



# 180 Mosquito Squadron Royal Canadian Air Cadets

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31 Oct 2016

Warning Order

## **180 SQUADRON INVITATIONAL SWIM COMPETITION – 10 DEC 16**

1. 180 Mosquito Squadron will conduct a tri-service swim competition on 10 December 2016 to promote physical fitness between units within the cadet movement.
2. This event will be held at Douglas Snow Aquatic Centre at 5100 Yonge Street (Yonge just north of Sheppard) by Mel Lastman Square in North York Toronto from 0900 to 1400hrs.
3. **Detachment Authorization:** Units are required to submit their own documents directly to their detachment before participating. It is the responsibility of the unit to determine the amount of support that they require.
4. **Registration Fee:** A registration fee of \$120.00 must be paid by cash, cheque, or online payment to 180 Mosquito Squadron by NLT 10 Dec 16. Receipts will be issued upon request.
5. **Registration:** Units must confirm their **registration by nlt 20 Nov 2016**. Please email CI Humphrey [humphrey@180mosquito.ca](mailto:humphrey@180mosquito.ca) to register. Include in your email the expected # of cadets participating in each of the two age groups for your unit and the payment method that you would like to utilize.
6. **Supervision / Unit Judges:** Units must ensure proper supervision IAW CATO 13-12. Each unit must have a MINIMUM of TWO Supervisory adults. One escort from each team must be available to assist in the judging of this competition as a time-keeper.
7. **Team Composition / Max Numbers:** Due to space restrictions, units are ONLY permitted to send a team of a maximum of 40 cadets. Events will be divided into two age groups.
  - a. Junior (12, 13, and 14 as of day of meet)
  - b. Senior (15, 16,17, and 18 as of day of meet)
8. **Events:** Swimmers can choose a maximum of (3) events, including relay events.

|            |   |
|------------|---|
| Individual | 50 metre back                                 |
|            | 50 metre breast                               |
|            | 50 metre butterfly                            |
|            | 50 metre freestyle                            |
| Team       | 4 X 50 medley relay (back, breast, fly, free) |
|            | 4 x 50 freestyle relay                        |

9. **Entry Rules:**
- Swimmers may compete in a higher age group provided that they compete in all other individual events in the higher category.
  - A cadet may swim at a higher level for a relay, even if they swim in individual events at a lower level.
  - Any swimmers competing in more than three events will be disqualified from all events of the competition. If a relay team competes with an ineligible swimmer, the whole team will be disqualified.
  - Swimmers appearing to have difficulty completing an event may be halted and removed from that event at the discretion of the lifeguards, starter, or chief judge.
  - Should this occur during a relay event, the team may repeat the event with a substitute swimmer.

10. **Judging:** Judges will be tasked by 180 Mosquito Sqn and from participating units. Winners of each event will be based on their time, as averaged between the two time-keepers. Questions are to be directed to the chief judge at the O-Group meeting.

11. **Sportsmanship conduct:** Conduct that is deemed unsportsmanlike will result in individual or unit disqualification. Please brief your NCO's / captains on this rule before arrival to the competition.

12. **Finals:** Will be held if time permits and if there are more than 6 competitors competing in one event. The top 6 times in each category & age grouping will compete in a final heat. Final judging is by time only.

13. **Points:** Points will be awarded to INDIVIDUAL and RELAY EVENTS as follows:

| <b>PLACE</b>    | <b>INDIVIDUAL</b> | <b>RELAY</b> |
|-----------------|-------------------|--------------|
| 1 <sup>ST</sup> | 10 points         | 15 points    |
| 2 <sup>nd</sup> | 7 points          | 10 points    |
| 3 <sup>rd</sup> | 5 points          | 7 points     |
| 4 <sup>th</sup> | 3 points          | 5 points     |
| 5 <sup>th</sup> | 2 points          | 3 points     |

14. **Penalties:** The following penalties will be observed during this competition.
- Three (3) second penalty for each swimmer failing to touch the far end of the pool with both hands at the turn. A flip-turn is not acceptable.
  - More than one (1) false start will result in disqualification of the swimmer. Relay teams may substitute a swimmer that has been disqualified because of false starts. Any subsequent false starts by the relay team will result in disqualification of the team.
  - Relay swimmers diving into the pool prior to the previous swimmer finishing their leg will incur a three (3) second penalty.

15. **Timings:** The following timings will be observed.

|                 |   |
|-----------------|---|
| 0900 hrs        | Units Arrive  |
| 0915 – 0930 hrs | O-Group: held upstairs in the observation deck of the pool<br>(a representative from each squadron is required to attend) |
| 0930 – 1000 hrs | Warm-ups.   |
| 1015 – 1215 hrs | Events  |
| 1215 – 1230 hrs | Tally for Finals  |
| 1230 – 1315 hrs | Finals  |
| 1330 – 1400 hrs | Awards Ceremony   |

5. **Rations:** Lunch will **not** be provided. A canteen will be open selling the usual snack food. There are restaurants within walking distance. Cadets must either bring/order a lunch or have transportation to get to a restaurant. Lunch can always be ordered and consumed in the observation deck.

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