



25th Annual YOUTH CUP

A Four Day Invitational Meet

For Swimmers 12-U, 13-14, 15-17 age groups

on

December 6, 7, 8 and 9th, 2007

at the

Etobicoke Olympium
590 Rathburn Road, Toronto



**NORTH YORK AQUATIC CLUB
25th ANNUAL YOUTH CUP
MEET INFORMATION**

- Sanctioned by: Ontario Section
- Governed by: Swim Ontario
- Rules: All Current Rules Apply
- Dates: Thursday, December 6, 2007
Friday, December 7, 2007
Saturday, December 8, 2007
Sunday, December 9, 2007
- Location: Etobicoke Olympium
- For: Swimmers - 12-U, 13-14, 15-17
- About the meet:
1. All preliminary events will be swum in two 25-meter, 8 lane pools.
 2. Electronic timing will be used at both ends of the pool.
 3. The 25 yard patio pool will be available from 2-3pm on Thursday and from 9-11am on Friday-Sunday.
 3. All 800 and 1500 freestyle will be timed-finals swum fastest to slowest. Proof of times may be requested by Meet Management at the meet. Long Course Times will be accepted at a conversion rate of -2%. Awards for these events will be presented during the following session.
 4. All 12-U events will be Timed-Finals.
 5. 13-14 and 15-17 400 I.M. will be swum as a Timed-Final in the preliminary session.
 6. The swimmer's age shall be that on the first day of the meet unless otherwise specified by S.N.C. A swimmer must compete in their own age group. Swimming up is only permitted in relay events.
 7. There is no limitation on the number of entered events for the competition providing the qualifying standards are met.
 8. Meet Management reserves the right to limit the number of heats in each event in order to adhere to the Swim Ontario session time guidelines.

Entries:

All entries are to be received by MIDNIGHT, NOVEMBER 19, 2007 and will be processed on a first-come first-served basis. Please include a contact name with your entries.

By E-Mail: Olga Macel c/o NYAC
nyacswim@yahoo.ca

MAIL: 4936 Yonge St. #146
TORONTO, On M2N 6S3

Phone: (416) 785-0430

Fax (416) 785-9697

Fees are \$8.00/individual event, \$12.00/relay. This includes the Swim Ontario gold bonus surcharges. ENTRY FEES MUST BE PAID TO THE MEET MANAGER BY FRIDAY DECEMBER 7 NOON TO ENSURE PARTICIPATION IN THE MEET. Please make cheques payable to: North York Aquatic Club (Youth Cup).

Entry confirmations will be sent by e-mail to each club by November 22, 2007. Psyche sheets will be posted by November 30, 2007 on the NYAC website www.nyac.on.ca.

Eligibility:

Swimmers must be registered with an Amateur Aquatic Association recognized by F.I.N.A. as of December 1, 2007.

Relays:

1. All 12-U and the 13-14 & 15-17 4x50 Free Relays will be swum as Timed Finals during the preliminary sessions. The remaining 13-14, 15-17 Relays will be swum as Timed Finals during the Finals sessions.

2. Team officers shall name the actual team members (also giving the full name of each competitor, swimmer ID# and their ages) in the order they will swim, on the relay card, in accordance with SNC rules.

3. Relay teams will be limited to three teams per club for each relay event.

4. Only swimmers whose names appear on the meet entry forms shall compete in relay events. Swimmers who will be only in relays shall be listed on the meet entry forms with 'relays only' noted opposite their names.

5. Please submit relay entry times for seeding purposes. Entries submitted without entry times will be entered as N-T. and seeded last.

Scratches:

PRELIMINARY SESSIONS: Scratches must be made with the

Clerk of Course at each end of the pool at least 30 minutes before the session start.

FINAL SESSIONS: Scratches must be put into the scratch box located at the shallow end of the pool within the ½ hour period following the last race of preliminaries.

Marshalling: The marshals have been instructed to limit the number of swimmers behind the blocks. This will avoid difficulties for the timers.

