

2010
CENTRAL REGION
WINTER TEAM
CHAMPIONSHIPS

February 13 & 14, 2010

At the
ETOBICOKE OLYMPIUM

Presented by:



North York Aquatic Club



RISK MANAGEMENT / 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 PULLBUOYS are allowed.**
- **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.**

SNC Board Approved
July 6, 2005

Entry Procedures

Please use www.swimming.ca/swimmeet.aspx to:

1. Download the Hy-Tek Events file for this meet; and
2. Submit entries. Please ensure all entries contain valid Swim Ontario registration numbers

Entry deadline: midnight Monday February 1, 2010

Changes Accepted until: Monday February 8, 2010 5:00PM

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

Meet Results

Meet results will be provided in the following manner:

1. **Live Results** will be available on our web site each day through a link on the front page.
2. At the conclusion of the meet Full Publication Order results and a Hy-tek results file will be posted on the front page and through the "Meet Results" link.
3. Results will be forwarded to www.swimming.ca/meetlist.aspx within 24 hours of the completion of the meet.

2010 CENTRAL REGION WINTER TEAM CHAMPIONSHIPS

- DATE:** February 13th & 14st, 2010
- HOSTED BY:** North York Aquatic Club (NYAC)
- LOCATION:** Etobicoke Olympium
590 Rathburn Road
Etobicoke, Ontario
- FACILITY:** Two Eight lane, 25 meter competition pools. Omega Electronic Timing.
- SAFETY:** SNC Safety Procedures Apply. Coaches are responsible to inform their swimmers of the SNC Safety Rules and to ensure their adherence to them and are responsible for their athlete's discipline and behaviour.
- ELIGIBILITY:** The Central Region Winter Team Champs uses a **Meet Dequalifying** standard.

Eligibility for the Meet will be all competitive swimmers,

- Currently registered with Swim Ontario **and**,
- Is a member of a Central Region Club **and**,
- **Did Not** qualify for **5 or more** swims at 2010 Central Region Short Course Champs **and**,
- **Did Not** qualify for **any** swims in current age category at any Jr. Provincial Age Group Meet

Please note that this eligibility is to be used for the entry to the meet. If a swimmer qualifies for the meet, there are no event entry restrictions. The swimmer may be placed into any of the meet events.

- COMPETITION:** Sanctioned by Swim Ontario. All current SNC rules and warm procedures will be followed except as specifically set out in the meet package.

The age groups will be: 9 & under,
 10 – 11,
 12 – 13,
 14 & over.

All swims will be Time Finals.

Swimmers can swim a maximum of 3 individual swims per day plus a relay.
Teams will compete in order of size in 3 separate meets for Small, Medium and Large.

Meet Management to determine final team placement based on an equal distribution of swimmers one week prior to the start of the meet, clubs will be notified. Current expectations are that clubs with more than 70 swimmers would be considered "Large", 30 – 70 will be considered "Medium" and less than 30 swimmers would be considered "Small" based on previous year's experience.

- PRE-REQUISITES:** All 14 and Under swimmers must have achieved and submit meet pre-requisite times to be eligible to compete.

200 IM	10&U No Std.	400 Free	10&U No Std.
	11-14 6:00.00		11-14 9:00.00

MEET ETHICS: Clubs and coaches are responsible for the accuracy of the entry of their swimmers in a meet. Should a swimmer be entered in an inappropriate age group and then proceeds to participate in the meet under the wrong age group, the meet management will assess the offending club with a fine of \$50 per event. This rule will apply to all Central Region championship meets. Additionally, Central Region Board may impose penalties for violations after a meet is concluded if a penalty has not been assessed by the host club.

MEET FORMAT: For both Saturday and Sunday:

Small Teams	Warm-up	8:00am - 8:40am
	Events	8:45am - 11:45pm
Medium Teams	Warm-up	11:45pm - 12:25pm
	Events	12:30pm - 3:15pm
Large Teams	Warm-Up	3:15pm - 3:55pm
	Events	4:00pm - 7:00pm

ORDER OF EVENTS:	Saturday	Sunday
	100 Fly	100 Back
	50 Back	50 Fly
	100 IM (11 & under)	200 IM (12 & over)
	50 Breast	50 Free
	100 Free	100 Breast
	4 x 50 Medley Relay*	4 x 50 Free Relay*

* A relay team **must** comprise of both male and female swimmers

ENTRY FEE: \$33 per swimmer \$22 per one day swimmer.

ENTRY DEADLINE: Must be received by midnight Monday **February 1, 2010**. Changes will be accepted until 5:00 PM Monday February 8, 2010
Please bring cheques (made payable to CENTRAL REGION) to the meet and give to the Meet Manager prior to the start of the meet.

MEET NOTES: All entries will be converted to SC times, using the default conversion factors in Hy-Tek Meet Manager, and then seeded accordingly. Non confirming times (yards, etc) will be seeded last.
Scratches from the meet shall be made on the posted heat sheets without penalty.

AWARDS: Winners of each heat in individual events will be awarded heat winner ribbons.

Team awards will comprise of trophies for 1st, 2nd and 3rd place high-point teams, within each of the Large and Small team categories, as well as individual mementos for team members of the 1st place team.

SCORING: Team Points for Individual Events: 50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1

Team Points for Relay Events: 100-60-40-30-28-26-24-22-18-14-12-10-8-6-4-2

MEET MANAGER: Peter Cooling Phone: 416-580-2669, e-mail: peter@armstrongbaum.com

MEET REFEREE: Horst Tietze e-mail: hetietze@sympatico.ca

OFFICIALS: Volunteer officials would be appreciated. Timers, Stroke & Turn officials should contact the Meet Manager at nyacswim@yahoo.ca
Higher level officials (i.e. Referee, starter, electronics etc) should contact Horst Tietze at hetietze@sympatico.ca. All officials are invited to check in at the officials lounge at the beginning of warm up.



ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.
10. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Etobicoke Olympium.**