



**WHITBY DOLPHINS 2nd ANNUAL  
OPEN WATER BONFIRE MEET  
SATURDAY JUNE 20, 2009**

At

**TRUDEAU PARK RESORT  
TWEED, ONTARIO  
(2 hours northeast of Toronto)  
(30 minutes north of Belleville Ontario)**

**Hosted by WHITBY DOLPHINS SWIM CLUB**



The Ontario Trillium Foundation is an agency of the Government of Ontario.



**Date:** Saturday June 20, 2009

**Location:** Stoco Lake, Trudeau Park Resort, 15 Trudeau Lane, Tweed, Ontario

**Time:** arrival at registration table anytime after 9am

### **Warm ups as follows:**

9 and Under swimmers: 10:00am - 10:30am Start time - 10:45am

10-13 swimmers: 12 noon - 12:30pm, Start time - 12:45pm

14 and Over swimmers: 2:30pm - 3:00pm, Start time 3:15pm

### **Events:**

9 and Under: 1 km swim

10-13 age groups: 3 km swim

14 and Over age groups: 5 km swim

**\*OPEN\* 1km for any age not wishing to attempt their age category requirements also available**

### **Eligibility:**

All swimmers must be registered as Competitive with Swim Ontario

All swimmers must participate only within their age category

All swimmers will only participate in 1 event or race

- 9 and Under swimmers must be able to complete a 1 km non stop swim in under 40 minutes
- 10-13 swimmers must be able to complete a 3 km swim in less than 1 hour 30 minutes
- 14 and Over swimmers must be able to complete a 5 km swim in under 2 hours
- **\*WE WILL ALSO HAVE A 1KM OPEN RACE FOR ANY COMPETITOR NOT WISHING TO COMPETE IN THEIR AGE CATAGORIES SWIM.**
- **\*THIS EVENT IS OPEN TO ALL REGISTERED COMPETITIVE SWIMMERS IN ANY PARTICIPATING CLUB**

*(It is advisable to do these test sets at your own pool prior to submitting your entries)*

**\*All coaches will be responsible for their swimmers at the meet and enter swimmers at their own discretion for safety purposes**

### **Entries:**

- Cost per swimmer is \$30 GST Included
- Florescent cap provided to all swimmers; lunch will be provided for coaches and officials
- Swimmers/parents bring own lunch or purchase at resort restaurant - open 12 noon
- Swimmers are entered at their coach's discretion
- ALL SWIMMERS must wear a florescent cap (to be supplied upon arrival) during warm-ups and races.
- All entries must be via Hy-tek, (see attached meet procedure)
- All entries will be processed on a first come, first serve basis
- All entries must be received no later than June 10<sup>th</sup>, 2009

All cheques for entries must be paid to Meet Manager upon arrival on day of competition:

MEET MANAGER: Andrew Harper [asharper@interlog.com](mailto:asharper@interlog.com) or 905 668 9026

**\*PLEASE MAKE ALL CHEQUES PAYABLE TO\*  
"WHITBY DOLPHINS SWIM CLUB"**

## **Trophies**

**Trophies will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male & female finishers as per the following age Groups:**

- 9 and Under
- 10
- 11
- 12
- 13
- 14
- 15
- 16 and Over

PLEASE NOTE ALL AWARDS TO BE PRESENTED  
AT BBQ DINNER (\*\$15 PER PERSON) IN MAIN BANQUET HALL IMMEDIATELY FOLLOWING  
COMPLETION OF ALL RACES FOR THE DAY  
\*please see attached EAT/STAY OPTIONS\*

**NOTE: IF YOU ARE UNABLE TO STAY FOR THE DINNER AND LATE NIGHT ACTIVITIES, YOUR AWARDS WILL BE AVAILABLE BEFORE YOUR DEPARTURE.**