Horseplay and excessively noisy behaviour in the marshalling areas and anywhere on the pool deck will not be tolerated. The number of swimmers participating in this meet makes this imperative.

As per HEALTH REGULATIONS OF THE CITY OF TORONTO spitting in the pool or on the pool deck will result in ejection from the meet.

Coaches: Coaches are required to stay well back on the pool deck to avoid interfering with the officials. The west side of the pool deck as well as the bulkhead is out of bounds for swimmers and coaches at all times except for awards and presentations.

Starting: FINA Start.

Protests: Protests are to be reported to the Session Referee. The Session Referees will advise coaches on protest procedures.

Refreshments: Refreshments are available for coaches in the Officials Room.

Awards:

1. All 12-U, 13-14 and 15-17
Individual Events:
Medals 1st 2nd 3rd
Ribbons 4th to 8th place.
2. Relays:
Medals 1st to 3rd place (Each member)
Ribbons 4th to 8th place.
3. Individual High Point awards:
One girl and boy per age group.
4. Overall Team High Point award.
5. Special Small Team High Point award:
Overall winner of teams of 16 swimmers OR less.

Awards and Presentations: 1. For Finals - The top 3 finishers will be kept at the Awards area immediately after the Final. Presentation will be made at the next appropriate break in the meet.

2. Ribbons for the remaining finishers will be distributed to the coaches. Coaches need to pick up Club awards prior to the end of the meet.

3. High Point Awards - will be given out for each age group upon completion of the finals on Sunday afternoon.

Scoring:

All age groups will be scored for Youth Cup.

Team scoring for Youth Cup will be as follows:

1. Male and female combined

2. The first 16 swimmers (in each event) will contribute to team points. The points to be awarded for individual events will be in the order: 20,16,15,14,13,12,11,9,8,7,6,5,4,3,2,1.

3. Relays will score double team points.

4. Timed finals shall be scored in an identical manner (i.e. to the 16th place).

5. Scoring for individual high point awards shall be awarded as follows: 10,7,6,5,4,3,2, 1 in individual events only for placing in Finals and Timed finals.

6. Competitors who scratch shall not earn points.

Warm-ups:

Thursday 11:30 a.m. - 12:50 p.m. Start 1:00 p.m.

Friday 7:30 am - 8:50 a.m. Start 9:00 a.m.

Saturday 7:30 am - 8:50 a.m. Start 9:00 a.m.

Finals 5:50 p.m. Start 6:00 p.m.

Sunday 7:30 am - 8:50 a.m. Start 9:00 a.m.

Warm up for 13-14 and 15-17 swimmers only.

Sunday Finals: Start 1 hour after the last race in the morning.

This is when 12-U swimmers warm up.

Please Note:

No flutter boards, hand paddles or fins are to be used during warm-ups. Diving into the pool during warm-up, other than in designated sprint lanes, will result in ejection from the session and possibly the meet.

ANY QUESTIONS?

Call PETER COOLING (Meet Manager)

Phone: (416) 580-2669

E Mail: peter@armstrongbaum.com

PLEASE NOTE:

The North York Aquatic Club will be running Youth Cup 2007 on the Hy-Tek system. If you use this system and want a disk for entry and results, please email OLGA MACEL as soon as possible at:

(416)785-0430 or nyacswim@yahoo.ca.

SNC

Warm-up Procedures 2005

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 & 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 PULL BUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

****IMPORTANT NOTICE****

POSITIVE CHECK INS AND SCRATCHES

All positive check ins and scratches are to be given to the Clerk of Course at each end of the pool. Scratches are requested 30 minutes before each session start.

Please note that all 1500, 800 and 400 meter events and all relays will be reseeded before the start of each session.

Thursday:

All 800 and 1500 - Positive check in by 12:00 pm.

12 and under 400 IM - Positive check in 1 hour before the start of the session.

Friday

12 and under 4 x 100 Free Relay - Positive check in by 10 am.

