

# **19<sup>th</sup> Annual Mayor's Cup**

**June 7 - 8, 2008**

**at the**

**Douglas Snow Aquatic Center**

**Proudly Presented by the**

**NORTH YORK  
AQUATIC CLUB**

## MEET INFORMATION

**Sanctioned by:** Swim Ontario  
**Governed by:** Swim Ontario  
**Rules:** All Current Rules Apply  
**Dates:** Saturday June 7 to Sunday June 8, 2008  
**Location:** Douglas Snow Aquatic Center  
5100 Yonge Street, North York

### About the meet:

1. All events will be swum in a long course 50 meter, 6-lane pool.
2. This meet is open to “C” standard or slower swimmers only. Swimmers are eligible to compete in any event for which they have not qualified for the Swim Ontario “B” standards as of June 6, 2008.
3. All coaches are asked to adhere to the time standards in all events when entering their swimmers. Any swimmers found to meet the “B” or higher standards will swim exhibition only. The Meet Manager reserves the right to request proof of times for any swimmer winning an individual high point trophy.
4. A meet “B” standard has been established for the 50 Butterfly events as follows: 100 Butterfly “B” standard x 0.5 x 0.95.
5. All events will be timed finals.
6. All entries should be submitted in LCM. Conversion to same will be accepted.
7. Meet Management reserves the right to limit the number of heats in each event to keep the meet in line with Swim Ontario session length requirements. This meet is limited to 400 swimmers.
8. Each swimmer may swim a maximum of 3 individual events per day.

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**Entries:** Team entries are on a first come first served basis. Final entries are to be received by **MIDNIGHT, May 20, 2008.**

**Entry Procedure:** The NYAC website is: [www.nyac.on.ca](http://www.nyac.on.ca). Click "Mayor's Cup Meet Package" and submit entries via the Hy-Tek file to:

E-Mail: [www.swimmeets.ca](http://www.swimmeets.ca)

**Late and/or deck entries will only be allowed if time and space permit.**

**Eligibility:** Swimmers must be registered with an Amateur Aquatic Association recognized by F.I.N.A. as of January 1, 2008.

**Special Meet Rules:** Each swimmer must swim the proper age group.  
Swimming up is only permitted in the relay events.

**Relay Rules:** Team officials shall name the actual team members (also giving the usual first name of each competitor and their age) in the order they will swim, on the relay card.

Shallow end swimmers will start in the water. They must have one hand on the wall and must not leave the wall until the incoming swimmer touches the wall.

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

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.

**Please submit relay times for seeding purposes. Entries submitted without entry times will be entered as NT and seeded last.**

**Scratches:** Scratches must be made to the Clerk of the Course in the marshalling area at least 30 minutes before the start of the session.

**Starting:** FINA Start.

**Protests:** Are to be reported to the Session Referee. Coaches will be advised on protest procedures by the Session Referees.

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**Refreshments:** Are available for coaches in the Officials Room upstairs.

**Awards:** Individual Events: Ribbons 1<sup>st</sup> to 6<sup>th</sup> place.  
(Note – 50 Kick events will not be included in the scoring therefore no ribbons will be awarded – instead, prizes will be awarded to the winners immediately following the events.)

Relays: Ribbons 1<sup>st</sup> to 6<sup>th</sup> place.

Individual: High Point awards; each age group, male and female.

**Scoring:** Individual Scoring: Male and Female: 7, 5, 4, 3, 2, 1  
(Note – 50 Kick events will not be included in the scoring.)

**Entry Fees:** Entries fees are \$7.00 per individual event, \$10.00 per relay. This includes the Swim Ontario Gold Bonus surcharge.

Entry fees must be paid to the Meet Manager by start of meet. Deck entries are to be paid at time of entry. **Please make cheques payable to the North York Aquatic Club.**

### Warm Up and Start Times:

**Saturday/Sunday Morning Sessions** WARM UP 7:00 - 7:50 am. START 8:00 am.

**Saturday/Sunday Afternoon Sessions** WARM UP 12:30 – 1:20 pm. START 1:30 pm.

**Meet Managers:** Cheryl Kicksee  
Marjie Chud [cmarjie@rogers.com](mailto:cmarjie@rogers.com)

**Meet Referee:** Dave Thompson [ccastle@sympatico.ca](mailto:ccastle@sympatico.ca)

**PLEASE NOTE:** All entries must be in Hy-tek format and submitted via [www.swimmeet.ca](http://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 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.

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**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.

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- 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.

### **DOUGLAS SNOW AQUATIC CENTRE RULES:**

The pool deck is restricted to use by swimmers, coaches and officials. The second floor gallery and lounge is for the use of parents and other spectators.

No glass containers are allowed in the deck and gallery area.

Swim bags or other items shall not be placed in the planters.

Garbage shall be placed in the litter containers provided.

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. No food is permitted on the pool deck. No outside shoes are permitted on the pool deck and swimmers must wear footwear while on deck.

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.

