

G.H.A.C. PLAYING REGULATION SWIMMING

1. SAFETY GUIDELINES:

Each GHAC Member School shall ensure that the Physical Education Safety Guidelines - Secondary Inter School Module 2008, outlined according the following critical components: EQUIPMENT, CLOTHING/FOOTWEAR, FACILITIES, SPECIAL RULES/INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details will be provided at the pre-season coaches meeting.

2. SUPERVISION:

The Principal shall designate a staff member from his/her own staff or a member from an attending school to accompany the school's competitor, be responsible for them and represent them at the coaches meetings. A swimmer may not compete in the GHAC Swim meet unless accompanied by this said person.

3. CLASSIFICATION:

a) GHAC Swimming Championship shall provide competition for the following swimmers:

i) High school Junior & Senior

ii) Open

iii) PARA

i) **High School Division** - Junior and Senior Events

Junior: Any non-club swimmer who meets the age requirements and who has not competed for and/or trained with and/or been registered with the C.A.S.A. or its equivalent as of November 1st of the year prior to the current school year. For a grade 9 swimmer to be considered high-school trained, he/she must not have competed for and/or trained with and/or been registered with the C.A.S.A. or its equivalent as of November 1st of their grade 9 year.

Senior: Any non-club swimmer who meets the age requirements and who has not competed for and/or trained with and/or been registered with the C.A.S.A. or its equivalent as of November 1st of the year prior to the current school year.

-All swimmers who meet these eligibility requirements, and who are bona fide school team member are able to compete in the high school division.

ii) **Open Division**

A swimmer who has competed for and/or trained with and/or been registered with a SNC or equivalent as of November 1st of the year prior to the current school year shall be eligible to compete in the Open Division **ONLY** provided that he/she is a bona fide member of the school team.

A swimmer who, during the school year, has competed for and/or trained with and/or been registered with a non-SNC competitive swim club * shall be eligible to compete in the Open Division **ONLY**, provided that he/she is a bona fide member of the school team.

If a grade 9 swimmer has ceased to compete for and /or practise with and/or is no longer registered with a club after November 1st of the

current school year, he/she shall be eligible to swim in the high school division.

* A "non- SNC competitive swim club" is defined as a club which practices outside the school curricular and/or extra curricular programs and whose athletes compete in scheduled swim meets for the club during the school swim season.

-All swimmers who meet these eligibility requirements, and who are bona fide school team member are able to compete in the open division.

iii) **PARA**

All PARA swimmers must have a classification provide by accredited classifiers, to compete in the GHAC Swim Championship

Classifiers can be contacted via:

Special Olympics Ontario - www.osoinc.com

Swim Ontario - www.swimontario.com

Classifications for PARA Competitors:

- S1-10 physical disability
- S11, S12, S13 blindness
- S14 intellectual disability

4. ELIGIBILITY:

a) Team Eligibility

GHAC Swimming is classified as a Team Sport. Only bona fide school team members coached by a staff member from that school or a volunteer coach that has been approval from the school's principal may enter the GHAC Swim Championship.

i) a school team is defined as a team composed of a minimum of six (6) members who train as a team during the months from October to March involving pool practices the direction of a coach;

ii) a coach is a teaching staff member of that school who is responsible for the team and is present at a majority of practices and all competitions. This may still allow for coaching assistance of a purely technical nature;

iii) a bona fide school team member is a student from that school who actively participates as a swimmer in the majority of practices of his/her school team.

v) attendance at ten (10) practices is to be verified by the completions of a practice eligibility form by the coach and principal.

vi) Eligibility forms must be handed in to the GHAC Convener by December 15th. Only those swimmers listed at this time will be eligible to compete in the GHAC meet for that school year.

vii) In order to qualify swimmers for OFSAA, coaches must submit list of names of all potential swimmers in December to the Association Convener to verify eligibility only. Names and times of qualified swimmers will be submitted by the Association Convener to the OFSAA Convener prior to OFSAA Swimming Championship in February.

b) Student Eligibility

(i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of HSSAA or HWCAA;

(ii) be certified as eligible by the Principal of the school;

(iii) meet the following age requirements:

Junior - the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held;

Senior - the individual's birth certificate indicates he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

(iv) be in Grades 9-12;

(v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));

(vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));

(vii) developmentally disabled swimmers with an S14 classification should be permitted to compete until the age of 21.

-The eligibility form must be brought to the GHAC Swim Meet by the participating coach(es).

5. ENTRIES:

-Entries must be received by the GHAC Convener no later than one week prior to the championship.

-Entries will be completed as directed by the convener(s). All entries will come from either the HSSAA or the HWCAA Swim Championship Meets. Seeding will be completed after the entries are received.

