



POLICY AND PROCEDURE MANUAL

SECTION	Club Services - Competition	POLICY #`	10-281-08
SUBJECT	OVA Varsity and OVA Varsity/Club Meets	EFFECTIVE	October 28, 2008
AUTHORIZED BY	Swimming Development Committee	REVISED	

BACKGROUND

Ontario University Association competitions are working towards an environment whereby their association and competitions are certified yet flexible enough to encompass all demands. Varsity swimmers are all members of Swim Ontario/SNC. Varsity competitions may be used for Inter-school competitions, open meet qualifications and more. CIS requires sanctioned meet times, found on swimmeet.ca for admission.

POLICY

OVA Varsity

- These competition applications are only for members of Swim Ontario registered in the “Competitive – University” or “University Open” categories according to the Swim Ontario/SNC membership categories
- Only pools/facilities that have Swim Ontario approved pool depth certificates are eligible
- Applicants for these sanctions are responsible for the \$30.00 application fee only
- Approval or denial of competition applications of this type will be the responsibility of Swim Ontario via application of the “Region – OVA” field of the swimmeet.ca site.
- These competitions require a referee certified at a minimum of Level 4. This referee will then ensure that the meet is properly staffed with qualified personnel before the meet can begin.
- These competitions operate under the guidelines and playing regulations of the OVA swimming league
- Adherence to the SO and SNC LTADS polices is NOT required
- Adherence to the SO/OSOA “Club Officials Development Plan” is NOT required
- All results from these competitions are considered official results to be uploaded to the SNC results database (swimmeet.ca) and subject to verification of membership compliance.

OVA Varsity/Club

- These competition applications are only for members of Swim Ontario registered in the “Competitive – University” or “Competitive Open” categories according to the Swim Ontario/SNC membership categories
- Only pools/facilities that have Swim Ontario approved pool depth certificates are eligible
- Host team must be an OVA Varsity Team
- Maximum of four teams total with a minimum of one OVA team as the host and participant
- OVA Varsity/Club hosted meets being held for club members only, must apply as an Invitational meet and are subject to the policy and procedures of Swim Ontario’s open competitive Sanctioning processes.
- All teams must be declared in advance

- Applicants for these sanctions are responsible for the \$30.00 application fee and a gold bonus fee of \$2.10 (includes GST) per swimmer
- Approval or denial of competition applications of this type will be the responsibility of Swim Ontario via application of the “Region – OUA” field of the swimmeet.ca site.
- These competitions require a referee certified at a minimum of Level 4. This referee will then ensure that the meet is properly staffed with qualified personnel.
- These competitions operate under the guidelines and playing regulations of the OUA swimming league
- Adherence to the SO and SNC LTADS polices is NOT required
- Adherence to the SO/OSOA “Club Officials Development Plan” is NOT required

PROCEDURE

Same process and procedure as currently used for sanctioned competitions. Meet Management will select a new category for OUA Sanctioned Meets when initiating the process. They must also choose Region – OUA in order to identify the competition as being OUA.

<i>Responsibility</i>	<i>Action</i>
University	Submit and/or ensure completed pool depth certificates
Meet Manager	Upload meet package, meet application checking off the appropriate sections Ensure Region-OUA has been selected All payments and charges complied with as per standard Swim Ontario timelines
Sanctioning Officer	Ensure that all senior official positions are covered and that there are names attached to each position. In the case of a Varsity/Club competition ensure the status is as a closed meet and limited only to the clubs invited.

2008-2009
OUA SWIMMING
Rules and Regulations
Updated July 2008

1. ADMINISTRATION

See OUA General Regulations

- 1.1 When sanctioning meets with Swim Ontario, Host must apply for IPC sanctioning for SWAD athletes. It is the responsibility of coaches with SWAD athletes to inform hosts in advance so as to allow time for appropriate sanctioning. [Added July 2008]

