

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.

A) FORMAT OF PLAY

| OPTION A | Age Category | Number of Participants |
|-------------------------------------------------------------------|----------------|------------------------|
| Swimmers may select a maximum of 2 prediction, 3 sprints, and IM. | 55+ Men, Women | One Man, One Woman |
| | 65+ Men, Women | One Man, One Woman |

| OPTION B | Age Category | Number of Participants |
|-------------------------------------------------------------------|----------------|------------------------|
| Swimmers may select a maximum of 1 prediction, 4 sprints, and IM. | 55+ Men, Women | One Man, One Woman |
| | 65+ Men, Women | One Man, One Woman |
| Swimmers may select a maximum of 1 prediction, 4 sprints, and IM. | 75+ Men, Women | One Man, One Woman |

| OPTION C | Age Category | Number of Participants |
|----------------------------------------------------|----------------|------------------------|
| Swimmers may select a maximum of 5 sprints and IM. | 55+ Men, Women | One Man, One Woman |
| | 65+ Men, Women | One Man, One Woman |
| Swimmers may select a maximum of 5 sprints and IM. | 75+ Men, Women | One Man, One Woman |

Participants may compete in only one option (A), (B), or (C) as listed above. Listed are maximums within the options. A participant may choose to swim less events within their chosen option. Suggested timetable for the events are listed below in Tournament Set-up and participants when registering should choose their events within their options so that the event organizers will have advance notice of events selected for pre-event organization.

Any person not present at the scheduled commencement of play and throughout the competition is in default and is automatically disqualified from the competition. If there are extenuating circumstances, exceptions to this may be granted by the Event Convenor.

Competitors are expected to complete competition regardless of their record 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.

B) 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, but must qualify at the District level before going to the Summer Provincial Games. | |

C) TOURNAMENT SET-UP

Prediction Swim: Events

1. The competitors in Prediction Events will have the opportunity to swim 100M and/or 200M. The differential between the actual swim time and the predicted time will be added together. The winners will be determined as having the lowest time differential.
2. Swimmers predict the time that it will take them to swim each particular distance.
3. At the provincial level, competitors will swim twice over a two (2) day period (once each day).

Sprint: Events

1. Each competitor will choose from these sprints: 50M front crawl, 50M backstroke, 50M breaststroke, or 50M butterfly as well as 100M front crawl and 100M breaststroke.
2. Competitors will swim their chosen length once each day of the 2-day competition. The best time for their sprint will be counted to determine placing.

Individual Medley : Event

1. Each competitor will swim their IM (if selected as an event) once each day of the 2 day competition. The order of IM strokes are: butterfly, backstroke, breaststroke, then front crawl. 25M each stroke for a total of 100M for the IM.

Suggested timetable/schedule: participants should be made aware of the timetable/schedule so they can make informed decisions re: their selected events within their chosen option (A), (B), or (C).

Morning schedule: allow 15 minutes warm-up time. Order of events: 100M prediction, 50M sprints (front crawl, backstroke, breaststroke, and butterfly), IM.

Afternoon schedule: 200M prediction then 100M front crawl and 100M breaststroke. **Consider a fun relay not as a medal event but just for the fun of it.**

Event/Option Choices: should be completed as part of registration in advance of the event so that the event organizer has prepared lists before the event begins.

OPTION (A)

Prediction (max 2): 100M , 200M .

Sprints (max 3) choose from:

50M front crawl , 50M backstroke ,
50M breaststroke , 50M butterfly ,
100M front crawl , 100M breaststroke
PLUS 100M IM .

OPTION (B)

Prediction (max 1): 100M , 200M .

Sprints (max 4) choose from:

50M front crawl , 50M backstroke ,
50M breaststroke , 50M butterfly ,
100M front crawl , 100M breaststroke
PLUS 100M IM .

OPTION (C)

Sprints (max 5) choose from:

50M front crawl , 50M backstroke ,
50M breaststroke , 50M butterfly ,
100M front crawl , 100M breaststroke
PLUS 100M IM .

D) Determining the Winners

Prediction Swim

1. Competitor's actual times for the two (2) days will then be compared to their predicted times. Disregarding pluses and minuses, the differential times will be totaled. The person whose total differential is closest to zero wins.

Sprint Swim:

1. Each event will be timed to determine winners. Competitors will take their best time over two (2) days.

Individual Medley:

1. Competitors will take their best time over two (2) days to determine winners.

Swimmers will choose to compete in either Option (A) or Option (B) or Option (C).

Within each Option, the participant may swim up to a maximum of 6 events according to the maximums specified within their chosen Option, paying careful attention to maximums for prediction and sprints.

For each swim, their placement will be entered on a tally sheet for their chosen Option. Medals will be awarded within the Option based on the participants 4 best finishes. First counts 1, second counts 2, third counts 3, fourth counts 4, fifth counts 5 when totaled, the lowest total wins.

BREAKING A TIE

If there is a tie, the results for the 5th swim will be used to break the tie. Should a tie still exist, the 6th swim results will be used.

In the case of a tie, a swimmer who competes in more events breaks the tie. E.G. if after 5 swim results, there is still a tie, if 1 swimmer has competed in 6 swim events, that breaks the tie. If after 6 swim results, there is still a tie, for say 1st place, both will receive the gold medal finish and the next award given shall be bronze. If the tie is for silver, both will receive silver and there will be no bronze awarded.

SCORECARD (sample)

| OPTION (A) | RESULTS: | 100M PRED. | 200M PRED. | 50M FRONT CR. | 50M BACKSTROKE | 50M BREAST | 50M FLY | 100M FRONT CR. | 100M BREAST | IM |
|-----------------|----------|------------|------------|---------------|----------------|------------|---------|----------------|-------------|-----|
| SWIMMER'S NAME: | | | | | | | | | | |
| Mark Spitz | | 1st | 1st | X | 1st | X | X | 2nd | 1st | 2nd |
| | | | | | | | | | | |
| | | | | | | | | | | |
| | | | | | | | | | | |

E) AWARDS

Gold (16)

| | | |
|-------------------|-----------------------------------|---------------------------|
| OPTION (A) | Women 55+, Women 65+ | Men 55+, Men 65+ |
| OPTION (B) | Women 55+, Women 65+ Women 75+ | Men 55+, Men 65+, Men 75+ |
| OPTION (C) | Women 55+, Women 65+ Women 75+ | Men 55+, Men 65+, Men 75+ |

Silver (16)

| | | |
|-------------------|-----------------------------------|---------------------------|
| OPTION (A) | Women 55+, Women 65+ | Men 55+, Men 65+ |
| OPTION (B) | Women 55+, Women 65+ Women 75+ | Men 55+, Men 65+, Men 75+ |
| OPTION (C) | Women 55+, Women 65+ Women 75+ | Men 55+, Men 65+, Men 75+ |

Bronze

(16)

| | | |
|-------------------|------------------------------------|---------------------------|
| OPTION (A) | Women 55+, Women 65+ | Men 55+, Men 65+ |
| OPTION (B) | Women 55+, Women 65+ Women 75+ | Men 55+, Men 65+, Men 75+ |
| OPTION (C) | Women 55+, Women 65+, Women 75+ | Men 55+, Men 65+, Men 75+ |

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

G) 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. |

H) 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.

- A) One (1) Activity Convenor
- B) Timekeepers

The host committee will ensure that all major officials have the required qualifications as specified by the OSGA 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. No diving in to start.

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.