## **SAFETY PRECAUTIONS and REGULATIONS**

- All participants must adhere to all resort rules and regulations
- All swimmers must stay within designated areas of the resort at all times
- All coaches are responsible for their swimmers during the competition
- All swimmers must do a POSITIVE CHECK INTO water during warm up and competitions
- All swimmers must do a POSITIVE CHECK OUT upon completion of warm up and competitions
- All swimmers must wear the florescent cap provided to all swimmers
- No equipment, paddles, flutter boards or flippers during warm ups and or competitions
- No wet suits permitted
- All swimmers must be clearly numbered on the upper arm or back or swim cap

***\* St Johns Ambulance will be on site with emergency equipment and assistance if needed***

***This Emergency Station will be available to all participants in a clearly marked area at the event.***

### **EMERGENCY EVACUATION PROCEDURE OUTLINE**

All swimmers must participate in an emergency evacuation procedure drill prior to start of races. This will be conducted by NLS Lifeguards and details will be posted at the meet location

- We will use a siren to alert all swimmers of any emergency. (Fire truck with Siren on site)
- Swimmers must stop swimming and await further instructions for possible evacuation of the water.
- If evacuation is necessary, all swimmers will proceed to swim to the closest water craft for further detailed instructions and guidance by the NLS Lifeguard onboard
- Swimmers will evacuate the water by swimming slowly and following the boat closest to the shoreline under the direction of the NLS Lifeguard
- Evacuation will start with the boat closest to START/FINISH line, then the next closest boat and their swimmers. This will proceed until all swimmers & boats check back safely.
- Each swimmer must report to the POSITIVE CHECK OUT of the water at designated table after any emergency evacuation UNDER DIRECTION OF THE NLS LIFEGUARDS.

### **START/FINISH POINTS AND RACE OUTLINE**

- All swimmers will start competition in the water with a start line defined by 2 boats and rope approximately 15 m across.
- The start rope will be lifted under the direction of the Starter.
- The Starter will be on one boat along with 2 NLS Lifeguards with safety equipment
- The start will be conducted using a starter pistol
- The Finish Judge and Referee will be on the other boat with 2 NLS Lifeguards with safety equipment.
- All swimmers must finish by crossing the same start line defined by 2 boats and rope.
- All swimmers must follow outlined course supplied by host club.

- This will be clearly outlined with 3/8 inch rope and 2 buoyant objects (bleach jugs) each 10 m with a boat and NLS Lifeguard positioned every 250 m.
- The course is swum in a square outline, with boats at each turning point for assistance if required. 4 stationary boats will be available along the route plus the 2 boats for the start and finish lines.
- Smaller craft will be monitoring swimmers throughout the race from the inside and outside of the outlined course with throwing and towing assists as safety equipment.
- All spectators will remain on land in a designated area, away from the start and finish lines.
- **ALL WATER CRAFT WILL COMPLY WITH THE TRANSPORTATION CANADA SAFETY REQUIREMENTS AND WILL NOT EXCEED LOADING CAPACITY**

## **TIMING PROCEDURE**

There will be 10 swimmers started at a time - approximately 5 heats per race.

2 swimmers will be assigned to 1 timer.

Each timer will have 2 cards with their swimmers name and cap number.

Start the race in heats of 10 swimmers each.

Start each heat approximately 2 minutes apart or about 125 meters.

There will be a maximum of 5 heats per race.

Timers will only be responsible for watching the finish of the 2 swimmers assigned to them and logging their 2 time's manually.

## **Competition Cancellation Procedure**

The competition will be cancelled due to any of the following:

1. Water quality test failure - this test will be done within 2 weeks of competition and all clubs will be notified if there is any problem. Test will be done for E-coli (not more than 200 per 100 mils) and Entero-cocci (35 per 100 mils). The pH level must be between 6 and 9.
2. Water temperature will be taken 2 hrs before event and anything less than 16 degrees.
3. Weather conditions such as extreme cold, thunder or lightning, high winds or waves.

