



Invitation provinciale groupe d'âge de Noël 2021 CAMO

TECHNICAL BULLETIN

RELEVANT INFORMATION COVID-19

Upon arrival at the pool, use the main door.

Wearing a quality mask is always mandatory.

Coaches and swimmers must respect the regulations put in place by the Complexe Sportif Claude-Robillard.

You need to wash your hands.

You must leave your personal belongings in the changing rooms and leave the changing rooms as soon as possible.

Following the last ministerial judgment, I am sharing with you a communication which was sent November 21, 2021, by the Department of culture, sports, recreation and social development of the MHM district.

The ministerial decree provides that the obligation to validate the vaccination passport is extended to all spectators without exception, including during training or amateur sporting events.

TECHNICAL MEETING

The technical meeting for all coaches will be held at the Complexe Sportif Claude-Robillard on **Friday, December 3rd at 7:40 am** near the table of the clerk of course.

REGULATIONS

Swimming Canada's rules are in effect.

For the preliminaries, the warm-up is from 7:00 am to 8:00 am, the preliminaries begin at 8:10 am.

For the finals on Friday and Saturday, the warm-up is from 4:00 pm to 4:50 pm, the finals begin at 5:00pm.

For Sunday, the warm-up is from 3:00 pm to 3:50 pm, the finals begin at 4:00 pm.

WARM-UP

For the preliminaries and finals, the dives will be allowed in your own lane but only one way.

See attached diagram for preliminaries only.

For the finals, the rules specify 40 swimmers per lane, so you can choose the lanes to use: 3 lanes for CAMO, 2 lanes for TSC and ESWIM, 1 for SHER, 1 for TORP, 1 for CDNDG, 1 for DDO.

The 2nd swimming pool will be used for the "swim down" during the preliminaries. The diving pool will be open for the Finals.

Swimming Canada's Competitive Warm-up Safety P will be applied to this meet.

<https://www.swimming.ca/fr/procedures-de-securite-pour-lechauffement/>

Following registration, all swimmers and coaches will be able to stay on the pool. We will use one (1) swimming pool (25m) in preliminaries.

EVENTS

800m/1500m LIBRE

We ask all coaches to come and confirm the event concerned during the warm-up period.

800m Freestyle (15 years and under and 16 years and over): The fastest heat will swim in Friday's finals session.

1500m Freestyle (15 and under and 16 years and over): The fastest heat will be swim in Saturday's finals session.

800m/1500m Freestyle (11-12 years old): All starts will swim in the Friday morning and Saturday' morning session.

400m LIBRE (Sunday)

We ask all coaches to confirm their swimmers for the concerned event during the warm-up period.



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OTHER DETAILS

We ask swimmers to stay in the water until the next start, except for backstroke events. The starting list of the preliminary series and the finals program will be available at the clerk of course table and will be posted on the wall. We ask the coaches to address all requests related to a disqualification to the referees concerned and all other requests to the director of the meet. Back ledge will be installed for the finals only. The finals will be in a 50m pool.

WAITING AREA (IMPORTANT)

Before their race, swimmers will be able to stand in the area reserved for them behind the starting blocks on the northside. The space provided for swimmers behind the starting blocks should only concern swimmers in the next series. This space will welcome swimmers for the following series. This area is not a back-and-forth zone and only swimmers coming to race can access it from one direction and leave it with the other. Swimmers in the next series will have to stay behind the timekeepers until the call to the starting block.

RUNNING AREA (IMPORTANT)

One side of the starting block will be assigned to timekeepers and corner controllers, to maintain minimal distancing while maintaining an effective position to officiate the race. The other side of the starting block will be assigned to swimmers, to climb on the pad, or for the entrance to the water or the exit.

CALL AREA - FINALS! IMPORTANT!!!

The call area will be located near the starting blocks under the stands. Swimmers are asked to show up a few minutes before their event to confirm the number of swimmers per final. There will be a pre-race presentation for all swimmers in the A finals.

ARENA PRICE

50m FREESTYLE (Saturday), swim in the preliminaries and the finals will be as follows:

- The first heat with the 10 best swimmers
- 4 minutes of rest
- The second heat with the 5 best swimmers from the previous heat
- 4 minutes of rest
- The last heat with the 2 best swimmers from the previous start - **THE GRAND FINALE !!!**

PROTOCOL-REWARDS 13 YEARS AND OLDER

Protocol discounts during the finals for all events. Please advise your swimmers to stand for the podium immediately after their race. Medals will be awarded to the top three athletes in each individual event.

AWARDS 11-12 YEARS

Medals for first, second and third position will be given in envelopes at the clerk of course table.

IMPORTANT DETAILS FOR RELAYS

Relay 4x50m QNI MIXED 11-12 years Friday

4x50m FREESTYLE relay 11-12 years old Saturday

Deadline to submit registrations for the **relays: 9:00 am on the morning of the event at the clerk of course table**

Relay 16 years and over and 15 years and under: 4x50m MIXED IM, swim directly in the Friday final.

Deadline to submit registrations to the **relays: before the end of the Friday preliminaries** to the clerk of course.

Limit for **name changes: 30 minutes before the beginning of the Friday final session** to the clerk of course.

Relay 16 years and over and 15 years and under: 4x50m FREE, swim directly in the Saturday final.

Deadline to submit relay registrations: **before the end of the preliminaries** on Saturday at the race clerk.

Limit for **name changes: 30 minutes before the beginning of the Saturday final session** to the clerk of course.



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RESULTS

Partial results will be available online, and as soon as disqualifications have been inserted, the official results will be placed on the Swimming Canada website and Splash Me. **There will be no display of results in the lobby for this meet and no program for sale for spectators (COVID).** Displays of preliminary and final programs will be posted on the pool only.

WITHDRAWAL

For the finals, swimmers may withdraw without penalty **within thirty (30) minutes of the posting of the results of each event of the preliminary session,** an announcement will be made at the microphone by the clerk of course and on the scoreboard.

A swimmer who fails to register his withdrawal will be removed from all remaining events, including relays, for the remainder of the final session of the day.

FINALS

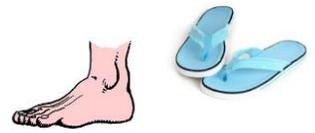
For 15 and under, there will be a final C only if there are 25 swimmers registered after the withdrawals.

MEAL

There will be coffee on site and a few individually wrapped snacks as well as a lunch box dinner for coaches.

Protect our planet! Think "GREEN" Please bring your water bottle!

A by-law of the City of Montreal authorizes, on the beach of the pool, only the shoes used for meet purposes for all coaches, swimmers, and officials of the meet. Sandals are mandatory for swimmers.





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