13-14, 15-17 - 4x100 Free Relay - Positive check in by the end of the morning session.

Saturday

All 400 Free - Positive check in by 8 am.

12 and under 4 x 50 Medley Relay - Positive check in by 10 am.

13-14, 15-17 4 x 50 Medley Relay - Positive check in by the end of the morning session.

Sunday

13-14, 15-17 400 IM - Positive check in by 8 am.

All 4 x 100 Medley Relays - Positive check in by the end of the morning session.

25th ANNUAL YOUTH CUP

ORDER OF EVENTS AND QUALIFYING TIMES

GIRLS

Boys

EVENT NO.	QUALIFYING TIME	AGE GROUP	EVENT	QUALIFYING TIME	EVENT NO.
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THURSDAY, DECEMBER 6, SESSION 1, WARM-UP 11:30a.m.-12:50p.m.

START 1:00p.m.

1	11:25.69	12-U	800 Free	11:19.44	2
3	21:05.85	12-U	1500 Free	21:03.81	4
5	10:48.86	13-14	800 Free	10:42.25	6
7	19:48.69	13-14	1500 Free	19:10.48	8
9	9:51.73	15-17	800 Free	9:43.05	10
11	19:05.78	15-17	1500 Free	18:63.04	12

1 Hour warm up

13	6:11.48	12-U	400 I.M.	6:26.00	14
15	2:44.25	13-14	200 I.M.	2:36.80	16
17	2:33.30	15-17	200 I.M.	2:27.88	18
19	3:28.27	12-U	200 Fly	3:18.89	20
21	2:53.29	13-14	200 Fly	2:43.28	22
23	2:37.64	15-17	200 Fly	2:31.33	24
25	N/T	12-U	4X50 Free Relay	N/T	T-F* 26
27	N/T	13-14	4X50 Free Relay	N/T	T-F* 28
29	N/T	15-17	4X50 Free Relay	N/T	T-F* 30

FRIDAY, DECEMBER 7, SESSION 2, WARM-UP 7:30-8:50a.m.

START 9:00a.m.

31	2:35.55	12-U	200 Free	2:38.60	32
33	2:21.44	13-14	200 Free	2:18.28	34
35	2:14.70	15-17	200 Free	2:08.36	36
37	1:24.11	12-U	100 Fly	1:36.14	38
39	1:16.19	13-14	100 Fly	1:12.57	40
41	1:10.08	15-17	100 Fly	1:07.70	42
43	2:54.70	12-U	200 Back	2:51.21	44
45	2:37.70	13-14	200 Back	2:35.97	46
47	2:31.25	15-17	200 Back	2:26.69	48
49	1:33.37	12-U	100 Breast	1:31.65	50
51	1:24.88	13-14	100 Breast	1:24.32	52
53	1:23.69	15-17	100 Breast	1:17.82	54
55	2:53.54	12-U	200 IM	2:55.19	56
57	N/T	12-U	4X100 Free Relay	N/T	T-F* 58

FRIDAY, DECEMBER 7, SESSION 3, WARM-UP 5:00-5:50p.m.

START 6:00p.m.

(FINALS IN THE SHALLOW END)

33		13-14	200 Free	F and C		34
35		15-17	200 Free	F and C		36
39		13-14	100 Fly	F and C		40
41		15-17	100 Fly	F and C		42
45		13-14	200 Back	F and C		46
47		15-17	200 Back	F and C		48
51		13-14	100 Breast	F and C		52
53		15-16	100 Breast	F and C		54
15		13-14	200 I.M.	F and C		16
17		15-17	200 I.M.	F and C		18
59		13-14	4X100 Free Relay	N/T	T-F*	60
61		15-17	4X100 Free relay	N/T	T-F*	62

SATURDAY, DECEMBER 8, SESSION 4, WARM-UP 7:30-8:50a.m.

START 9:00a.m.

