

The Richmond Hill Aquatic Club

Presents

THE RICHMOND HILL
FALL CLASSIC

OCTOBER 21, 22 & 23, 2011

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

THE RICHMOND HILL FALL CLASSIC

- DATE:** October 21-23, 2011
- 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 Fall Classic 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:** Richard Chan
meetmanager@rhac.ca
- MEET REFEREE:** 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, October 21, 2011.
- QUAILIFYING:** 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 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.)
- PSYCH SHEETS:** Psych sheets will be posted online at www.rhac.ca 5 days prior to the competition.

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

SESSION		WARM-UPS	START	AGE GROUP	EST. Length
FRIDAY	1	4:25 P.M.	5:30 P.M.	13 & OVER	2.5 hrs
SATURDAY	2	7:25 AM	8:30 AM	13-14, 15 & OVER	3 hrs
	3	11:15 AM	12:00 PM	11 & 12	2.5 hrs
	4	2:30 PM	3:35 PM	10 & UNDER	3 hrs
SUNDAY	5	7:25AM	8:30AM	13-14, 15 & OVER	3 hrs
	6	11:30 AM	12:15 AM	11 & 12	2.5 hrs
	7	2:30 PM	3:35 PM	10 & UNDER	3 hrs

ENTRY DEADLINE: Entries must be received by midnight October 7, 2011.
Please submit early to ensure your participation.
Entries will be accepted on a first serve basis except that priority will be given for RHAC swimmers
Changes to entries will not be accepted after October 14, 2011 as meet will be seeded.

ENTRY FEES: \$9.00 for all individual events
\$16.00 for the relays
Please make cheques 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, swum slowest to fastest in their assigned age category.

RELAYS: Relays are subject to cancellation.

AWARDS: Individual Events: Medals: 1-2-3 & Ribbons: 4-5-6
Awards and results will be broken out by gender:
10& under, 11, 12, 13, 14, 15 & over.
Relay Events: Ribbons: 1-2-3
RANDOM HEAT PRIZES FOR ALL SUNDAY SESSIONS.

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 the home page at our web site www.rhac.ca.
Updates will happen throughout 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 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.

SWIM ONTARIO POSITION REGARDING SUIT TECHNOLOGY
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 Tech" competitive suits at the age group level. This position has been developed in the interest of equal opportunity, fair and equitable competition, promotion of competitive readiness and to prevent the deterioration of proper skill development in Age Group athletes.

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.

SWIMMING / NATATION CANADA RISK MANAGEMENT / WARM UP PROCEDURES 2010-11

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.**
- **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.**

SNC Board Approved

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October 21 – 23, 2011

Order of Events

Session #1: Ages 13 & Over

Friday, October 21, 2011

Warm-ups: 4:25pm

Start: 5:30pm

Girls	Events	Boys
1	13 & Over 200 Freestyle	2
3	13 & Over 200 IM	4

Session #2: Ages 13-14 and 15 & Over

Saturday, October 22, 2011

Warm-ups: 7:25 am

Start: 8:30am

Girls	Events	Boys
5	13 - 14 4 x 50 Free Relay	6
7	15 & Over 4 x 50 Free Relay	8
9	15 & Over 100 Freestyle	10
11	13 – 14 100 Freestyle	12
13	15 & Over 50 Breaststroke	14
15	13 – 14 50 Breaststroke	16
17	15 & Over 100 Butterfly	18
19	13 – 14 100 Butterfly	20
21	15 & Over 50 Backstroke	22
23	13 -14 50 Backstroke	24

Session #3: Ages: 11 & 12

Saturday, October 22, 2011

Warm-ups: 11:15 am

Start: 12:00pm

Girls	Events	Boys
25	11-12 4 x 50 Free Relay	26
27	11 – 12 100 Freestyle	28
29	11 – 12 50 Breaststroke	30
31	11 – 12 100 Butterfly	32
33	11 – 12 50 Backstroke	34
35	11 – 12 200 Freestyle	36

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Session #4: Ages: 10 & Under

Saturday, October 22, 2011

Warm-ups: 2:30pm

Start: 3:35pm

Girls	Events	Boys
37	10 & Under 4 x 50 Free Relay	38
39	10 & Under 100 Freestyle	40
41	10 & Under 50 Breaststroke	42
43	10 & Under 100 Butterfly	44
45	10 & Under 50 Backstroke	46
47	10 & Under 200 Freestyle	48

Session #5: Ages: 13-14 and 15 & Over

Sunday, October 23, 2011

Warm-ups: 7:25 am

Start: 8:30am

Girls	Events	Boys
49	15 & Over 4 x 50 Medley relay	50
51	13-14 4 x 50 Medley Relay	52
53	15 & Over 100 Breaststroke	54
55	13 – 14 100 Breaststroke	56
57	15 & Over 50 Butterfly	58
59	13 – 14 50 Butterfly	60
61	15 & Over 100 Backstroke	62
63	13 -14 100 Backstroke	64
65	15 & Over 50 Freestyle	66
67	13-14 50 Freestyle	68

Session #6: Ages 11 & 12

Sunday, October 23, 2011

Warm-ups: 11:30 pm

Start: 12:15pm

Girls	Events	Boys
69	11 & 12 4 x 50 Medley Relay	70
71	11 & 12 100 Breaststroke	72
73	11 & 12 50 Butterfly	74
75	11 & 12 100 Backstroke	76
77	11 & 12 50 Freestyle	78
79	11 & 12 200 IM	80

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Session #7: Ages 10 & Under

Sunday, October 23, 2011

Warm-ups: 2:30 pm Start: 3:35pm

Girls	Events	Boys
81	10 & Under 4 x 50 Medley Relay	82
83	10 & Under 100 Breaststroke	84
85	10 & Under 50 Butterfly	86
87	10 & Under 100 Backstroke	88
89	10 & Under 50 Freestyle	90
91	10 & Under 200 IM	92