ALL MEET FEES will be returned to your club if any of the above weather/water conditions do not permit competition.

## BBQ DINNER BANQUET/STAY OPTIONS

Immediately following the competition, Trudeau Park resort will be hosting a BBQ awards dinner and chaperoned swimmers only dance until 12 midnight.

Oakley's lounge/patio will open and available for all 19 and over  
(Restaurant, cash bar, karaoke, dancing, or relax on the patio)

OPEN til 2am

Located on the premises on the same floor as the Main banquet hall  
(Swimmers dance area)

ON SITE CAMPING IS AVAILABLE TOO! PLEASE SEE BELOW

Showers and indoor toilets available at resort

If you would like to participate in any of the above activities, please specify quantity below and return by June 10, 2009 to the provided address

Family Name \_\_\_\_\_

Swim Club \_\_\_\_\_

Qty	Ticket	Price Each
	Dinner Buffet	\$15 Adult-11&over \$10 child - 10&und
	Campsite	\$30/\$35 per night Electrical avail
	Breakfast Buffet	\$10 - 11 yrs&over \$5 - 10 & under

**\*TO BOOK YOU CAMPING SPOTS PLEASE CALL  
CASEY TRUDEAU DIRECTLY - 613-478-5511  
ON OR BEFORE JUNE 10/09**

**\*\*ALL ATTENDING CLUBS PLEASE CALL OR EMAIL CATHY WITH THE TOTAL  
NUMBER OF SUPPERS & BREAKFAST BUFFETS REQUIRED FOR YOUR CLUB BY BEFORE  
JUNE 10/09**

**905-430-6765 -CATHY GERROIR  
cgerrior@rogers.com**

OFFICIALS REQUEST

WE WOULD LIKE TO HAVE AT LEAST 2 OFFICIALS AND OR 2 VOLUNTEERS  
FROM EACH CLUB IF POSSIBLE

PLEASE NOTIFY OUR MEET MANAGER BY FILLING OUT THE REQUEST  
BELOW AND EMAILING IT TO  
asharper@interlog.com

Club Name \_\_\_\_\_  
Name of Official \_\_\_\_\_  
Level of Certification \_\_\_\_\_  
Preferred Role \_\_\_\_\_  
Name of Volunteer \_\_\_\_\_  
    Available 1<sup>st</sup> Race \_\_\_\_\_  
    Available 2<sup>nd</sup> Race \_\_\_\_\_  
    Available 3<sup>rd</sup> Race \_\_\_\_\_

I am available to assist in other areas besides the open water events (please specify):

\_\_\_\_\_

Comments:

\_\_\_\_\_

\_\_\_\_\_

Thank you,  
Andrew Harper  
905 668 9026  
asharper@interlog.com

### **Alternate Hotels in Belleville area**

**If you do not wish to camp at the Resort, below is a list of Hotels nearby.**

**Tweed Ontario – Park Place Motel, 43 Victoria St, Tweed, Ontario  
613-478-3134 (Downtown Tweed)**

**Tweed Ontario - Bed and Breakfast Cassidy's Circle Farms,  
RR#4 Tweed, Ontario KOK 3J0 Call – 613-478-5012**

**Belleville Ontario – Holiday Inn Express, 291 North Front St, K8P 3C3 (30 minutes south  
of Tweed) Indoor Pool- Call – 613- 962-1200**

**Belleville Ontario – Best Western, 387 North Front St, K8P 3C8  
(30 minutes south of Tweed) Indoor Pool – Call – 613-969-1112**

**Belleville Ontario – Clarion Inn and Suites, 211 Pinnacle St, K8N 3A7  
(30 minutes south of Tweed) Indoor Pool – Call – 613 –962-4531**

**Belleville Ontario – Fairfield Inn and Suites by Marriot  
417 North Front Street, K8P 3C8  
(30 minutes south of Tweed) Indoor Pool – Call – 613 962-9211**