2. AWARDS

- 2.1 The J.S. Dougall Trophy shall be awarded to the Men's team champion first presented by J.S. Dougall, Montreal in 1910. The Women's championship trophy shall be awarded to the Women's team champion.
- 2.2 OUA Banners will be awarded to the institutions winning the team championships.
- 2.2.1 The Division championship banner is awarded on the basis of combined men and women scores. The Division Banner will be reversed in colour to the League Banner (i.e. green with white print) and must display the "Division Title" and OUA logo. Note: The divisional banner is a cost shared item.
- 2.3 OUA Gold, Silver and Bronze Medals will be awarded respectively to first, second and third place winners in each event.
- 2.4 OUA Gold Medals shall be awarded to all members of the championship teams.
- 2.5 The top two (2) finishers in each Individual event and the first place finishers in each of the Relay events shall receive OUA All Star Certificates. This will be announced and published at the end of the championship meet.
- 2.6 The OUA coaches will select a Men's and Women's Coach of the Year to be presented with plaques at the championship.
- 2.7 The OUA coaches will select an outstanding Male and Female swimmer of the meet with an appropriate award to be presented at the championship (to be supplied by the host institutions). The Swimmer of the Meet will be awarded to the swimmer who achieves the most individual gold medals at the OUA Championship. In the event where two or more swimmers achieve equal number of gold medals, the swimmer with the highest scoring swim based on the FINA point tables will be chosen as the swimmer of the meet. [Amended July 2008]
- 2.8 The OUA coaches will select an OUA Female and Male Swimmer of the Year. The Female and Male Swimmer of the year will receive an OUA Plaque. **The OUA Swimmer of the Year will be announced the Tuesday following the OUA Championships based on FINA points on the season in OUA events only.** [Added July 2008]
- 2.9 The Award of Distinction is awarded to graduating male(s) and female(s) OUA swimmers for their outstanding career(s) in the OUA and CIS. The criteria for the award will be: any swimmer who has medaled in Individual events at the OUA

Championships in 3 or more years and scored points at the CIS championships. The award (purchased by the recipient's school) is to be given in the athletes' graduating year.

- 2.9.1 Any athlete in their final year who by medaling at the current championship would meet the Award of Distinction criteria is eligible for nomination and upon achieving the criteria will be recognized as per the other nominees.
- 2.9.2 Other nominations for the Award of Distinction may be made and awarded if voted in the affirmative by a majority of the coaches. This open criterion allows for the recognition of outstanding OUA career performances by athletes (e.g. SWAD athletes) who may never medal or score points while their performances are recognized by other standards as being distinguished.
- 2.10 On the Sunday evening during the final awards ceremonies all graduating athletes be recognized via a "parade of graduates", as per Appendix I.
- 2.11 Dr. Jeno Tihanyi Award Individual Medley - Excellence Award
 - 2.11.1 The award will be presented annually to the highest scoring male and female athlete, based on the current FINA point standard, in either the 200 or the 400 individual medley.
 - 2.11.2 The perpetual trophy should be awarded during the finals medal presentations, after the completion of both IM distances (female, male).
 - 2.11.3 For the engraving, the swimmer and school will be engraved on a prominent position. The cost of engraving is to be covered by the winners' institution.
 - 2.11.4 The award shall be transported to the home location by the winning athlete/coach and displayed at an appropriate location at the athletic department. The return trip to the next OUA Championships is the responsibility of the winning athlete's coach.

3 CHAMPIONSHIP MEET RULES

- 3.1 SNC (Swim/Natation Canada) Rules shall govern the swimming events except as stated in these regulations. **It is the responsibility of the host to ensure that the officials are informed of the exceptions as outlined in these Rules and Regulations.**
 - 3.1.1 HYTEK computer software shall be used for the championship meets.
- 3.2 SNC Officials are to be used for the major officiating positions.
 - 3.2.1 Each institution is responsible for providing one timer per session.
- 3.3 Jury of Appeal - The Jury shall be appointed at the pre-meet Coaches' Meeting and shall have the authority to act in any situation not specifically covered by the rules and regulations. The Jury shall consist of: League Convenor (or delegate in case of conflict of interest), meet referee, conference swim technical representative, two coaches. The coaches are to be elected at the Coaches' Meeting based on an alphabetical rotation by school (in 2005-06 start with Brock, Carleton, Guelph etc.). When conflict of interest circumstances prevent the nominated coaches from fulfilling their duties, alternate members for the jury will be selected by choosing from head coaches at the meet in a reverse alphabetical (Z to A) order by the coach's last name.
- 3.4 Both the OUA championship and the Division championship are cost shared events using the OUA cost sharing guidelines.

4 CHAMPIONSHIP MEET DESIGN

4.1 There shall be a three day OUA Women's and Men's Swimming Championship meet. **Sessions had significantly changed for 2007/2008 – please read the following carefully and refer to Appendix I for session times and event order.** The OUA Championship meet heat sessions will be co-ed.

