

14th Annual Burlington Open

Hosted by



November 11 to 13, 2011

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Meet Information

Sessions	Date	Warm Up	Start
Session 1	Friday November 11, 2011	4:00 PM	4:45 PM
Session 2	Saturday November 12, 2011	7:00 AM	8:00 AM
Session 3	Saturday November 12, 2011	12:30 PM	1:15 PM
Session 4	Sunday November 13, 2011	7:00 AM	8:00 AM
Session 5	Sunday November 13, 2011	12:30 PM	1:15 PM
Meet Rules Additional details can be found at the end of this meet package or on www.swimming.ca	All events will be timed finals. Sessions limited to the 4 hour maximum.		
	Friday – Mixed and Open. Session will run 2 per lane if necessary, seeded and mixed from fastest to slowest. Depending on subscription, psych sheets will be provided in advance with a brief warm-up during the session.		
	Saturday and Sunday AM - 12 and over seeded and mixed slowest to fastest.		
	Saturday and Sunday PM - 11 and under seeded and mixed slowest to fastest.		
	SNC Rules will govern the meet. One start rule is in effect.		
	Swim Ontario Warm up procedures and FINA swimwear rules will be in effect at this meet.		
	Coaches are responsible to inform their swimmers before arrival of the safety rules as contained in this package and to ensure their adherence and their swimmer's disciplined behavior.		
	Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition, and especially during the session breaks.		
See notes at the end of this meet package regarding the use of split times.			
Location and Facilities	Burlington Centennial Pool, 5151 New St., Burlington, ON 6 Lanes, 25 Metres, with Colorado 6 Electronic Timing System with pads on both ends Refreshments available throughout the meet		
Awards	First to Third Place Ribbons, scored by gender and age group as follows: 10 & under, 11, 12, 13, 14, 15 & over.		
Entry Limits	There will not be an entry standard. There is a maximum of 4 individual swims per swimmer per session. BAD reserves the right to combine any events as necessary and limit entries if events are oversubscribed.		
Entry Fees	\$8.50 per individual event, \$10.00 per 800m, \$11.00 per relay		
Submitting Entries	In keeping with the new SNC process, all entries must be in Hy-tek format and submitted electronically via www.swimming.ca . No entries will be accepted directly by meet management. All entries must include valid 9 digit Swimming Canada registration numbers and birth dates. Entries are not considered accepted until confirmed by meet management.		
Entry Deadline	Monday October 31, 2011 at 5:00 pm		
Scratch Deadline	Monday November 7, 2011 at 5:00 pm Swimmers will not be penalized for scratching before the session starts		
Deck Entries	Must be approved by Marshalling. \$12.00 per event.		
Seeding and Time Conversion Rules	All entries will be accepted, including entries with NT's. Seeding will be in the following order: 1. Entries with qualifying short course times in metres, then 2. Entries with no qualifying times		
Results	Will be posted to www.swimming.ca within 48 hours of the completion of the meet		
Meet Package	The official meet package is the most current version found on www.swimming.ca/MeetList.aspx		
Meet Managers	Bender Chug and Dennis Reintjes - meetmanager@burlingtondevilrays.ca		
Meet Referee	Heather Khoury – familykhoury@gmail.com		
Meet Officials	Participating clubs are encouraged to provide officials to assist at the meet. Please contact the meet manager for further details. Signatures available from referee if notified in advance.		
Coaches	Please check in with meet manager upon arrival and pick up welcome package		

Meet Program

Session 1 - Friday November 11, 2011 at 4:45 AM (Boys and Girls Mixed)		
Event Number	Age group	Event
1	Open	800 Free

Session 2 – Saturday November 12, 2011 at 8:00 AM (Boys and Girls Mixed)		
Event Number	Age group	Event
2	12 & Over	400 IM
3	12 & Over	200 Free
4	12 & Over	100 Breast
5	12 & Over	50 Free
6	12 & Over	200 Back
7	12 & Over	100 Fly
8	12 & Over	50 Back
9	12 & Over	100 IM
10	12 & Over	4x50 Free Relay

Session 3 – Saturday November 12, 2011 at 1:15 PM (Boys and Girls Mixed)		
Event Number	Age group	Event
11	11 & Under	400 IM
12	11 & Under	200 Free
13	11 & Under	100 Breast
14	11 & Under	50 Free
15	11 & Under	200 Back
16	11 & Under	100 Fly
17	11 & Under	50 Back
18	11 & Under	100 IM
19	11 & Under	4x50 Free Relay

Session 4 – Sunday November 13, 2011 at 8:00 AM (Boys and Girls Mixed)		
Event Number	Age group	Event
20	12 & Over	400 Free
21	12 & Over	200 Breast
22	12 & Over	100 Free
23	12 & Over	50 Breast
24	12 & Over	200 Fly
25	12 & Over	100 Back
26	12 & Over	50 Fly
27	12 & Over	200 IM
28	12 & Over	4x50 Medley Relay

Session 5 – Sunday November 13, 2011 at 1:15 PM (Boys and Girls Mixed)		
Event Number	Age group	Event
11	11 & Under	400 Free
12	11 & Under	200 Breast
13	11 & Under	100 Free
14	11 & Under	50 Breast
15	11 & Under	200 Fly
16	11 & Under	100 Back
17	11 & Under	50 Fly
18	11 & Under	200 IM
19	11 & Under	4x50 Medley Relay

Risk Management / Warm-Up Procedures 2005

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ... and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- . FLUTTER BOARDS and PULLBUOYS are allowed.
- . HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

Swimwear Rules

SWIMMING CANADA SWIMWEAR RULE INTERPRETATION - October 29, 2009

FINA has recently posted the list of approved suits (see below) leading into the January 1st inception of the new swimwear rule. Given SWIMMING CANADA has adopted this rule effective immediately the FINA list requires some clarification. Please note the following points:

- Not all suits on the FINA list are available at this time; some models were approved as prototypes. An example of this is the Speedo LZR suits that appear on the FINA list. These are not the LZR suits currently in circulation but a remake of the LZR without the impermeable synthetic panels. Please note that the current LZR's (available previous to the new rule adoption) are NOT approved.
- There are three (3) Speedo suit models that DO NOT appear on the FINA approved list. They were not approved due to the size of the lining in the suit. The lining is clearly for modesty purposes and Speedo has indicated to SWIMMING CANADA that they will be remodelling these suits to meet FINA regulations. While these suits are being phased out and new suits being launched, SWIMMING CANADA has determined that the use of the three (3) suits not appearing on the FINA list will be permitted. Specifically, the following suits are deemed appropriate for competition in Canada:
 - Speedo Fastskin FS Pro (Female Kneeskin, Style #7190102; Male Jammer, Style #7050170);
 - Speedo Fastskin FSII (Female Recordbreaker, Adult Style #7190142, Youth Style #7190141; Male Brief, Adult Style #7055001);
 - Speedo Aquablade (Female Recordbreaker, Adult Style #719040, Youth Style #719039; Male Jammer, Adult Style #705966, Youth Style #705965; Male Brief, Adult #705032, Youth Style #705031)
- Should you require further clarification please do not hesitate to contact SWIMMING CANADA Technical Director, Ken Radford (kradford@swimming.ca)

A full list of Swimming Canada sanctioned competitions can be found at:

<https://www.swimming.ca/docs/Technical-Docs-Updates/SNC-SWIMWEAR-RULE-INTERPRETATION-Oct-29-09-EN.pdf>

Split Time Rules

Meet Management acknowledged the SO policy with banning the future use of split times as official times and 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. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.