

Renfrew County 2020 55+ Invitational Swim Meet

Date: Sunday, May 24, 2020

Location: Nick Smith Centre

77 James St, Arnprior, ON

Time: Check-in: 8:30 am – 9:15 am

Warm-up: 9:00 am – 9:45 am

Start: 10:00 am

Meet Manager: Ralph Chown

Facilities: Pool - 6 lane, 25 meter pool. The competition shall be run in lanes 2-6. Lane 1 shall be reserved for warmup/cool down during the competition.

Parking - there is free parking beside the complex

Lockers – a limited number of lockers are available in the change rooms. Users must supply their own locks.

Eligibility: Open to all competitors who have attained their 55th birthday by Dec. 31st, 2020.

Order of Events:

- (1) 200m Open (specify stroke)
- (2) 25m Freestyle
- (3) 50m Breaststroke
- (4) 50m Freestyle
- (5) 100m Backstroke
- (6) 25m Backstroke
- (7) 25m Fly

15 Minute B r e a k

- (8) 50m Fly
- (9) 100m Breaststroke
- (10) 50m Backstroke
- (11) 100m Individual Medley
- (12) 25m Breaststroke
- (13) 100m Freestyle
- (14) 200m Mixed Free Relay
- (15) Buffet

Age Groups:

Individual events

55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89

The age determining date shall be the competitor's age on December 31, 2020.

Relay events

220-239, 240-279, 280-319, (forty year increments)

The age determining range shall be the sum of the 4 competitor's ages as of Dec 31, 2020.

Relays: Relays shall consist of 2 women and 2 men. Individuals or small teams may combine with others to form a team. A swimmer may swim only once in the relays. Completed relay cards are to be submitted to the Clerk of Course on deck by the end of the Break after Event 7.

Seeding: All heats in all events except the relays shall be seeded by time only without regard to age or gender. Relays shall be seeded by age group. Swimmers must follow the heat sheets and report to the Marshalling Area prior to their heat.

Warm up: All lanes shall be available for the general warm up. All swimmers are required to enter feet first into the pool. No diving is permitted. 10 minutes before the end of the Warm-up, Safety Marshalls shall indicate when lanes 1 & 2 shall be open for dives from the deep end (from the block or pool edge) with one-way swimming to the shallow end.

Rules: Renfrew County 55+ Swim Meet Rules shall apply.
(Based on Masters Swimming Ontario Rules)

Registration: Each swimmer may enter a maximum of 6 events and the relay.

Registration shall be limited to the first 60 entrants. A group registration that surpasses the 60 entrant cut-off shall be accepted in its entirety.

Note: To seed the heats by time, the registration form requires an estimated race time for each event entered except relays.

Deadline: All registrations must be received by 3:00 pm, Friday May 8th.

Fees: \$35 per individual. The fee includes all individual events, relays, participant plaque, awards to 4th place and the buffet.

\$15 per non-participant. The fee includes the buffet. Non-participants who volunteer and are accepted for vacant official's positions (eg. Timers, Marshalls, Stroke Judges) do not have to pay the \$15 fee.

To inquire, contact the Meet Manager --> chown1624@gmail.com

Deliver or mail the Registration Form with payment to:

Senior Active Living Centre

77B Madawaska St.

(side entrance, Mon-Fri 9 am to 3 pm, cash or cheque)

Arnprior, ON K7S 1S1

Make cheques payable to: **Renfrew County 55 Plus Swim Meet**

Deck Entries: Will be considered at the discretion of the Clerk of Course, Referee and Management and only if all of the following conditions are met:

- The swimmer is already registered
- The number of events entered does not exceed 6.
- Only to fill empty lanes.

Results: Printed results shall be posted at the pool as the meet progresses and at the buffet.

Awards: All competitors shall receive a souvenir plaque. Place tags may be collected and affixed to the plaque as the results are posted. Place tags will be awarded down to 4th place for individual events and 3rd place for the relays.

Social: At the end of the swim meet a buffet will be provided in the Nick Smith Centre Community Hall.

Senior Games:

The Renfrew County (District 5) Senior Games Association will recognize placings attained at this meet, for events recognized by the SGA, as qualifying events to advance to the 2020 Ontario 55+ Summer Games being held in Peterborough Aug 11.

Note:

- The SGA age groups are wider, that is: 55+, 65+ and 75+
- Qualify SGA events must start in the water. Therefore to be recognized, a start cannot be made from the block or pool deck.
- The 1st place finishers in each age group shall be eligible to advance.
- See osga55plus.ca/rules. Scroll down to Swimming then click on the word "Swimming".
- There is no Prediction event being held at this meet.

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