4.1.1 The dates will be determined one year in advance at the appropriate OUA Meeting. – **The date for the 2008/2009 championships will be Feb. 6, 7, 8 2009 at the University of Ottawa.**

4.2 Commencing in 2004 the rotation for the OUA Swimming Championship will include the University of Western Ontario. Any rental charges incurred by a school using an off campus facility will not be part of cost sharing.

This will set up the following rotational schedule for the OUA Championship:

2009 – Ottawa

2013 - Guelph

2010 – Western

2014 – Toronto [Amended July 2008]

2011 – Brock

2012 - Laurentian

4.2.1 The events are to be conducted over a twenty-five (25) metre course with a minimum of eight (8) lanes and with an accompanying warm-up facility (25m, 8 lanes) available throughout the competition.

4.2.2 The pre-competition warm-up on the Thursday prior to the meet will be co-ed.

4.3 There shall be a Division championship. (Refer to Regulation 10)

4.4 On the day prior to the Championship meet there will be a Coaches Technical meeting with the following agenda items:

5:45 pm - **Declare Compliment, change entries and announce any challenges.**

6:00 pm - **Coaches meeting to include:**

- Announcing the Jury of Appeal (add into 3.2 for 2009 it will be McMaster & Ottawa, Queen's & Trent will be the alternates in case of conflict)
- Submit awards of Distinction
- Technical Announcements (Meet Referee)
- Host Announcements (opening ceremonies, banners, awards presentations etc)
- Determine dates for Championship meet for following year [Added July 2008]

5 CHAMPIONSHIP MEET SCHEDULE

5.1 In all Individual swim events except the 800 Freestyle (Women)/ 1500 Freestyle (Men) and 200 IM, swimmers shall proceed from heats to finals that shall be held in the following order: Consolation Final (places 9-16), Championship Final (places 1-8). Please note that finals for 200 back, 200 fly, 50 free and 50 breast are not on the same day as the heats, but held during the finals on the last day. [Amended July 2008]

5.2 Timed Final Races: Women's 800 freestyle, Men's 1500 freestyle, 200 IM, plus all relays.

5.2.1 Order of Events and Awards - **See Appendix I for specific event order.** The OUA Championship meet heat sessions will be co-ed.

5.2.2 All Relays shall be time finals and seeded slowest to fastest.

5.2.3 The 800(women) and 1500(men) freestyle events will be seeded as time finals with the two fastest heats for each participating **in the Sunday afternoon session.** The remaining entrants will be seeded fastest to slowest **alternating women and men in the Sunday morning session.**

5.2.4 The seeding for all time final and relay events will ensure that all heats will be completely filled and any partial heats need not move any teams from the filled heats to comply with the SNC rule requiring at least 3 individuals or teams in a heat (SW3.1.1.5).

6 CHAMPIONSHIP MEET COMPLEMENT

- 6.1 The team complement for OUA championship teams will be 18 per gender plus 1 SWAD per gender.
- 6.2 Eligibility - as per OUA general regulations
- 6.2.1 Each institution shall declare an official team list at the beginning of the pre-meet Coaches' Meeting. No substitutes shall be allowed after this time. Note: an institution may enter more than the allowable roster of 18 but the declared list is limited to 18 plus one SWAD swimmer.
- 6.2.2 Under the CIS Eligibility Rules, ineligible athletes may not compete *for their school* in the Division Championship or OUA Championship. At the Divisional Championships eligible swimmers beyond the compliment are permitted to swim but not score. Non-scoring status (ex) must be indicated on the psyche sheet. [Amended July 2008]
- 6.2.3 In order for an institution (team) to participate in the OUA conference swim championship meet that institution must have participated in: i) the Division Championship to which it has been assigned ii) four meets with OUA schools (recommended 2 within their division and 2 outside their division).
- 6.2.4 In order for an individual swimmer to participate in the OUA conference Championship meet, the swimmer must have participated in at least one OUA scheduled competition between September 15th and the date of the OUA Championship of that year.