### **POOL CONDITIONS FOR THE USE OF STARTING BLOCKS:**

If the depth of the pool is less than 1.2 metres (4 feet), swimmers shall not use the starting blocks for dive starts. If these conditions exist, the starting dive should be made from the edge of the pool (deck level).

NOTE: This applies for both warm ups and races .

Furthermore, any club using a pool where the starting blocks are located at the shallow end, and the depth is less than 1.2 metres (4 feet), should request the pool governing body to relocate the starting blocks to the deep end. We will be starting from the water when starting from the shallow end of the pool.

### **MISCELLANEOUS INFORMATION:**

Economical parking is available underground at the North York Civic Center. The ramp entrance is on the north side of the pool off Beecroft Avenue (\$3 flat rate per weekend day).

Out of town visitors may stay at the Novatel Hotel adjacent to the pool.

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**Order of Events**

**Session 1 – Saturday June 7, 2008**

**Warm-up 7:00 am**  
**Start 8:00 am**

GIRLS EVENT #	DEQUAL TIME	AGE	EVENT	DEQUAL TIME	BOYS EVENT #
1	03:01.11	11 – 12	200m Ind. Medley	03:01.11	2
3	02:47.70	13 & over	200m Ind. Medley	02:41.69	4
5	01:35.04	11 – 12	100m Breaststroke	01:34.94	6
7	01:27.66	13 & over	100m Breaststroke	01:25.14	8
9	01:14.45	11 – 12	100m Freestyle	01:13.40	10
11	01:07.74	13 & over	100m Freestyle	01:05.49	12
13	00:41.10	11 – 12	50m Butterfly	00:40.68	14
15	00:36.38	13 & over	50m Butterfly	00:35.13	16
17	-	11 – 12	50m Backstroke	-	18
19	-	13 & over	50m Backstroke	-	20
21	-	11 – 12	200m Free Relay	-	22
23	-	13 & over	200m Free Relay	-	24

**NOTE:** the 50 Kick events will not be included in the scoring so no ribbons will be awarded. Instead prizes will be awarded immediately following the events.

**Session 2 – Saturday June 7, 2008**

**Warm-up 12:30 pm**  
**Start 1:30 pm**

GIRLS EVENT #	DEQUAL TIME	AGE	EVENT	DEQUAL TIME	BOYS EVENT #
25	03:26.98	10 & under	200m Ind. Medley	03:17.53	26
27	01:24.51	8 & under	100m Freestyle	01:19.68	28
29	01:24.51	9 – 10	100m Freestyle	01:19.68	30
31	01:37.10	8 & under	100m Backstroke	01:31.10	32
33	01:37.10	9 – 10	100m Backstroke	01:31.10	34
35	03:05.10	10 & under	200m Freestyle	02:52.16	36
37	-	8 & under	50m Breaststroke	-	38
39	-	9 – 10	50m Breaststroke	-	40
41	00:50.45	8 & under	50m Butterfly	00:45.68	42
43	00:50.45	9 – 10	50m Butterfly	00:45.68	44
45	-	10 & under	200m Free Relay	-	46

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Session 3 – Sunday June 8, 2008

Warm-up 7:00 am

Start 8:00 am

GIRLS EVENT #	DEQUAL TIME	AGE	EVENT	DEQUAL TIME	BOYS EVENT #
47	02:40.67	11 – 12	200m Freestyle	02:40.03	48
49	02:27.13	13 & over	200m Freestyle	02:21.32	50
51	01:26.52	11 – 12	100m Butterfly	01:25.64	52
53	01:16.58	13 & over	100m Butterfly	01:13.95	54
55	01:23.81	11 – 12	100m Backstroke	01:24.28	56
57	01:17.06	13 & over	100m Backstroke	01:14.53	58
59	00:33.90	11 -12	50m Freestyle	00:33.40	60
61	00:31.78	13 & over	50m Freestyle	00:29.73	62
63	-	11 – 12	50m Breaststroke	-	64
65	-	13 & over	50m Breaststroke	-	66
67	-	11 – 12	200m Medley Relay	-	68
69	-	13 & over	200m Medley Relay	-	70

Session 4 – Sunday June 8, 2008

Warm-up 12:30 pm

Start 1:30 pm

GIRLS EVENT #	DEQUAL TIME	AGE	EVENT	DEQUAL TIME	BOYS EVENT #
71	01:48.26	8 & under	100m Breaststroke	01:46.38	72
73	01:48.26	9 – 10	100m Breaststroke	01:46.38	74
75	01:46.21	8 & under	100m Butterfly	01:36.16	76
77	01:46.21	9 – 10	100m Butterfly	01:36.16	78
79	00:37.79	8 & under	50m Freestyle	00:36.10	80
81	00:37.79	9 – 10	50m Freestyle	00:36.10	82
83	-	8 & under	50m Backstroke	-	84
85	-	9 – 10	50m Backstroke	-	86
87	-	8 & under	50m Kick	-	88
89	-	9 – 10	50m Kick	-	90
91	-	10 & under	200m Medley Relay	-	92

**NOTE:** the 50 Kick events will not be included in the scoring so no ribbons will be awarded. Instead prizes will be awarded immediately following the events.