

The Richmond Hill Aquatic Club

Presents

**THE RICHMOND HILL
WINTER INVITATIONAL**

JANUARY 20, 21 & 22, 2012

Please submit all entries in HYTEK via www.swimming.ca

THE RICHMOND HILL

RHAC Winter Invitation 2012 v1.3

WINTER INVITATIONAL

DATE: January 20-22, 2012

HOSTED BY: The Richmond Hill Aquatic Club

LOCATION: Richvale Community Centre and Pool, 160 Avenue Road, Richmond Hill, L4C 5L8

FACILITY: Six Lanes, 25 meter Pool, Electronic timing

PROGRAM: The RHAC Winter Invitational is a sanctioned swim meet. All current Swimming /Natation Canada (SNC) rules will apply. Swimmers must be registered with Swim Ontario as competitive swimmers.

- **ALL EVENTS ARE TIME FINALS.**
- **FINA ONE START rule in effect.**
- The meet management reserves the right to limit meet entries in case of over subscription.
- Management also reserves the right to cancel relay events should sessions run late.
- Management also reserves the right to amend the start time of sessions.

APPROVED BY: Swim Ontario. All current SNC rules and warm up procedures will apply. The FINA one start rule will be in effect.

MEET MANAGER: Frank Bertolas
fbertolas@sympatico.ca

MEET REFEREE: Tina Newsham (Level V) and Jamil Mina (Level V)

ELIGIBILITY: All swimmers registered with Swim Ontario or any other amateur swimming organization recognized by FINA. Ages submitted are to be as of the start date of the meet, January 20, 2012.

QUALIFYING: RHAC meet is for all swimmers registered with Swim Ontario as competitive with NO TIME STANDARD.

ENTRIES: The only meet package which will be considered as valid must be the most current version found on www.swimmeet.ca. All entry files will be handled through www.swimming.ca/meetlist.aspx. (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 30 minutes prior to the commencement of the session 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.)

SESSION TIMES: Meet management reserves the right to change start times for sessions

SESSION		WARM-UPS	START	AGE GROUP	ESTIMATED LENGTH
FRIDAY	1A	4:30 P.M.	5:00 P.M.	12 & OVER - 400 IM	2 hrs
	1B	6:40 P.M.	7:10 P.M.	12 & OVER - 800 Free (1 swimmer per lane only)	2 hrs
SATURDAY	2	7: 15 A.M.	8:20 A.M.	13-14, 15 & OVER	3.5 hrs
	3	11:45 P.M.	12:50 P.M.	11 & 12	3 hrs
	4	4:00 P.M.	5:05 P.M.	10 & UNDER	3 hrs
SUNDAY	5	7: 15 A.M.	8:20 A.M.	13-14, 15 & OVER	3.5 hrs
	6	11:45 P.M.	12:50 P.M.	11 & 12	3 hrs
	7	4:00 P.M.	5:05 P.M.	10 & UNDER	3 hrs

ENTRY DEADLINE: Entries must be received by midnight January 6, 2012.
Please submit early to ensure your participation.
Entries will be accepted on a first come first serve basis.
Changes to entries will not be accepted after January 13, 2012 as meet will be seeded.

ENTRY FEES: Friday: 400 IM and 800 Freestyle - \$16.00/individual events
Saturday and Sunday: \$9.50/individual events
\$16.00/relay events
Please make cheque payable to "RHAC"

DECK ENTRIES: Will be accepted only for the slowest heats that have empty lanes. These entries are **Exhibition** only and no awards will be given. The cost for deck entries is \$10.00 for individual and \$18 for relay event to be paid in cash at the time that the entry is accepted. Deck entries must be made 30 minutes prior to the start of the session and will be recorded as exhibition only. Swimmer's that were not in the entries file submitted to www.swimmeet.ca cannot be deck entered.

SNC LTAD: Pre-requisites for swimmers 14 & Under now exist. Coaches are to ensure that all 14 and under swimmers meet the following time pre-requisites in order to be entered in the meet:
200 IM: NT
400 Free: NT

EVENTS: All events will be timed final. Events 1A and 1B will be seeded and swum fastest to slowest and all other events will be seeded and swum slowest to fastest in their assigned age category.

AWARDS: Medals 1ST TO 3RD - individual events.
Ribbons 4TH TO 6TH - individual events.
Relay Events: Ribbons: 1-2-3.
Awards and results will be broken out by gender and:
10& under, 11, 12, 13, 14, 15 & over.
Random heat prizes for all Sunday sessions.
An award will be given to the team accumulating the highest total team score over the entire meet.

TEAM SCORING: Individual Points 7-5-4-3-2-1
Relay Points 14-10-8-6-4-2

SCRATCH RULES: The scratch deadline is 30 minutes before the start of each session.
No scratch penalty shall be imposed for late scratches but deadline will be enforced.

**SEEDING /
CONVERSION RULE:** All entries times will be converted to Short Course (SC) times, using the default conversion factors in Hy-Tek Meet manager, and then seeded accordingly. Non conforming times (yards, etc) will be seeded last.

RESULTS: LIVE Result will be available on our web site www.rhac.ca each day under **Hosted Meets** page. Team points will be accumulated and posted on the pool deck periodically during the meet. The Hy-Tek file with complete results will be available on www.swimmeet.ca within 48 hours of the completion of the meet.