7 CHAMPIONSHIP MEET ENTRY

- 7.1 The entry deadline for the OUA Championships shall be 12:00 noon on the Thursday (January 29, 2009) of the week prior to the meet.
- 7.1.1 Failure to adhere to the entry deadline will result in a late entry fine of \$100.00 payable to the Host Organizing committee.
- 7.1.2 Changes to entries are permitted after the entry deadline, and up to the start of the technical meeting, providing a \$25.00 administrative fee per change is paid to the Host Organizing Committee and the entry is declared at the Technical Coaches meeting (e.g. person "A" out of the 50 free and entered into the 100 free is considered one change).
- 7.1.3 Entries must be sent to the meet host by Hy-tek entry file (using the meet set up file provided by the meet host either via website or e-mail to each coach).
- 7.1.4 Teams must include the details of where the team is staying, including phone number, with their entries (as an email accompanying the electronic Hy-tek entries).

7.2 Number of Individual and Relay Events

NOTE: To withdraw swimmers from "extra" events, the swimmer must be scratched by the scratch deadlines. Day One Events: Thursday 6:00 p.m. Day Two and Three Events: ½ hour following the conclusion of the finals on the previous day.

- 7.2.1 The number of events an individual may swim at the OUA Championships will be a maximum of six events of which a maximum of four are individual events.
- 7.2.2 Swimmers are allowed to pre-enter six individual events.
- 7.2.3 Each institution is permitted an unlimited number of entries in Individual events.
- 7.2.4 Each institution may enter a maximum of one (1) team in each Relay event.
- 7.2.5 Names of relay swimmers will be entered with meet management prior to the start of the session where that relay is being swum. Changes to relay names and order may be made by coaches until the beginning of that event by notification to the meet management, referee and lane timers.
- 7.2.6 Swimming entry times are to be short course meter times and in the respective distance (i.e. 50's for 50's, 1500's for 1500's).
- 7.2.7 Seed times must be achieved between September 15th of the current season and the entry deadline for the OUA Championship except for all timed final individual events which may be seeded based on times done the previous year. [Amended July 2008]
- 7.2.8 Failure by a swimmer to swim in an individual event, or swim a leg of a relay (in which officially entered) in the finals session, constitutes a late scratch, and shall result in the offending swimmer being automatically scratched from all remaining events, including

relays, scheduled for that day. This applies also to step-downs, no-shows, and unexcused incomplete swims.

7.2.9 A swimmer may be officially withdrawn without penalty by the referee if certified to be ill or injured by the meet physician. The athlete may be reinstated in the meet under the same conditions.

7.2.10 All timed final events (Relays and 800 Freestyle (Women)/ 1500 Freestyle (Men) will need to be proven with either meet results or the CIS/OUA Performance Ranking Lists if they are challenged at the pre-meet Coaches' Meeting. Challenges to time final entry times are to be made to a panel of three coaches that will mediate a solution. NOTE: Non-timed final event entry times cannot be challenged.

7.2.11 All time final individual events (800 Freestyle (Women)/ 1500 Freestyle (Men) and 200 IM) will need to be proven with either meet results or the CIS/OUA Performance Rankings Lists if they are challenged at the pre-meet Coaches' Meeting. Challenges to time final entry times are to be made to the Jury of Appeal that will mediate a solution. **NOTE: Non-timed final event entry times cannot be challenged.** [Added July 2008]

8 CHAMPIONSHIP MEET ADMINISTRATION

8.1 The Hy-tek program will be used for entries. The host must provide the meet set up file either via a website or e-mail, either of which is communicated to each coach.

8.1.1 The HyTek entry file to the OUA Championships shall include the swimmer's current year of eligibility in numerical format (1, 2, 3 as opposed to fresh, junior, senior). This information is to be listed on the heat and final sheets.

8.1.2 The Meet host is required to make the psych sheets for the meet available either by e-mail or via a meet website (the website address to be communicated to all coaches) by 12:00noon on the Tuesday prior to the start of the meet.

8.1.3 The Meet host is required to host a pre-meet Coaches' Meeting at 5:45 p.m. on Thursday prior to the start of the meet. Agenda as per outline in Appendix 1

8.2 Scoring

8.2.1 Scoring will be: 20, 17, 16, 15, 14, 13, 12, 11 for places 1-8 and 9, 7, 6, 5, 4, 3, 2, 1 for places 9-16. Relays will be scored double.

8.2.2 The host institution shall prominently display the ongoing team point scores.

8.3 Records and Results

8.3.1 The performances for which a record is claimed must be for an event at the championship.

8.3.2 Current records shall be appended to the results of the meet and forwarded to the league office and all institutions.

8.3.3 At all championship meets the host must ensure that all lead off relay splits are obtained and published in the results.

