



**OPEN WATER
SWIMMING CHAMPIONSHIPS**

Monday, July 6, 2009

Professor's Lake, Brampton, Ontario

Sanctioned by: Swim Ontario
Hosted by: Swim Ontario



Ontario Open Water Swimming Championships - 2009

General Information:

Date/Time: Monday, July 6, 2009

Host: Swim Ontario

Location: Professor's Lake
1660 North Park Drive
Brampton, Ont.
(Corner of Bramalea Road and Bovaird Drive)
(See below for directions.)

Sanctioned by: Swim Ontario

Race Coordinator: Lindsay Taylor, Swim Ontario
416-426-7464

Entry:

Qualifying Standards: Open.

Entry Limitation: Swimmers may only enter one race. Female swimmers under the age of 10 are ineligible and Male swimmers under the age of 11 are ineligible. Age is as of the day of the event.

Entry Fees:

Swim Ontario Member	= \$40.00
Master's Swimming Ontario	= \$40.00
Non Members*	= \$60.00

(GST included in fee)

Entry Deadline: 6 pm (EST) Tuesday, June 30, 2009 – **No Exceptions**

Entry Process: Online at <https://www.onlineregistrations.ca/swimontario>

Event Details:

Check In:

Registration Starts at 10 am:
3km: Participants Need to Register by 12 Noon.
5km: Participants Need to Register by 2 pm.

3km Starts: 1 pm, closes at 2:45 pm
5km Starts: 3 pm, closes at 5:00 pm

**All adult swimmers must sign the Adult participant waiver.
All minors must have a parent/guardian sign the Parent consent waiver
and must also sign the Minor participant waiver to participate in the
race. Waivers can be found on the Swim Ontario website under:
Provincial Open Water Swimming Championships.**

Coaches Meeting: 3km – 12:00 pm
5km – 2:00 pm

Race Categories:**3 Km**

10 – 12yr Girls/11 - 13yr Boys
13 - 14yr Girls/14 - 15 yr Boys
15 – 18 yr Girls/16 - 18yr Boys

5 Km

13 and Over Women/13 and Over Men

Race Times:**3km Race start: 1 pm**

3km Course will be closed at 2:45 pm; competitors still racing will be removed from the course and disqualified.

5km Race start: 3 pm

5km Course will be closed at 5:00 pm; competitors still racing will be removed from the course and disqualified.

Race Details:

Race loop is 1 Km, swum counter clockwise.

3 Km (3 Laps)

5 Km (5 Lap)

3 K and 5 K Races will run separately.

Each Race will be mixed gender.

Race will run **Rain or Shine! Cancellation only in event of thunder/lightning.**

Wet Suits are not allowed.

Awards and Results:**Awards:**

3 Km Age Group Swim

- To be confirmed

5 Km Open Swim

- To be confirmed

Race Results:

Will be posted on the Swim Ontario Website.