**LIMITATION OF
LIABILITY:** Teams entering swimmers in the Meet must advise the swimmer's parents and/or guardians that the Board, coaches and members of the Richmond Hill Aquatic Club are committed to operating a successful and safe meet and that all reasonable precautions will be put in place to ensure the swimmer's safety.
As such members, coaches and the Board assume no responsibility for swimmers who are left at the pool by their parents or guardians, and whose parents fail to pick their children up in time at the end of the session. Parents who plan to drop their child off are responsible for ensuring their safety before, during and after the Meet. To ensure that, they should confirm that their child(ren)/swimmer(s) arrive safely on deck, that they are placed in the care of their coach(s), and that appropriate arrangements are made for them to be picked up once they have finished their events.

APRIL 26, 2009

Swim Ontario and the SDC have been monitoring the advancements made in swim suit design and their impact on the sport over the past year and has been discussing the possible effects on competition at the Age Group level.

Using the SNC and Swim Ontario LTADS as a reference for direction, Swim Ontario's direction is to restrict/manage the use of "High equitable competition, promotion of competitive readiness and to prevent the deterioration of proper skill development in Age Group athletes." fair and competi

The following is the proposed changes to regulated swim suits in age Group competition.

1. All swimwear worn by competitors in sanctioned Swim Ontario competitions conducted in Ontario shall be commercially available and as a minimum standard, in compliance with SNC and FINA regulations.
2. Swimwear worn by competitors in sanctioned Swim Ontario Age Group events shall conform to the following design - effective (September 2009)
 - i. Men's Swimwear is limited to one (1) swimsuit that covers at most the body surface from the hips to knee (jammer style). Swimwear must not extend beyond the waist or below the knees.
 - ii. Women's swimwear is limited to one (1) swimsuit that is of "open back" or "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees.
 - iii. Swimwear must not have a zipper, any type of fastening system. Drawstrings will be permitted in male jammer or brief.
 - iv. For reasons of modesty a brief bottom will be allowed under the suit for males and a bikini type top will be allowed for females.

An Age Group Event is defined as any 14 and under swimming event conducted under Swim Ontario sanction. This includes Junior Provincial Championships, Regional Championships and all Club Invitational.

**Please note that this does not apply to any SNC hosted competitions, OUA/CIS competition and Ontario Sr. Provincials or specifically identified competitions as per Swim Ontario as "EXEMPT".

The swimsuit policy will be included in the meet package at the time of sanctioning and published with the sanctioned meet package on swimmeet.ca.

This policy will go into effect as of September 1, 2009.

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 warmup 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 & PARA 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.

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January 20 - 22, 2012
Order of Events

Session #1 A: 12 & OVER

Friday, January 20, 2012

Warm-ups: 4:30pm

Start: 5:00pm

Mixed	Events
1	400 IM

Session #1 B: 12 & OVER

Friday, January 20, 2012

Warm-ups: 6:40pm

Start: 7:10pm

Mixed	Events
2	800 Freestyle

Session #2: Ages 13 - 14, 15 & OVER

Saturday, January 21, 2012

Warm-ups: 7:15 am

Start: 8:20 am

Girls	Events	Boys
3	13 & OVER 200 Medley Relay	4
5	13 & OVER 200 Freestyle	6
7	13-14 100 Backstroke	8
9	15 & OVER 100 Backstroke	10
11	13 & OVER 200 Breastroke	12
13	13-14 100 Butterfly	14
15	15 & OVER 100 Butterfly	16
17	13-14 50 Freestyle	18
19	15 & OVER 50 Freestyle	20

Session #3: Ages: 11 & 12

Saturday, January 21, 2012

Warm-ups: 11:45 pm

Start: 12:50 pm

Girls	Events	Boys
21	11 & 12 200 Medley Relay	22
23	11 & 12 200 Freestyle	24
25	11-12 100 Butterfly	26
27	11-12 200 Breastroke	28
29	11-12 100 Backstroke	30
31	11-12 50 Freestyle	32

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Session #4: Ages: 10 & Under
Saturday, January 21, 2012

Warm-ups: 4:00pm Start: 5:05pm

Girls	Events	Boys
33	Mixed 10 & Under 200 Medley Relay	34
35	10 & Under 200 Freestyle	36
37	10 & UNDER 50 Backstroke	38
39	10 & UNDER 100 Butterfly	40
41	10 & UNDER 100 Backstroke	42
43	10 & UNDER 50 Freestyle	44

Session #5 Ages: 13 - 14, 15 & OVER
Sunday, January 22, 2012

Warm-ups: 7:15 am Start: 8:20 am

Girls	Events	Boys
45	13 & OVER 200 Freestyle Relay	46
47	13 & OVER 200 IM	48
49	13-14 100 Freestyle	50
51	15 & OVER 100 Freestyle	52
53	13 & OVER 200 Butterfly	54
55	13-14 100 Breastroke	56
57	15 & OVER 100 Breastroke	58
59	13 & OVER 200 Backstroke	60

Session #6 Ages: 11 & 12
Sunday, January 22, 2012

Warm-ups: 11:45 pm Start: 12:50 pm

Girls	Events	Boys
61	11-12 200 Freestyle Relay	62
63	11-12 200 IM	64
65	11-12 100 Breastroke	66
67	11-12 200 Backstroke	68
69	11-12 100 Freestyle	70

Session #7 Ages: 10 & Under
Sunday, January 22, 2012

Warm-ups: 4:00 pm Start: 5:05 pm

Girls	Events	Boys
71	Mixed 10 & Under 200 Freestyle Relay	72
73	10 & Under 200 IM	74
75	10 & Under 50 Butterfly	76
77	10 & Under 100 Breastroke	78
79	10 & Under 100 Freestyle	80
81	10 & Under 50 Breastroke	82