9 DUAL MEETS

9.1 Usual Order of Events: 4 x 100 Medley Relay, 800 Freestyle, 200 Freestyle, 50 Freestyle, 200 Individual Medley, break, 200 Butterfly, 50 Butterfly, 100 Freestyle, 200 Backstroke, 50 Backstroke, 400 Freestyle, 200 Breaststroke, 50 Breaststroke, 4 x 100 Freestyle Relay.

NOTE: Any alternative order is permissible provided it is mutually agreeable to the coaches involved and correspondence thereof has been received at least ten days prior to the meet.

9.2 Entry Limits

A swimmer is permitted a maximum of four (4) events including relay swims.

9.3 Scoring

These are recommended rules. The coaches involved by unanimous agreement 10 days prior to the meet may agree to an alternate system.

9.3.1 In all dual meets, only the first heat of any event shall be eligible to count for points.

Changes from last year are **highlighted.**

9.3.2 Dual Meets in at least a six lane pool.

9.3.2.1 Individual Events: 7, 4, 3, 2, 1 for first to fifth place; maximum of 3 swimmers per school can score.

9.3.2.2 Relay Events: 9, 4, 2 for first to third; maximum of two relays per school can score.

9.3.3 Dual Meet in a five lane pool.

9.3.3.1 Individual Events: 7, 5, 3 for first to third; only two swimmers per school can score.

9.3.3.2 Relay Events: same as 9.3.2.2

9.3.3.3 One lane of the pool must be designated exhibition throughout the meet.

9.3.4 A multi-dual in at least a 6 lane pool.

9.3.4.1 Individual Events: (same as 9.3.2.1)

9.3.4.2 Relay Events: (same as 9.3.2.2)

9.3.4.3 The one heat restriction to scoring rule is waived. NOTE: Fastest swimmers must be in the first heat.

9.4 Posting Score

At a dual meet, the score should be posted and/or announced from one event before the next event for the same gender can be started.

9.4.1 Reporting Score

All dual meet scores and complete results in HTML format (including dual meets within Tri meets) must be sent to the OUA office by 10:00am the following day of a weekday meet (Mon, Tues.,Wed.,Thurs.) and by 10:00am Monday morning for any meets held on a weekend (Fri.,Sat., Sun.) It is the hosts' responsibility to fulfill this duty.

9.4.2 Online individual and team ranking

It is the responsibility of the host school to submit all results to swimmeet.ca by 12 noon on the day following the completion of the competition. All swimmers must be registered with SNC. [Amended July 2008]

9.5 Rosters for Dual Meets

9.5.1 Each institution must designate prior to the first event their roster (as per OUA constituted Team Complement) eligible to score.

10 OUA DIVISION CHAMPIONSHIPS – to be conducted each year.

10.1 The OUA swim schools will be divided into two divisions. The divisions are to be named for retired OUA swim coaches that contributed to the development of OUA swimming. The naming will be for a ten year period; after which two new coaches will be voted to the honour. The current head coaches to conduct the vote in year nine of the tenure. The names for the two divisions for 2001-2011 are Robin Campbell and Bob Eynon Sr.

10.2 The Division Championship alignment for November, 2008 and November 2009 are:

<p>CAMPBELL DIVISION University of Ottawa University of Toronto University of Waterloo The University of Western Ontario Wilfrid Laurier University Trent University</p>	<p>EYNON DIVISION Brock University University of Guelph Laurentian University McMaster University Queen's University York University Carleton University</p>
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10.3 The date for the Division Championship is third weekend in November. Hosting will be on a rotational basis voted on by the OUA coaches at the OUA championship meet or their think tank. In 2008 the Campbell Division Champs will be hosted by the **University of Toronto** and the Eynon Division Champs will be hosted by **University of Guelph**. [Amended July 2008]

10.3.1 The format for the division championship is as follows:

Changes from last year are **highlighted**.