www.swimontario.com

Race Rules**Swim Rules:**

FINA Open Water Swimming

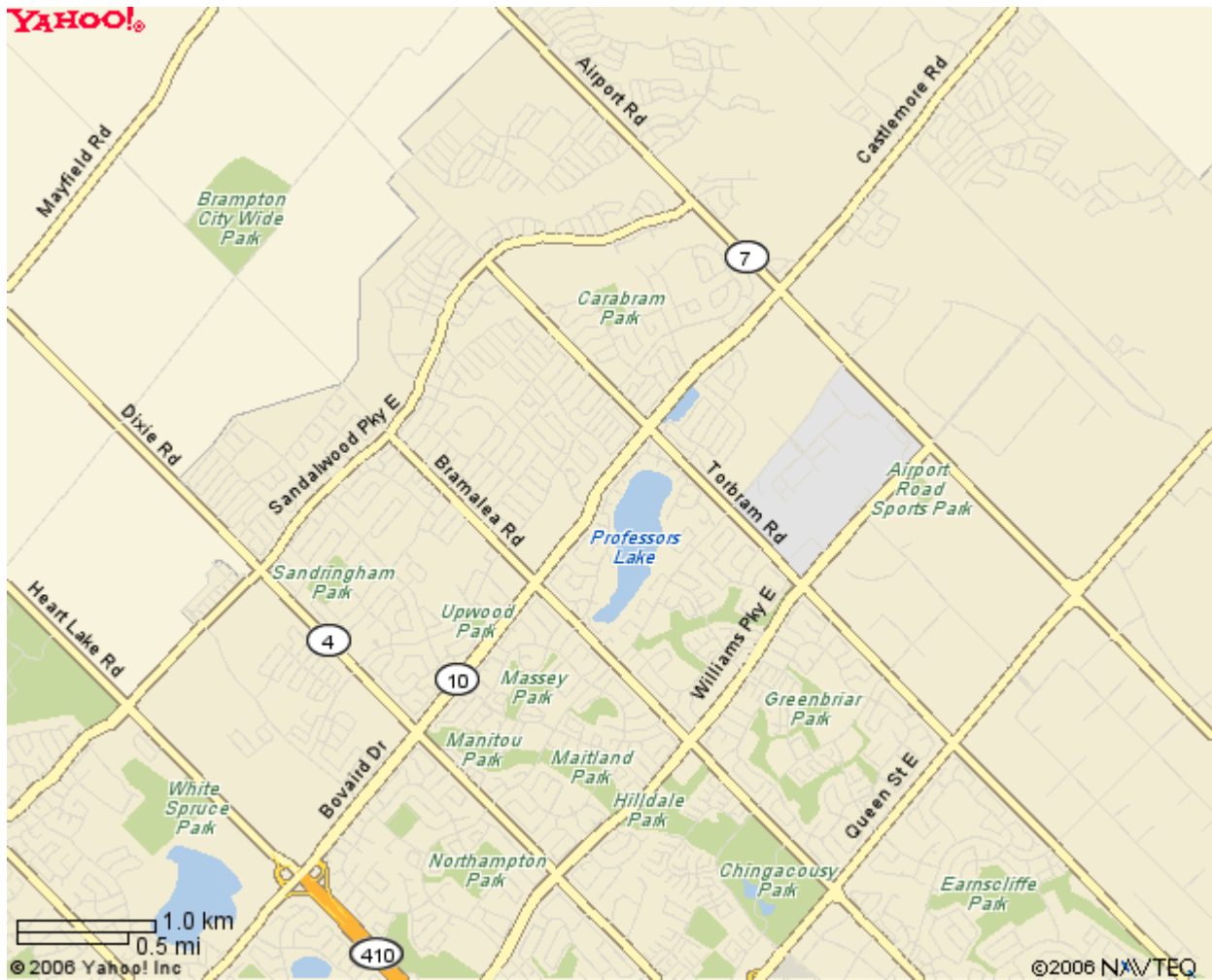
No Wetsuits allowed.

Accommodations:**Hotels :**

Holiday Inn Brampton
30 Peel Centre Drive,
ON L6T 4G3
905-792-9900

Directions to Professor's Lake:

From either 401 East or West
Exit Hwy. 410 North
Exit Williams Parkway East (Continue East)
Turn North on Bramalea Road
Turn East on North Park Drive



Swim Ontario – Open Water Meet Requirements

- **These Open Water Meet Requirements must be included in the Meet Package.**
- **All swimmers must be registered with Swim Ontario as either Competitive or Masters.**
- Host is required to supply written water test results to Swim Ontario, two weeks prior to the event, that confirm compliance with Ontario Health Standards
 - Water tolerance levels must meet the following standards:
 - pH between 6 and 9
 - E'coli (fresh water) not more than 200 per 100 mils
 - Enterococci 35 per 100 mils
- Water temperature to be tested 2 hours before the event and confirmed at 16 degrees or higher
- In the case of bad weather ie: thunder or lightning, alternate plans for event date or cancellation must be in place
- Written Emergency extraction plan or medical intervention must be in place and included in meet package and posted at the event
- Must have EMT on site
- Must have certified NLS Lifeguards
- No wet suits will be allowed
- Each swimmer must be clearly numbered on upper arm, back or swim cap
- No Event shall be more than 10km.
- Open water swimmers 9 and under permitted to swim up to 1km.
- Open water swimmers between the ages of 10 to 13 years are permitted to swim in sanctioned events of up to and including 5 kilometres
- Swimmers 14 and over able to compete up to 10km.
- The course must be clearly marked and defined
- The finish point where the race terminates must be clearly marked and defined with a predetermined 'touch' point
- Timing procedures need to be outlined and considered satisfactory by SO Regional Sanctioning officer
- Finish monitors must be in place to assist swimmers out of the water if necessary

Safety Precautions

- A stationary craft will be available every 250 metres of the course with NLS Lifeguard on board and appropriate safety equipment
- Escort crafts, with NLS Lifeguard, in the water following alongside the swimmers as they swim their course
- All boats used in conjunction with the event must meet Safety Compliance Notice issued by Transport Canada for equipment and loading capacity
- All swimmers and coaches must be briefed on emergency procedures prior to the start of the race as well as these procedures must be posted day of event
- Every swimmer must be accounted for before they enter the water and as they exit
- Race course and beach/land area should be checked and cleared of any hazards morning of the event
- Spectators should be kept at a distance from the start/finish lines allowing clear access for the swimmers

Smoking or the use of any other tobacco products is prohibited in the venue of all Swim Ontario sanctioned events.