



Swimming

Districts are encouraged to follow the technical information and guidelines found within this manual at all times. When changes are necessary at the District level, participants who qualify for Ontario 55+ Summer Games must be made aware that the following rules will be in use at Ontario 55+ Summer Games.

D) FORMAT OF PLAY – Three (3) Divisions

PREDICTION

Division	Age Category	Number of Participants
Prediction	55+ Men, Women	One Man, One Woman
	65+ Men, Women	One Man, One Woman

OPEN SPRINT

Division	Age Category	Number of Participants
Sprint (50m)	55+ Men, Women	One Man, One Woman
Sprint (25m)	65+ Men, Women	One Man, One Woman
	75+ Men, Women	One Man, One Woman

OVERALL (Medley - 4 sprints)

Division	Age Category	Number of Participants
Overall – 4 sprint (50m)	55+ Men, Women	One Man, One Woman
Overall – 4 sprint (25m)	65+ Men, Women	One Man, One Woman
	75+ Men, Women	One Man, One Woman

Participants may compete in only one division at Ontario 55+ Summer Games.

Any persons not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. Competitors are expected to complete competition regardless of their record thus far in the competition. If a competitor defaults part way through the competition, the results of that competitor (s) will be removed from the standings.

If there are any questions about rulings, the OSGA Summer Games Technical Manual will be considered correct.

E) ELIGIBILITY

Event	Requirements
District Games	Any person 55+ living in Ontario
Ontario 55+ Summer Games (Provincial Championships)	Gold Medal Winners – District competition
NOTE: Previous Ontario 55+ Summer and Winter Games and Canada Games winners are still eligible to compete at the District and Ontario 55+ Summer Games level.	

TOURNAMENT SET-UP

Prediction Swim: Overall

1. The competitors in the Prediction Division will have the opportunity to swim 3 different lengths per day. The differential times for those 3 lengths will be added together.
 - 25m • 200m
 - 50m • 400m
 - 100m
2. Suggested timetable
55+ AM – 25m, 100m, 400m PM 50m, 200m
65+ AM – 50m, 200m PM 25m, 100m, 400m
3. Swimmers predict the time that it will take them to swim each particular distance.
4. At the provincial level, competitors will swim twice over a two (2) day period (once each day). Competitors actual times for the two (2) days will then be compared to their predicted times. The differential times for those 6 lengths will be added together.

Open Sprint:

1. Each competitor will be allowed to compete in one event using whatever stroke they wish.
2. Competitors will swim their chosen length once in the morning and once in the afternoon on each day. The best 3 times will be added together to determine placing.

Overall – 4 Sprint (Medley) Competition

1. Each competitor will swim a minimum of 3 of the 4 sprint events daily. Sprint events will include freestyle, backstroke, breaststroke, and butterfly. Distances will be 50m for 55+, and 25m for 65+ and 75+.

Determining the Winners

Prediction Swim

1. Competitors actual times for the two (2) days will then be compared to their predicted times. Disregarding pluses and minuses, the six differential times will be totaled. The person whose total differential is closest to zero wins.
2. The swimmer having the smallest difference between the actual time and the predicted time (over or under) is the winner. In the event of a tie, two (2) medals will be awarded (e.g. if there is a tie for first (1st) place then two (2) gold medals will be awarded but no silver medal will be awarded. The next best finisher will receive the bronze medal.)

Open Sprint:

1. Each event will be timed to determine winners. In the event of a tie, two (2) medals will be awarded. (e.g. if there is a tie for first (1st) place then two (2) gold medals will be awarded but no silver medal will be awarded. The next best finisher will receive the bronze medal.)

Overall – 4 Sprint (Medley) Competition

1. Competitors will take their best time in 3 sprint events over two (2) days.
2. The top 3 sprint events will then be added together to get an overall time for medal placement

D) AWARDS

Gold (16)	Women 55+ - Overall Prediction Swim	Men 55+ - Overall Prediction Swim
	Women 65+ - Overall Prediction Swim	Men 65+ - Overall Prediction Swim
	Women 55+ - Open Sprint	Men 55+ - Open Sprint
	Women 65+ - Open Sprint	Men 65+ - Open Sprint
	Women 75+ - Open Sprint	Men 75+ - Open Sprint
	Women 55+ - Overall – 4 sprint	Men 55+ Overall – 4 Sprint
	Women 65+ - Overall – 4 sprint	Men 65+ Overall – 4 Sprint
	Women 75+ - Overall – 4 sprint	Men 75+ Overall – 4 Sprint
	Silver (16)	Women 55+ - Overall Prediction Swim
Women 65+ - Overall Prediction Swim		Men 65+ - Overall Prediction Swim
Women 55+ - Open Sprint		Men 55+ - Open Sprint
Women 65+ - Open Sprint		Men 65+ - Open Sprint
Women 75+ - Open Sprint		Men 75+ - Open Sprint
Women 55+ - Overall – 4 sprint		Men 55+ Overall – 4 Sprint
Women 65+ - Overall – 4 sprint		Men 65+ Overall – 4 Sprint
Women 75+ - Overall – 4 sprint		Men 75+ Overall – 4 Sprint
Bronze (16)		Women 55+ - Overall Prediction Swim
	Women 65+ - Overall Prediction Swim	Men 65+ - Overall Prediction Swim
	Women 55+ - Open Sprint	Men 55+ - Open Sprint
	Women 65+ - Open Sprint	Men 65+ - Open Sprint
	Women 75+ - Open Sprint	Men 75+ - Open Sprint
	Women 55+ - Overall – 4 sprint	Men 55+ Overall – 4 Sprint
	Women 65+ - Overall – 4 sprint	Men 65+ Overall – 4 Sprint
	Women 75+ - Overall – 4 sprint	Men 75+ Overall – 4 Sprint

F) RULE SOURCE

Official rules of Swimming Canada shall apply with the exceptions listed under “Tournament Set-Up” and “Swimming Rules Summary.”

Websites

www.swimming.ca
www.swimontario.com

F) EVENT REQUIREMENTS

Equipment 1. Sufficient stopwatches for the number of lanes being used.
(or appropriate electronic timing device)

Facilities 1. The swim meet must take place in a 25 metre rectangular pool.
2. It is strongly recommended that there be qualified lifeguards on hand during the event.
3. The facility should be handicap accessible.

G) OFFICIALS

The OSGA requires, at minimum, the following major officials for Ontario 55+ Summer Games:

For District Games, the following are **only a suggestion**. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try to have the necessary officials to run the event successfully.

- C) One (1) Activity Convenor
- D) Timekeepers

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA at least one (1) year prior to Ontario 55+ Summer Games. The host committee is also responsible for any other officials required to host this event.

Swimming Rules Summary

1. A medical examination two (2) months prior to the games is strongly recommended.
2. Start **for all events** must be from in the pool. All participants must be touching the side of the pool at the start of the event.

Prediction Swim

1. There will not be any stroke restrictions; however, front crawl is the most efficient (fastest) stroke.
2. **Participants are permitted to change their predicted time on the second day of competition.**
3. Swimmers are not to use watches, electronic timing devices i.e cell phones, smartphone/tablet, etc or receive pacing information from the sidelines.
4. Swimmers are required to touch the end of the pool during turns.
5. Swimmers may tread water but are not allowed to touch the bottom of the pool during an event. This will result in disqualification.