DAY ONE--SATURDAY		DAY TWO-SUNDAY	
3:00-4:30	Warm-up	9:00-10:30	Warm-up
4:30	Start meet	10:30	Start meet
	Women / Men		Women / Men
#1 / 2	4 x 50 Free Relay	#19 / 20	4 x 50 Medley Relay
# 3 / 4	400 IM	# 21 / 22	200 IM
# 5 / 6	50 Back	#23 / 24	100 Free
# 7 / 8	200 Free	# 25 / 26	200 Fly
# 9 / 10	100 Fly	# 27 / 28	200 Breast
#11 / 12	100 Breast	# 29 / 30	100 Back
# 13 / 14	200 Back	# 31 / 32	50 Fly
# 15 / 16	50 Free	# 33 / 34	50 Breast
# 17 / 18	800 / 1500 Free	# 35 / 36	400 Free
		# 37 / 38	4 x 100 Free Relay

10.4 The divisions will be determined as follows: ranking the OUA swim schools based on the total combined points of the institutions men's and women's teams. The odd teams (i.e. combined points of men's & women's teams ranked overall placed first, third, fifth... will be in one division; the "even" ranked teams in the other division).

10.5 The divisional alignment/calculation will take place every two years at the coaches think tank meeting after the OUA championships in odd numbered years (e.g. 2007,2009,etc).

10.6 OUA Divisional Meet Rules and Time Lines

10.6.1 All events are time finals seeded slowest to fastest.

10.6.2 Entry deadline is 12:00pm (noon) on the Monday prior to start of meet.

10.6.3

- i) Changes to the Division entry may be made after the entry deadline and prior to 12:00 noon on the Thursday prior to the start of the meet at a cost of \$25.00(per change) payable to the meet host.
- ii) Changes to the declared meet scoring complement may be made any time prior to the start of the meet at no charge.
- iii) The scratch deadline for the Division Championship is noon on the 1st day of competition and one half hour after the competition on the first day for the second day of competition.

10.6.4 Psych sheets for the meet are to be made available by the host, either by e-mail or on a website (address to be communicated to all coaches) by 12:00pm (noon) on the Tuesday prior to the start of the meet.

10.6.5 All other OUA championship meet rules and regulations to apply to the meet unless deemed inapplicable by the Jury of Appeal. Note: The Jury of Appeal for each meet must present a report to the convener to document what issues, need to be resolved for future years and placed into the rules and regulations specific to the Division championship.

10.6.6 Institutions are responsible for supplying two timers per session at the Division Championship.

11.1 OUA Sprint Invitational:

Meet Rationale: With feedback from attending coaches and those who are interested in seeing this meet succeed and fill their early season needs the meet will be run in three rounds over the course of about 6 hours. Each swimmer will have a chance to compete at least once per round. The order of the core events will remain the same throughout each round while there will be changes to the relays each round. Swimmers will be seeded with 16 of the top 24 initial entries advancing after the first round while 8 of the remaining seeds will be advanced to a C final if there are greater than 40 entries in an event. The 8 and 4 fastest of these swimmers will advance to the final round. [Amended July 2008]

ORDER OF EVENTS – ROUND 1			
	Women		Men
1		4 x 25 Medley Relay	2
3		100 IM	4
5		50 Free	6
7		50 Back	8
9		50 Breast	10
11		50 Fly	12
13		4 x 25 Free Relay	14
ORDER OF EVENTS – ROUND 2			
	Women		Men
15		4 x 50 Medley Relay	16
17		100 IM	18
19		50 Free	20
21		50 Back	22
23		50 Breast	24
25		50 Fly	26
27		4 x 50 Free Relay	28
ORDER OF EVENTS – ROUND 3			
	Women		Men
29		4 x 100 Medley Relay	30
31		100 IM	32
33		50 Free	34
35		50 Free	36
37		50 Back	38
39		50 Breast	40
41		50 Fly	42
43		400 Crescendo Free Relay (50, 50, 100, 200)	44

Time Line – Start time of first round is fixed, other times may be adjusted depending on meet subscription. For purposes of this discussion take the 7 teams that expressed interest in the meet and estimate 210 swimmers. Relays are time finals in each round.

Preliminaries – Warm Up 8:15 – 9 a.m. – Session will take approximately 2.5 hours – will determine the top 16 from the top 24 and next 8 from remainder if there are greater than 40 entries.

Semi Finals – Warm Up for 45 minutes immediately following the prelim session – session will take approximately 90 minutes – will determine top 8 individual swimmers from the group of 16 and the top 4 from the group of 8.

Finals – Warm up for 45 minutes immediately following the prelim session – session will take approximately 1 hour.

