

DS FALL INVITATIONAL

2 October 2011

- Date:** Sunday, October 2, 2011
- Hosted By:** Dolphins Swim Club
- Location:** Etobicoke Olympium, 590 Rathburn Street West, Toronto, ON
- Facility:** 1 x 25 meter, 8 lane competition pool with electronic timing.
- Sanctioned By:** Swim Ontario. All current SNC rules and warm-up procedures will apply. The FINA one start rule will be in effect.
- Meet Referee:** Randy Wilk randy.wilk@fishglobal.com
- Meet Manager(s):** Nota Klentrou nklentrou@brocku.ca
Maureen Smith
- Club Contact:** Office telephone (905) 847-0430 or email dolphinsswimclub@yahoo.com
- Eligibility:** Swimmers registered as competitive registered swimmers with Swim Ontario, SNC, USS or FINA.
- SNC LTAD / Pre-requisites:** All swimmers aged 14 & under must meet the following time pre-requisites:
200 IM 6:00.00 and 400 Free 9:00.00.
- Meet Format:** All events will be time finals.
- Age Groups:** Open. Results will be reported based on the following age categories:
Girls: 8 & Under; 10 & Under; 11-12; 13-14; 15-16; 17 & Over
Boys: 8 & Under; 10 & Under; 11-12; 13-14; 15-16; 17 & Over
- Awards:** 1st to 3rd place medals for all age groups up to 13-14.

Session Times: **Meet Management reserves the right to change start times for sessions.**

Session	Girls/Boys Age Group	Warm-up	Start	Est. Finish
Morning	Open	7:30 AM	8:30 AM	11:45 PM
Afternoon	Open	12:15 PM	1:00 PM	4:00 PM

Entries: The only meet package that will be considered valid is the most current version found on www.swimmeet.ca.

Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or correct date of birth. Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet.

Please use www.swimming.ca/meetlist.aspx to submit all entries.

Swimmer's age submitted is to be as of the date of the meet, October 2, 2011. All entries should be submitted using the appropriate provable SC time.

Entry Deadline: Wednesday September 28, 2011. Entries will be accepted on a first come, first serve basis with preference given to prior year participants. Meet management reserves the right to restrict the number of entries.

Entry Fees: \$8.00 per event including Gold Bonus and HST for individual events.

Deck entries will be accepted, if lanes are available, at the discretion of meet management and only for swimmers already submitted and validated in the entries file at a charge of \$10.00 per event, payable immediately.

Cheques are due prior to the start of the meet and should be payable to "Dolphins Swim Club".

Seeding: All events will be seeded fastest to slowest.

Entries must be submitted using provable times. Seeding will be in the following order:

- Entries with qualifying short course times in metres
- Entries with qualifying long course times in metres
- Entries with other qualifying times, then
- Entries with no qualifying times.

There will be no conversion of entry time.

Scratch Rules: The SNC scratch rule will not apply to this Meet, however coaches are asked to advise scratches to the Clerk of Course at least 30 minutes prior to the start of the meet. No show swimmers will be scratched after the final call for the event. There is no penalty for late scratches.

Results: The meet program will be run on Hy-Tek Meet Manager. Meet Results will be posted to www.swimming.ca as soon as possible.

Limitation of Liability: Teams entering swimmers in the Meet must advise each swimmer's parents and/or guardians that the Board, coaches and members of the Dolphins Swim Club are committed to operating a successful and safe meet and that all reasonable precautions will be put in place to ensure the swimmers' 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 on 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, and that appropriate arrangements are made for those to be picked up once they have finished their events.

Schedule of Events:

Sunday October 2, 2011 Morning Session				Sunday October 2, 2011 Afternoon Session			
WARM UP: 7:30 AM				WARM UP: 12:15 PM			
START: 8:30 AM				START: 1:00 PM			
FINISH: 11:45 AM				FINISH: 4:00 PM			
Break				GIRLS	EVENTS		BOYS
				1	Open	50 Fly	2
				3	Open	100 Free	4
				5	Open	50 Breast	6
				7	Open	100 Back	8
				9	Open	200 IM	10
				11	Open	50 Free	12
				13	Open	100 Fly	14
15	Open	50 Back	16				
17	Open	100 Breast	18				
19	Open	200 Free	20				
21	Open	400 Free	22				

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.



SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 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 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 & PARA swimmers 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.**



AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. Please be aware that they are acting Supervisor in the absence of a full time Recreationist.
2. Absolutely **NO FOOD** in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event. Coaches are expected to set an example and enforce this rule with ALL participants in the event.
3. Running and climbing is strictly **PROHIBITED** in the pool area including deck, under/ on bleachers and all gates within the pool area. If any participants are caught doing so, they will be asked to leave the pool deck area.
4. Shoes **MUST** be worn whenever outside the pool or change room areas. The hallways and stairs outside of the pool get very slippery and unsafe if wet for participants and public.
5. **Warm –up protocol:**
 - a. No diving off of the starting blocks or bulkhead during warm-ups
 - b. Lanes **1** and **8** will be designated as sprint lanes in one direction only for the **LAST PART OF WARM- UPS** where diving is allowed off of those designated blocks (lanes 1 & 8 only)
 - c. Flippers and hand paddles during warm- ups is prohibited.
6. Swimmer and participants who are not competing are **NOT** to be in other areas of the building and are not to upset the normal operation of the other departments. Participants will be asked to leave the building by staff and security if this rule is not respected.
7. **COACHES ARE DIRECTLY RESPONSIBLE FOR THE SUPERVISION OF THEIR ATHLETES AT ALL TIMES.** This includes the pool deck area, change rooms, hallways and all other areas of the Etobicoke Olympium.