63	5:25.80	12-U	400 Free	5:24.77		64
65	4:56.57	13-14	400 Free	4:54.04		66
67	4:44.68	15-17	400 Free	4:38.06		68
69	1:21.41	12-U	100 Back	1:26.88		70
71	1:13.61	13-14	100 Back	1:12.99		72
73	1:10.50	15-17	100 Back	1:08.22		74
75	3:19.72	12-U	200 Breast	3:30.70		76
77	3:06.59	13-14	200 Breast	2:59.09		78
79	2:57.63	15-17	200 Breast	2:49.85		80
81	1:13.64	12-U	100 Free	1:14.88		82
83	1:05.09	13-14	100 Free	1:05.07		84
85	1:03.76	15-17	100 Free	0:59.53		86
87	N/T	12-U	4X50 Medley Relay	N/T	T-F*	88

SATURDAY, DECEMBER 8, SESSION 5, WARM-UP 5:00-5:50p.m.

START 6:00p.m.

(FINALS START IN THE SHALLOW END)

65		13-14	400 Free	F and C		66
67		15-17	400 Free	F and C		68
71		13-14	100 Back	F and C		72
73		15-17	100 Back	F and C		74
77		13-14	200 Breast	F and C		78
79		15-17	200 Breast	F and C		80
83		13-14	100 Free	F and C		84
85		15-17	100 Free	F and C		86
21		13-14	200 Fly	F and C		22
23		15-17	200 Fly	F and C		24
89	N/T	13-14	4X50 Medley Relay	N/T	T-F*	90
91	N/T	15-17	4X50 Medley Relay	N/T	T-F*	92

SUNDAY, DECEMBER 9, SESSION 6, WARM-UP 7:30-8:50a.m.

START 9:00a.m.

93	0:30.00	13-14	50 Free	0:29.05	94
95	0:29.00	15-17	50 Free	0:28.00	96
97	0:38.41	13-14	50 Fly	0:37.13	98
99	0:36.24	15-17	50 Fly	0:33.89	100
101	0:37.60	13-14	50 Back	0:36.08	102
103	0:37.00	15-17	50 Back	0:36.00	104
105	0:42.91	13-14	50 Breast	0:43.27	106
107	0:42.00	15-17	50 Breast	0:40.00	108
109	5:47.61	13-14	400 I.M.	5:33.22	T-F* 110
111	5:33.57	15-17	400 I.M.	5:31.34	T-F* 112

Finals start one hour after the last preliminary swim in the deep end.

(FINALS SHALLOW END)

93		13-14	50 Free	F and C	94
95		15-17	50 Free	F and C	96
113	0:33.41	12-U	50 Free	0:32.40	114
97		13-14	50 Fly	F and C	98
99		15-17	50 Fly	F and C	100
115	0:39.30	12-U	50 Fly	0:39.33	116
101		13-14	50 Back	F and C	102
103		15-17	50 Back	F and C	104
117	0:40.79	12-U	50 Back	0:41.64	118
105		13-14	50 Breast	F and C	106
107		15-17	50 Breast	F and C	108
119	0:45.44	12-U	50 Breast	0:52.27	120
121		13-14	4x100 MEDLEY Relay	T/F*	122
123		15-0	4x100 Medley Relay	T/F*	124
125		12-U	4X100 Medley relay	T/F*	126



**Courtyard Mississauga
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r.vengalil@concordhotels.com
www.courtyardmississaugaairport.com

Amenities

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www.residenceinnmississaugaairport.com

Amenities

- Complimentary deluxe hot breakfast buffet
 - Suites are 50% larger than a standard hotel rooms
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 - Suite Includes Living Room, Fridge, Dishwasher, Stove, Microwave
 - Complimentary Grocery shopping service
 - Coin-operated guest laundry
 - Cozy Gatehouse with fireplace and TV
 - Exercise Room, Indoor Pool, Whirlpool
 - Outdoor Sport Court
- \$105.00 per night**
(Studio Suite)



Welcome NYAC Swimmers