With all this the day plans out:

8:15-9:00 a.m. initial warm up

9:00 – 11:30 first round racing

11:30 – 12:15 2nd round warm up

12:15 – 1:45 p.m. 2nd round racing

1:45-2:30 p.m. 3rd round warm up

2:30 – 3:30 p.m. 3rd round racing

Entry Limits – Each swimmer may enter a maximum of three individual events and one relay per round. Teams are limited to 3 relays per event in each round.

Entry Times - For proper seeding purposes please enter all swimmers with a time. The competition will work best when all swimmers are in competitive heats and have an opportunity to race similarly skilled people.

Entries – must be submitted by Wednesday prior to the meet using the HyTek file. Psych sheets will be emailed to all participating teams on Thursday for proof reading.

[Amended July 2008]

12. The standardized team abbreviations for all meets are as follows:

BRO, CAR, UG, LU, MAC, OTT, QUE, RMC, RYE, UT, TRE, WAT, UWO, WLU, YOR

13. If an institution has defaults an OUA scheduled competition without 30 days notice that the defaulting institution be levied a \$200.00 fine plus verifiable expenses to the host institution.

APPENDIX I – OUA Swimming Event Order Realignment for 2008 -2009

(This is significantly different than previous years – review for event order and session times.)

1. Friday and Saturday warm ups, 8 – 10am for preliminaries and 4 – 6pm for Finals. Sunday warm ups are 10am -1pm in one end (non-racing end); 11 -12 (or until completion) racing of 17+ seeded distance swimmers in racing end. At the completion of these heats, the racing end is also open for warm up until 1 p.m. when the finals will start. Racing expected to run from 1-5p.m.
2. The numbering of the events follows the FINALS order; therefore please notice the numbering for preliminaries will not be numerical.
3. Several events, indicated by an asterisk (*), will have their finals occur on a different day or order than the preliminaries.

EVENT NUMBERS ARE LISTED FOR WOMEN / MEN

**Friday – Heats
Warm Up 8-10a.m.**

#1 / 2	200 Free
#37 / 38*	200 Back*
# 5 / 6	100 Breast
#7 / 8	100 Fly
#3 / 4*	50 Back*
# 9 / 10	400 IM
#35 / 36*	50 Free*

**Friday – Finals
Warm Up 4-6p.m.**

#1 / 2	200 Free
# 3 / 4*	50 Back*

AWARDS EVENTS # 1/2 & 9/10

# 5 / 6	100 Breast
# 7 / 8	100 Fly

AWARDS EVENTS # 5 – 8

# 9 / 10	400 IM
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AWARDS EVENTS # 11/12

#11/ 12	4 x 100 Medley Relay
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**Saturday – Heats
Warm Up 8-10a.m.**

#39 / 40*	50 Breast*
# 15 / 16	400 Free
#23 / 24*	50 Fly*
# 17/ 18	100 Back
#19 / 20	100 Free
#21 / 22	200 Breast
#29 /30*	200 Fly*

**Saturday – Finals
Warm Up 4-6p.m.**

# 13 / 14	4 x 50 Free Relay
# 15 / 16	400 Free

AWARDS EVENTS # 11-16

# 17 / 18	100 Back
#19 / 20	100 Free

AWARDS EVENTS # 17 – 20

# 21 / 22	200 Breast
#23 / 24*	50 Fly*

AWARDS EVENTS # 21 - 24

# 25 / 26	4 x 200 Free Relay
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Changes from last year are **highlighted.**

Sunday – Distance

Warm Up 10-11a.m.

39 / 40

800 / 1500 – Swimmers seeded 17 +

Sunday – Distance

Warm Up 12-1p.m.

27 / 28

4 x 50 Medley Relay

AWARDS EVENTS # 25- 28

29 / 30*

200 Fly*

#31 / 32

200 IM

33 / 34

800 / 1500 – Swimmers seeded 9 – 16

AWARDS EVENTS # 29 – 32 & Tihanyi Award

#35 / 36*

50 Free*

33 / 34

800 / 1500 – Swimmers seeded 1 – 8

AWARDS EVENTS # 33 - 36

37 / 38*

200 Back*

#39 / 40*

50 Breast*

AWARDS EVENTS # 37 - 40 and Award of Distinction

41 / 42

4 x 100 Free Relay

AWARDS EVENTS # 41 & 42

AWARDS – Male & Female Swimmer of the Meet

AWARDS Coach of the Year Men's Team

AWARDS Coach of the Year Women's Team

AWARDS – Men's & Women's OUA Champions

[Amended July 2008]