

February 27-28th, 2010



xxx Entry Deadline Feb 16th xxx

SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2005

During the designated warm-up period, the meet management committee shall ensure 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.**

SNC Board Approved July 6, 2005

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 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.

**SWIM ONTARIO'S
"Long Term Athlete Development Strategy"
(LTADS) in a Nut Shell**

This should be included in the heat sheets at the meet and posted on the meets results board

To better understand the different rates of growth which occur between males and females, The LTADS committee has differentiated the Jr. Provincial age categories.

To better address the physiological capabilities and needs of our athletes at each phase of their development, the LTADS committee has differentiated which events are offered to each age Category.

To reduce the physiological age disparity that 2 year age increments bring, and to provide a fairer playing field for all, the LTADS committee introduced single year age increments at Jr. Provincials for all girls up to 14 yrs of age and all boys up to 15 yrs of age.

Because scientific research indicates that athletes lock in their skills during the first three to four years of swimming, the emphasis should not be on how fast you swim but how well you swim. Skill development is far more important than winning! Swim Ontario will develop a Skills Curriculum or Technical Check List for any club to access starting in the fall of 2005.

To insure that swim programs focus on avoiding soft tissue injury caused by repetitive freestyle workouts, improve motor learning skills, increase interest and benefit long term development, the LTADS committee introduced pre-requisite qualifying events at the Jr. Provincials only, in the 200 IM for girls 11 yrs and under and boys 12 yrs and under, and the 400 IM for girls 12 to 14 yrs and boys 13 to 15 yrs.

Because sports physiologists have discovered that age group swimmers are pre-disposed to aerobic training (distance), and derive far greater benefits long term by developing their aerobic capabilities as opposed to their anaerobic capacities (sprint), the LTADS committee introduced the 800 Freestyle pre-requisite event at Jr. Provincials for all girls 14 yrs and under, and all boys 15 yrs and under. For tracking purposes, clubs are encouraged to run sanctioned Time Trials in the 800 Freestyle for all their age group swimmers and upload them to Swim Direct within 7 days of the completion of the event.

Except for girls 15-17 and boys 16-17, all other swimmers must attain both the IM and 800 FR pre-requisite times and at least one(1) Jr. Provincial qualifying standard in order to participate at Jr. Provincials.

It often takes between 10 and 15 yrs of the best possible preparation to reach international performance levels. With such a long career ahead, the LTADS committee decided it was more beneficial to allow swimmer 12 yrs of age and under the free time necessary to participate with friends and family in other sports and social activities, and reduce the unnecessary fatigue that accumulates from participating in heats and finals throughout the season. Therefore, all sanctioned invitationals and time trials within the province of Ontario will be **TIME FINAL EVENTS** only (see 12 and under rules).

12 & UNDER RULES (Within Ontario only)

1. Regardless of meet format or age categories, all individual and relay events for 12 and under are **TIME FINAL** (no progression to second swim).
2. 12 and under may "Swim-UP" o relays held during the 12 and under session only (no progression to an older age relay final is permitted).
3. 12 and under who qualify, may swim heats and finals of individual events at Ontario Senior Provincials, Canada Games Trials, or other SNC Senior Level competitions hosted in Ontario
4. 12 and under may participate on relays in both preliminaries and finals at Ontario Jr. Provincial Championships, Ontario Senior Provincial Championships, Ontario Team Championships and Ontario Regional Championships and any SNC Senior Level Meet held in Ontario.

Invitational meets do not have to run in the same event order as Jr. Provincials nor do they have to run single year increments, however, all sanctioned competitions must honor the 12 and under **TIME FINAL** Rule.

In order to recognize the need to re-charge our batteries, and re-focus on the new Long Course Season, March has been identified as a Refocus/Revitalization Period. No sanctioned meets or time trials will be permitted, (approved meets for non-competitive swimmers only is allowed).

To insure we can properly track Ontario Swimmers both provincially and federally, and to help with proof of times, provincial team selection and athlete carding, all sanctioned meet and time trial results must be uploaded to Swim Direct within 7 days of the completion of the meet.

The recommended swim meet session length is 4 hours excluding warm-ups. If a meet exceeds this length, you are requested to report that to the Technical Director of Swim Ontario at cliff@swimontario.com.

