



DATE:	February 27-28 2016	Region: Central
HOSTED BY:	Oshawa Aquatic Club	
LOCATION:	Donevan Recreation Complex 171 Harmony Rd s, Oshawa, On	
FACILITY:	25 metres, 6 lanes, 6 ft deep end, 3 ft shallow end Colorado Timing System Wave Reduction Lane Markers Concession on site Viewing area on deck and from outside the pool area Free wifi	
PURPOSE:	Invitational Swim Meet for age group	
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca	
STRUCTURE OF MEET:	Timed Finals This is a timed finals invitation swim meet for development purposes.	
AWARDS:	Ribbons will be awarded for 1-6 place.	
COMPETITION:	Sanctioned Swim Meet as an Age Group Meet by Swim Ontario. All current Swimming/Natation Canada (SNC) rules will be followed. Seeding for all swims will be optimized by distance and stroke.	
DESCRIPTION:	This is a timed finals invitational swim meet for development purposes.	
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. <input checked="" type="checkbox"/> Preference will be given to the host club first. <input checked="" type="checkbox"/> This is an invitational meet. Participation of this meet is at the full discretion of the host club. <input checked="" type="checkbox"/> Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.	

COACH'S

REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the Swim Ontario Compliancy lists. If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

AGE UP DATE:

Ages submitted are to be as Feb 27, 2016.

ENTRY FEE:

Individual events: \$10 per entry (includes HST and Splash fee)
Relay events: \$10 per team entry (includes HST and Splash fee)

MEET REFEREE:

Dwight Bronson, Level 4

MEET MANAGER:

Jennifer Topping, Level 2
oshacmeetmanager@outlook.com

RULES/SAFETY:

1. S.N.C. warm up procedures will be in effect. Please read and adhere to the safety procedures.
2. The FINA start rule will be in effect. This meet is sanctioned by Swim Ontario, and all times are official. SNC rules will apply in addition to the following:
 - Entries will be received on a first come, first served basis. As soon as the sessions reach their 4.5 hour max, the meet will be marked as full and no more entries will be accepted.
 - Meet management reserves the right to adjust session times.
 - Meet management reserves the right to cancel relays if sessions are going to extend past the 4.5 hour timeframe
 - Meet management reserves the right to cancel 25m events if sessions are going to extend past 4.5 hour timeframe
 - Meet Management reserves the right to swim the 400m, 800 m and 1500m freestyle two per lane if entries require it.
 - Meet management reserves the right to combine any event into mixed gender events. If you have an athlete who may be able to set a record, please notify the meet manager.
 - Meet Management reserves the right to limit the number of entries to all events 400m and longer. If any swimmer is declined entry to a distance event, Meet management will make every effort to notify coaches within 48 hours of the event if changes are necessary.
 - Meet management reserves the right to make any other changes required during the meet that are deemed necessary, with consultation with coaches, to ensure sessions stay within prescribed time frames.

FOOD:

Food is NOT PERMITTED on deck for athletes. Coaches and officials are NOT to bring their own food on deck, but will be provided snacks and water by Meet Hospitality. Coloured juice and sports drinks are NOT PERMITTED on deck. Food and beverages will also be available for parents and swimmers from the concession stand.

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Warm Up</u>	<u>Start</u>	<u>Finish</u>	<u>Estimated Duration</u>
<u>1</u>	Feb 27 th 2016	8:00 am	8:45 am	12:30pm	4 ½ hours
<u>2</u>	Feb 27 th 2016	1:00 pm	1:45 pm	5:30 pm	4 ½ hours
<u>3</u>	Feb 28 th 2016	8:00 am	8:45 am	12:30pm	4 ½ hours
<u>4</u>	Feb 28 th 2016	1:00 pm	1:45 pm	5:30 pm	4 ½ hours

TIME SPLITS:

The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

SCHEDULE OF EVENTS:

