

OSHAC
Distance Meet
Saturday, November 26, 2011.

Hosted by: Oshawa Aquatic Club

Meet Manager: Garnet Wheadon

COC: Chris Jeffs

Meet Referee: Wayne Dorrington

Location: Donevan Recreational Complex
181 Harmony Rd. S., Oshawa, On.

Facility: 6 lane, 25 meter pool

Eligibility: All swimmers must be carded with SNC as "Competitive Swimmer".

Program: All events are time finals, events may be mixed gender.
Saturday, November 26, 2011
Warm Up: 1:00pm Start: 2:00pm

Entries:

1. Please download Hy-Tek Entry file from www.swimmeet.ca in the Upcoming Meets area.
2. Submit all meet entries using the online meet entry system.
3. Await confirmation from meet management.

~You will be sent confirmation of receipt of your entries~.

Scratch Rule:

The entry deadline is November 15, 2011. No scratches/changes will be accepted after that date. All fees will be charged based on entries submitted to the entry deadline, regardless of whether the swimmer competes or not (or other)
Swimmers who fail to swim will not be subject to a scratch penalty.

"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."

Conversion acceptance: Times converted from LC will be permitted for entry. A conversion factor of 2.5% is to be used when submitting LC entries.

Restrictions: Entries will be accepted on a first come first served basis. The Meet Management reserves the right to limit entries in case of over subscription. Meet Management reserves the right to swim 2 per lane in the 800 & 1500 free events.

Deadline: Wednesday, November 15th, 2011. After the deadline date all entries will be treated as deck entries.

Entry Fee: \$15.00 per individual event per swimmer
\$17.00 per event for deck entries

OFFICIALS:

- It would be appreciated if each club would provide some officials to help with the meet.
- If anyone is interested in officiating please send email to our Official Coordinator **Chris Jeffs** ncjeffs@rogers.com
- Please advise if an evaluation is requested and/or if a particular position is preferred.

Swimwear:

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned Under the authority of Swimming Canada must confirm 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 non-consolidated 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.

RESULTS– Swimmer results will be uploaded to SNC in a timely fashion after completion of the meet (within 24 hrs is our target time).

EVENT LIST

Female Event #	Event	Male Event #
1	400M Freestyle	2
3	400M Individual Medley	4
5	800M Freestyle	6
7	1500M Freestyle	8

Awards:

Events: Ribbons 1st to 6th, based on age groups, 10 & under, 11 - 12, 13 - 14, and 15 & over age groups.



APPENDIX D

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.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-2

