

2017 TOP CUP LC

May 13th & 14th

***At the
ETOBICOKE OLYMPIUM***

Hosted by



Where our Tiny Olympic Prospects Begin



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

2017 TOP CUP LC

- Date:** May 13 - 14, 2017
- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario
- Facility:** One 8-Lane 50 metre competition pool with Swiss Timing electronic timing.
- Meet Package:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- Competition Rules:** Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred
Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).
- Eligibility:** All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.
- Qualifying:** Qualifying Standards attached. Please submit LC times.
Default Hy-tek Conversions accepted.
Qualifying Period Starts Sept. 1, 2015.
- Session Times:** Saturday Warm-up: 5:15pm Start: 6:00pm
Sunday Warm-up: 5:45pm Start: 6:30pm
- Entry Deadline:** **Tuesday May 2, 2017.** Changes accepted until May 9th.
All entries must be submitted to www.swimming.ca/meetlist.aspx
No deck entries will be accepted. Please submit entries using www.swimming.ca
No entries will be accepted directly by meet management.
- Entry Fees:** \$1.00 per individual LC event. \$2.00 per LC relay event.
All costs include HST #125328625 and Gold Bonus.
Please make cheques payable to ETOBICOKE SWIMMING.
- Awards:** Medals for 1st, 2nd, and 3rd and ribbons for 4th through 8th for all individual events.
Medals for 1st, 2nd, and 3rd for all relay events
Individual High Points for each age group
Top Team and Small Team (1-10 swimmers)
- Scoring**
- | | |
|---------------------------------------|---|
| Individual High Point | 5-2-1 |
| Team High Point for Individual Events | 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1 |
| Team High Point for Relay Events | 30-25-20-15-14-13-12-11 |

2017 TOP CUP LC

Meet Manager: Steve Goodwin sdg9@rogers.com 416-622-0154

Comp. Coordinator: Bud Seawright

Live Results: www.eswim.ca

Meet Notes: All events are Time Finals. Separate age groups for 10 years and 9 years.
All scratches to be made on the posted Heat Sheets without penalty.

Coach's Registration: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Time Splits: The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice. Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

Meet Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Safety & Liability: Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Recording Event: Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.

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Order of Events

SATURDAY, MAY 13th, 2017

Qualifying Times Listed Under Event Number

Warm-up: 5:15 pm

Start: 6:00 pm

Event	10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys
200 I.M.	1 3:16.0	2 3:22.00	3 3:45.0	4 3:55.0
50 BREAST	5 49.0	6 52.0	7 58.0	8 1:00.0
100 BACK	9 1:34.0	10 1:36.0	11 1:45.0	12 1:50.0
100 FLY	13 1:40.0	14 1:53.0	15 2:00.0	16 2:10.0
50 FREE	17 36.0	18 38.0	19 42.0	20 44.0
4x50 M. R.	21 3:05.0	22 3:05.0	23 3:30.0	24 3:30.0

SUNDAY, MAY 14th, 2017

Qualifying Times Listed Under Event Number

Warm-up: 5:45 pm

Start: 6:30 pm

Event	10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys
100 FREE	25 1:19.0	26 1:24.0	27 1:32.0	28 1:34.0
50 FLY	29 44.0	30 48.0	31 52.0	32 57.0
100 BREAST	33 1:46.0	34 1:50.0	35 1:58.0	36 2:08.0
50 BACK	37 44.0	38 46.0	39 50.0	40 52.0
4x50 F. R.	41 2:40.0	42 2:43.0	43 3:05.0	44 3:10.0



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.**