-The meet will be circle-seeded.

-The 200m free shall only be swam in the preliminaries.

-The Championship Meet shall be run with preliminaries, where necessary, and finals.

-A **school** may have a maximum of two (2) competitors in each individual event, in each division and two (2) school relay team in any relay event. NOTE: Only the top relay team from each school will score points.

-In PARA events a school may enter any number of swimmers with only the top two scoring in each event.

-Competitors may enter up to three (3) events; only two (2) of which may be individual events. Any, or all, of these events for junior swimmers may be at the senior level. Seniors **may not** swim events at the junior level.

-For each event the top eight-teen (18) swimmers from HSSAA Swim Championship and the top six (6) swimmers from the HWCAA will qualify to compete.

-All PARA swimmers who participate in the HSSAA or HWCAA Swim Championship are eligible to compete at GHAC.

-A **relay team** may be made up of six (6) competitors, any four (4) of

whom may swim, out for all six(6) listed the relay is considered an event.

-For the Open Relays, teams may consist of swimmers from the High School Division, the Open Division, or any combination thereof.

-A PARA competitor who chooses to swim in the PARA division may not swim in the corresponding event in the High School or the Open division. For the other events, however, he/she may swim in the High School division only or the Open division only.

- PARA swimmers are permitted to swim on relay teams in the appropriate age category.

-The pool will be available for warm-ups prior to the start of both the preliminaries and the finals.

-A warm-up schedule shall be provided prior to the meet. SNC warm-up procedures shall be in effect.

-At the discretion of the convener and the head meet official, some events may be run as timed finals.

-At the discretion of the convener OPEN events may run in preliminaries and finals.

-PARA events will be swam as timed finals.

-The GHAC Convener shall be responsible to ensure that the OFSAA entries are submitted.

-Scratches for the GHAC Swim Championships are to be submitted to the marshal as early as possible, and at least 20 minutes, prior to the start of the meet. No substitutions will be allowed.

THERE WILL BE NO DECK ENTRIES.

6. RULE BOOK:

S.N.C. rules for high schools shall govern all GHAC swim meets.

7. OFFICIALS:

At the Convener's discretion, and of the highest caliber possible.

8. UNIFORMS:

Participants must be in compliance with O.F.S.A.A. uniform rules concerning club insignia and sponsorship.

All swimmers from the school shall wear the school team bathing cap or team swim suit.

9. Location:

The location of the GHAC Championship shall be at the discretion of the convener(s)

10. Date:

The GHAC Swimming Championship shall be held in February one week after the

HSSAA and HWCAA Swimming Championship meets and prior to the OFSAA Swimming Championship.

11. ENTRY FEES:

Entry fees will be determined by the convener(s).

12. EVENTS:

GHAC Swimming Championship will follow the OFSAA numbering and order. These will change as / if the OFSAA event numbering / order changes. Refer to OFSAA swimming for details.

Girls	EVENT	Boys
1	Open 200M Freestyle	2
3	Senior 200M Freestyle	4
5	Junior Medley Relay	6
7	Open Medley Relay	8
9	Junior 50M Freestyle	10
11	Senior 50M Freestyle	12
13	Open 50M Freestyle	14
15	Junior 50M Butterfly	16
17	Senior 50M Butterfly	18
19	Open 100M Butterfly	20
21	Junior 50M Breast stroke	22
23	Senior 100M Breast stroke	24
25	Open 100M Breast stroke	26
27	Senior Medley Relay	28
29	Open 200 IM	30
31	Junior 200M Free Relay	32
33	Senior 100M IM	34
35	Open 100M IM	36
37	Junior 100M IM	38
39	Senior 100M Freestyle	40
41	Open 100M Freestyle	42
43	Junior 100M Freestyle	44
45	Senior 100 Back stroke	46
47	Open 100M Back stroke	48
49	Junior 50M Back stroke	50
51	Senior 200M Free Relay	52
53	Open 400M Free Relay	54

PARA 50M Freestyle will go after Event #14
 100M Freestyle will go after Event #40
 50M Back stroke will go after Event #50

13. SCORING:

Finish	Individual Events	Relays
1	16	32
2	13	26
3	12	24

4	11	22
5	10	20
6	9	18
7	7	14
8	5	10
9	4	8
10	3	6
11	2	4
12	1	2

For PARA events **ONLY**

Only the best two (2) finishes for any school will count for points in scoring the Championship team results. Should a third athlete from a school be in a position to earn points (e.g. have the 10th best time) they will be moved to the bottom of the event results and the 11th, 12th, and 13th place finishers will move up one position each. Should other schools be in the same position in an event, this procedure will be applied in a similar manner.

In calculation of G.H.A.C. Championship results, all Divisions will count in the total.