Session 1				
Girls Evt #	Age Group	Distance	Stroke	Boys Evt #
1	13-14	50	Breast	2
3	15 & Over	50	Breast	4
5	13-14	100	Fly	6
7	15 & Over	100	Fly	8
9	13-14	200	Free	10
11	15 & Over	200	Free	12
13	13-14	50	Back	14
15	15 & Over	50	Back	16
17	13-14	200	Breast	18
19	15 & Over	200	Breast	20
21	13-14	100	Free	22
23	15 & Over	100	Free	24
25	13-14	200	Free Relay	26
27	15 & Over	200	Free Relay	28

Session 2				
Girls Evt #	Age Group	Distance	Stroke	Boys Evt #
29	10 & Under	50	Breast	30
31	11-12	50	Breast	32
33	10 & Under	100	Fly	34
35	11-12	100	Fly	36
37	10 & Under	200	Free	38
39	11-12	200	Free	40
41	10 & Under	50	Back	42
43	11-12	50	Back	44
45	10 & Under	200	Breast	46
47	11-12	200	Breast	48
49	10 & Under	100	Free	50
51	11-12	100	Free	52
53	10 & Under	200	Free Relay	54
55	11-12	200	Free Relay	56

Session 3				
Girls Evt #	Age Group	Distance	Stroke	Boys Evt #
57	13-14	200	Fly	58
59	15 & Over	200	Fly	60
61	13-14	100	Back	62
63	15 & Over	100	Back	64
65	13-14	50	Free	66
67	15 & Over	50	Free	68
69	13-14	200	Back	70
71	15 & Over	200	Back	72
73	13-14	50	Fly	74
75	15 & Over	50	Fly	76
77	13-14	100	Breast	78
79	15 & Over	100	Breast	80
81	13-14	200	IM Relay	82
83	15 & Over	200	IM Relay	84

Session 4				
Girls Evt #	Age Group	Distance	Stroke	Boys Evt #
85	10 & Under	200	Fly	86
87	11-12	200	Fly	88
89	10 & Under	100	Back	90
91	11-12	100	Back	92
93	10 & Under	50	Free	94
95	11-12	50	Free	96
97	10 & Under	200	Back	98
99	11-12	200	Back	100
101	10 & Under	50	Fly	102
103	11-12	50	Fly	104
105	10 & Under	100	Breast	106
107	11-12	100	Breast	108
109	10 & Under	200	IM Relay	110
111	11-12	200	IM Relay	112

ENTRIES:

Qualifying standard for entry is

- Hy-Tek Entry Deadline Feb 13, 2016 (entries can only be submitted via swimming.ca)
 - Changes to entries will not be accepted after 12:00 am pm Feb 13 2016.
- After that time, fees will be calculated; no refunds will be granted for missed swims.
- Relay swimmers must be entered in a non-relay event in order to compete.

SEEDING:

Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".

Seeding will be in order of times entered, as converted pursuant to the conversion process below, followed by swimmers entered with non-standard times and those entered with NT (no times)

CONVERSION:

Please submit converted times:

- Hy-tek default conversion factor
 conversion factor of 0.00%

DECK ENTRIES:

Swimmers entered on deck must have valid proof of SNC registration (number) as an active, competitive swimmer

Deck entries will be accepted for empty lanes only (no new heats will be created):

Charge for deck entries is \$10.00 per entry, payable in cash prior to the event.

**CHECK IN AND
SCRATCHES:**

All swimmers are required to check in with the Clerk of Course 5 minutes prior to each swim.

Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session. No scratch penalty shall be imposed for late or day of scratches.

MEET RESULTS:

The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet and uploaded as soon as possible to www.swimming.ca

NOTES:

Photographers must obtain consent from the meet manager prior to taking photos on deck. Flash photography only away from the start area of the pool deck

OFFICIALS:

If you are interested in officiating please send an email to our COC Daniela Burgi danielaburgi@yahoo.ca

- Please advise if an evaluation is requested and/or if a particular position is preferred.



SNC POLICY ON SWIMWEAR

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and nonconsolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.”

SHAPE – MEN: swimwear shall not extend above the navel or below the knee. **WOMEN:** swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the water FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”