For more information on any of Swim Ontario's Program including the " Long Term Athlete Development Strategy", or Provincial Qualifying Standards, please visit the Swim Ontario website at www.swimontario.com

Entry Procedures

The only meet package which will be considered as valid must be the most current version found on www.swimmeet.ca.

All entries must be in Hy-tek format and submitted via www.swimmeet.ca. No entries will be accepted directly by meet management.

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 incorrect or absent date of birth .

Eligibility:

Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet. Foreign swimmers, where applicable, are exempt from this requirement.

All swimmers must be duly registered and residents of the governing body for which they are competing. All swimmers must be in good standing with their respective governing swim body. All swimmers must be residents of the province/state or country for which they claim registration. Proof of residency may be passport, tax-roll, college residence or other document as deemed acceptable by Swim Ontario and shall be provided within 24 hours of request by Swim Ontario

You will be sent confirmation of receipt of your entries

The Short Course Finale - is a great opportunity for non-provincial qualified swimmers to have a competitive opportunity before the mandated competition free period. We will offer all events in a time final format with 13 and over and 12 and under swimming together. The results will be separated out in the traditional age groups for the purposes of scoring and awards. Awards – heat winner ribbons, individual high points (see scoring) and ribbons 1-6.

Immediately after we receive the last team's entries (Feb.16th deadline), we will notify clubs with details of:

- **the coaches' meeting,**
- **session and event times,**
- **alternative or additional warm-up times needed to meet the facility regulations and ensure fast swimming,**
- **any other unforeseen detail that may need to be communicated**

KBM Short Course Finale

- Date:** February 27-28th, 2010
- Hosted by:** Kingston Blue Marlins
- Location:** Artillery Park Aquatic Complex
76 Ordnance Street
Kingston, ON
- Facility:** 6 lane, 25m pool with electronic start system
- Sanctioned By:** Swim Ontario
All current SNC rules and Warm up procedures will be followed
- Qualifying Stds:** No qualifying times. Please provide their seed times in electronic format.
- Entry deadline:** All entries must be received by
February 16,2010
All entries must include valid Swim Ontario registration number
Submit entries to www.swimmeet.ca
- Entry Fees:** Short Course Finale - \$7.50 per event including relays
Please make cheques payable to: Kingston Blue Marlins Swim Club
- Event Limit:** **NO event limit, we reserve the right to change this if necessary.**
- Scratches:** Scratches for the SC finale are due 30 minutes prior to the session start to the Clerk of Course. No substitutions are allowed
- Meet Notes:** Mixed 13 & over, 12 & under groups will be seeded within each session.
Results will be posted and awards presented by the age group and gender as listed below under "Awards". Relays will be run, 10 and under, 11-12, 13-14, 15 and over.
- Awards:** Ribbons will be awarded to the top six swimmers in each event for each age/gender group show below:
10 and under,11,12,13,14,15 years and over
High point trophy for each age/gender category, as above.
- Meet Manager:** Cory Cronk
- Questions:** Please contact Ken Anderson at 613-634-9635 or swimcoach@cogeco.ca

For accommodations in Kingston please visit: <http://www.whatsonkingston.com/accom/index.html>

KBM Short Course Finale Order of Events

12 and Under			
Saturday Morning Session 1 8:30 Warm-up – 9:30 Start		Sunday Morning Session 3 8:30 Warm-up – 9:30 Start	
Event #	Event	Event #	Event
1	100 Fly	18	400 Free
2	200 free	19	50 Breast
3	50 Back	20	50 Free
4	100 Breast	21	100 Back
5	200 Back	22	200 Fly
6	50 Fly	23	200 Breast
7	200 IM	24	100 Free
8	4 * 50 Free Relay	25	4 * 50 Medley Relay

13 and Over			
Saturday Afternoon Session 2 1:00 Warm-up – 2:00 Start		Sunday Afternoon Session 4 1:00 Warm-up – 2:00 Start	
Event #	Event	Event #	Event
		26	400 Free
9	OPEN 400 IM	27	50 Breast
10	50 Back	28	200 IM
11	100 Fly	29	50 Free
12	200 Free	30	100 Back
13	100 Breast	31	200 Fly
14	200 Back	32	200 Breast
15	50 Fly	33	100 Free
16	4 * 50 Free Relay	34	4 * 50 Medley Relay
	15 minute break –warm up		15 minute break –warm up
17	OPEN 1500 FREE	35	OPEN 800 FREE