: Heats will be seeded slowest to fastest except in distance 400m events (will be fastest to slowest).

Seeding will be in the order of times entered, as converted pursuant to the conversion process as per meet package, followed by swimmers entered NT (no times) below, followed by swimmers entered with non-standard times.

SCHEDULE OF SESSIONS:

| Session # | Date | Timed Finals | Warmup | Start | Finish | Estimated Duration |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | Dec 7 | Finals | 5:00pm | 6:00pm | 9:00pm | 3.0 hrs |
| 2 | Dec 8 | Finals | 7:00am | 8:00am | 10:45am | 2.75 hrs |
| 3 | Dec 8 | Finals | 11:00am | 11:30am | 1:45pm | 2.25 hrs |
| 4 | Dec 8 | Finals | 1)2:00pm 2)2:30pm | 3:00pm | 6:15pm | 3.25 hrs |
| 5 | Dec 9 | Finals | 7:00am | 8:00am | 10:45am | 2.75 hrs |
| 6 | Dec 9 | Finals | 11:00am | 11:30am | 1:45pm | 2.25 hrs |
| 7 | Dec 9 | Finals | 1)2:00pm 2)2:30pm | 3:00pm | 6:15pm | 3.25 hrs |

Split Warm up: Session 4 & 7 -- 1) First Warm up (2:00pm) 2) Second Warm up (2:30pm) \*Clubs to be notified\*

SCHEDULE OF EVENTS: See event list - “PROGRAM AND SESSIONS”

COACH’S

REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](http://www.swimontario.com/page.php?id=2748).  If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend meet.  Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

COACH’S MEETING: An on deck coaches meeting will be held 30 minutes prior to the start of the first session.

TIME SPLITS: Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

DECK ENTRIES: Deck Entries are Exhibition Only. They are not eligible for scoring or awards.

Deck entries will be accepted for empty lanes only (no new heats will be created).

Swimmers entered on deck must have valid proof of SC registration (number) as an active, registered, competitive swimmer.

$15 per event

CHECK IN

AND SCRATCHES:

- Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.

- No scratch penalty shall be imposed for late or day of scratches.

SCORING: - No Scoring

AWARDS: Individual results will be separated for award purposes into the following age groups: 10 & under, 11, 12, 13, 14 and 15 & over. 1st, 2nd, 3rd place - medals. 4th - 8th place - ribbons.

Bell prizes will be awarded.

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)

- The meet program will be run on Hy-Tek Meet Manager.

**PROGRAM AND SESSIONS**

**SESSION I:** **Friday December 06, 2019. Warm-up 5:00 p.m. Start 6:00 p.m.**

If necessary, to accommodate as many swimmers as possible 400 Free will be swum 2 swimmers/lane. For the 400 IM we will accommodate as many heats as possible within the timeline.

(**NO 10 & UNDERS** will be allowed to enter these events).

(Session Length 3 hours)

**Women’s Event No. Event Men’s Event No.**

1. 11 & Over 400 Free 2.

3. 11 & Over 400 IM 4.

**SESSION II: Saturday December 07, 2019 Warm-up 7:00 a.m. Start 8:00 a.m.**

**15 & over and 13 & 14 (**Session Length 2.75 Hours)

**Women's Event No. Event Men's Event No.**

5. 13 & 14 200 I.M. 6.

7. 15 & over 200 I.M. 8.

9. 13 & 14 100 Breaststroke 10.

11. 15 & over 100 Breaststroke 12.

13. 13 & 14 200 Butterfly 14.

15. 15 & over 200 Butterfly 16.

17. 13 & 14 100 Backstroke 18.

19. 15 & over 100 Backstroke 20.

21. 13 & 14 100 Freestyle 22.

23. 15 & over 100 Freestyle 24.

**SESSION III:** **Saturday December 07, 2019. Warm-up 11:00 a.m. Start 11:30 a.m.**

**10 & Under** (Session length 2.25 Hours)

**Women's Event No. Event Men's Event No.**

25. 10 & U 200 I.M. 26.

27. 10 & U. 50 Breaststroke 28.

29. 10 & U 50 Butterfly 30.

31. 10 & U. 100 Backstroke 32.

33. 10 & U 50 Freestyle 34.

**SESSION IV: Saturday December 07, 2019. Warm-up 2:00 p.m. Start 3:00 p.m.**

**11 & 12** (Session Length 3.25 Hours ) (Split Warm-up SEE CHART)

**Women's Event No. Event Men's Event No.**

35. 11 & 12 200 Free. 36.

37. 11 & 12 100 Breaststroke 38.

39. 11 & 12 50 Butterfly 40.

41. 11 & 12 100 Backstroke 42.

43. 11 & 12 50 Freestyle 44.

**SESSION V.** **Sunday December 08, 2019. Warm-up 7:00 a.m. Start 8:00 a.m.**

**15 & OVER and 13 & 14** (Session Length 2.75 Hours)

**Women's Event No. Event Men's Event No.**

45. 13 & 14 200 Freestyle 46.

47. 15 & over 200 Freestyle 48.

49. 13 & 14 200 Breaststroke 50.

51. 15 & over 200 Breaststroke 52.

53. 13 & 14 100 Butterfly 54.

55. 15 & over 100 Butterfly 56.

57. 13 & 14 200 Backstroke 58.

59. 15 & over 200 Backstroke 60.

61. 13 & 14 50 Freestyle 62.

63. 15 & over 50 Freestyle 64.

**SESSION VI.** **Sunday December 08, 2019. Warm-up 11:00 a.m. Start 11:30 a.m.**

**10 & under** (Session length 2.25 Hours)

**Women’s Event No. Event Men’s Event No.**

65. 10 & U 100 Freestyle 66.

67. 10 & U 100 Breaststroke 68.

69. 10 & U 100 Butterfly 70.

71. 10 & U 50 Backstroke 72.

**SESSION VII.** **Sunday December 08, 2019. Warm-up 2:00 p.m. Start 3:00 p.m.**

**11 & 12** (Session Length 3.25 Hours) (Split Warm-up SEE CHART)

**Women’s Event No. Event Men’s Event No.**

73. 11 & 12 100 Freestyle 74.

75. 11 & 12 50 Breaststroke 76.

77. 11 & 12 100 Butterfly 78.

79. 11 & 12 50 Backstroke 80.

81. 11 & 12 200 I.M. 82.