

NORTH YORK AQUATIC CLUB

MAY LONG COURSE PERFORMANCE MEET

MAY 10 AND 11, 2008

at the

**UNIVERSITY OF TORONTO
ATHLETIC COMPLEX**

**55 HARBORD STREET
TORONTO, ONTARIO**

(Corner of Harbord and Spadina)

MEET INFORMATION

- Date:** Saturday May 10, 2008 – Sunday, May 11, 2008
- Location:** University of Toronto Athletic Complex
- Sanctioned by:** Swim Ontario. All Current SNC Rules and Warm Up procedures will be followed.
- Swimmer Ages:** 10 and under, 11-12, 13-14, 15 and over
- Meet Notes:**
1. All events will be swum in a 50 meter, 8-lane pool and will be swum double ended.
 2. All events will be timed finals.
 3. The swimmer's age shall be that on the first day of the meet unless otherwise specified by S.N.C.
 4. A swimmer may only compete in his/her own age group.
 5. Swimmers may swim 4 events per session.
 6. There are no qualifying times for this meet.
 7. Meet Management reserves the right to limit heats to ensure sessions remain under 4 hours. This will be done on a "first come" basis. Clubs will be notified of any changes or ineligibility of swimmers for particular events by May 3, 2008.
- Entries:** **All entries are to be received by MIDNIGHT, April 25, 2008. Entries are accepted on a first come first served basis. Deadline for changes is May 1, 2008.**
- The only Meet Package which will be considered as valid must be 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 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.

Entry Fees:

All events are \$7.50 per individual event. This includes the Swim Ontario gold bonus surcharges. Cheques payable to: **North York Aquatic Club**.

LATE AND/OR DECK ENTRIES WILL ONLY BE ALLOWED IF TIME AND SPACE PERMIT. DECK ENTRIES ARE PAYABLE IN CASH AT TIME OF ENTRY.

Eligibility:

Swimmers must be registered with an Amateur Aquatic Association recognized by F.I.N.A.

Scratches:

IN ALL SESSIONS: Scratches must be made in writing to the Clerk of Course at least 30 minutes before the start of the session.

Marshalling:

Swimmers must check in to the Clerk of Course for all swims.

Awards:

Ribbons 1st to 8th place.

Meet Manager:

Cheryl Kicksee
jkicksee@sympatico.ca

Meet Referee

John Chittley
jchittley@hotmail.com, 416-699-4922
Volunteer officials greatly appreciated. Please contact John directly.

University of Toronto Pool Regulations

1. No street shoes on deck.
2. No glass objects on deck.
3. No food or drink on deck.
4. Swimmers must shower before entering pool.
5. Make sure any garbage that your team generates (e.g. Styrofoam Cups from icing) is put in garbage pails.
6. All participants and personnel must enter and exit via the correct entrances and exits. No one is to exit through emergency stairwells unless an emergency is in progress.
7. All emergencies will be handled by University of Toronto pool Staff.

2008 May LC Performance Meet

Order of Events

Saturday Morning: Warm-Up 7:00 am Start 8:00 am

Girls Event #	Events	Boys Event #
1	15 & over 200 IM	2
3	13-14 200 IM	4
5	15 & over 200 Back	6
7	13-14 200 Back	8
9	15 & over 100 Fly	10
11	13-14 100 Fly	12
13	15 & over 200 Breast	14
15	13-14 200 Breast	16
17	15 & over 100 Free	18
19	13-14 100 Free	20
21	15 & over 50 Back	22
23	13-14 50 Back	24
25	15 & over 50 Breast	26
27	13-14 50 Breast	28
29	13 & over 400 Free	30

Saturday Afternoon: Warm-up 12:00 pm Start 1:00 pm

Girls Event #	Events	Boys Event #
31	11-12 200 IM	32
33	11-12 100 Free	34
35	10 & under 100 Free	36
37	11-12 200 Back	38
39	10 & under 200 Back	40
41	11-12 100 Fly	42
43	10 & under 100 Fly	44
45	11-12 200 Breast	46
47	11- 12 50 Back	48
49	10 & under 50 Back	50
51	11-12 50 Breast	52
53	10 and under 50 Breast	54
55	11-12 400 Free	56

Sunday Morning: Warm-up 7:00 am Start 8:00 am

Girls Event #	Events	Boys Event #
57	15 & over 200 Free	58
59	13-14 200 Free	60
61	15 & over 100 Back	62
63	13-14 100 Back	64
65	15 & over 100 Breast	66
67	13-14 100 Breast	68
69	15 & over 200 Fly	70
71	13-14 200 Fly	72
73	15 & over 50 Free	74
75	13-14 50 Free	76
77	15 & over 50 Fly	78
79	13-14 50 Fly	80
81	13 & over 400 IM	82

Sunday Afternoon: Warm-up 12:00 pm Start 1:00 pm

Girls Event #	Events	Boys Event #
83	11-12 200 Free	84
85	10 & under 200 Free	86
87	11-12 100 Back	88
89	10 & under 100 Back	90
91	11-12 100 Breast	92
93	10 & under 100 Breast	94
95	11-12 200 Fly	96
97	10 & under 50 Free	98
99	11-12 50 Free	100
101	10 & under 50 Fly	102
103	11-12 50 Fly	104
105	10 & under 200 IM	106
107	11-12 400 IM	108

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.