

**MAY 12 & 13<sup>th</sup>, 2012**  
**HOSTED BY THE**  
**DEEP RIVER CANDU**  
**SWIM CLUB**



# BLACK FLY MEET 2012!!

## **COME JOIN US!**

The annual Blackfly Meet is a chance for novice and experienced swimmers to enjoy some friendly competition before the end of the annual swim season. Swimmers have an opportunity to measure their annual progress in a comfortable, fun and energizing atmosphere. The swim meet is designed for all ages and the Deep River Candu Swimmers can challenge a range of athletes from beginners to national level.

## **MORE THAN JUST A MEET!**

This two day meet provides not only an opportunity for performance but also a chance for some final team building for the 2011-2012 swim season. With a brand new venue and a task force of former Candu swimmers assigned just for this event we're hoping to make this meet the most memorable yet! End the year on the right wave, giving a reason why a swimmer must return or ignite their competitive nature for the 2012-2013 swim season.

## **MORE INFO**

Please read the entire meet package for all event info. This is a sanctioned meet for all participants and fitness and pre-competitive swimmers have their annual opportunity to register their times on the Swim Canada database. Information on the venue, accommodation options and fun events between sessions are outlined. We hope you consider attending our meet and help make this one the most successful yet ☺

## **FAST AND FUN SWIMMING!**

The Deep River Candu Executive and Coaching Staff

# BLACKFLY MEET 2012 DETAILS

DETAILS	DESCRIPTION
<b>DATES</b>	Saturday May 12, 2012 & Sunday May 13, 2012
<b>HOSTED BY</b>	Deep River Candus @ 57 Brockhouse Way, Deep River, Ontario, K0J 1P0 The pool is a 6 lane, 25 meter, single ended pool with manual timing.
<b>SANCTIONED BY</b>	Swim Ontario
<b>REFEREE</b>	Doug James (Perth), Level IV
<b>QUALIFYING STANDARDS</b>	<ul style="list-style-type: none"> <li>• There are no qualifying time standards.</li> <li>• Non-competitive swimmers may compete if they have not competed in a previous sanctioned competitive meet this year.</li> <li>• Age group is determined by the swimmer's age on May 12, 2012.</li> <li>• Time conversions between short and long course times are permitted.</li> </ul>
<b>ENTRY DEADLINE</b>	Wednesday, May 1 <sup>st</sup> , 2012. All entries must be processed through Hy-Tek. The Hy-Tek file for all events can be obtained from <a href="http://www.swimming.ca/meetlist.aspx">http://www.swimming.ca/meetlist.aspx</a> . Please upload the Hy-Tek entry file on the Swim Canada website, <a href="http://www.swimming.ca/meetlist.aspx">http://www.swimming.ca/meetlist.aspx</a> .
<b>ENTRY FEES</b>	Splash Fee of \$50.00 which includes one BBQ ticket. Relays are \$10.00 per team per event. Teams must pay their total sum as one payment prior to the first session to <i>Deep River Candu Swim Club or DRC</i> .
<b>EVENT LIMIT</b>	<ul style="list-style-type: none"> <li>• 6 events for weekend. 3 events/day</li> </ul> <p>Entries will be limited to a total of 1200 individual swims for this meet. If the meet is over-subscribed meet management reserves the right to further limit the number of swims each swimmer can swim, cancel selected events within the meet, or limit the number of swimmers as required to achieve a manageable schedule.</p>
<b>SCRATCHES</b>	All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session.
<b>DECK ENTRIES</b>	No substitutions are allowed. Deck entries will be accepted into existing heats at the discretion of the clerk of course and must be paid for at that time. They will swim for exhibition only and will not be eligible for team points or awards.
<b>SCORING &amp; AWARDS</b>	<p>Individual Events: 7, 5, 4, 3, 2, 1 points. Ribbons for 1<sup>st</sup> through 6<sup>th</sup>.</p> <p>Relay Events: 14, 10, 8, 6, 4, 2 points.</p> <ul style="list-style-type: none"> <li>• All swimmers (both sexes) will be seeded together but will be scored separately as 10 &amp; Under, 11-12 years, 13-14 years, and 15 &amp; over, male and female. The relays have been set-up separately as 10 &amp; under, 11-12 years, 13-14 years and 15 &amp; over to allow swim-ups.</li> <li>• The Blackfly Championship Trophy will be presented to the winning club.</li> <li>• Results will be posted on the SNC website</li> </ul>
<b>RELAYS</b>	Relay teams will be composed of swimmers of the same sex. Up to two swimmers from a lower age group may be members of a relay team. Only one team per club is allowed in each event for points - additional teams can be entered and declared as exhibition.
<b>MEET MANAGER</b>	Diane Davis <a href="mailto:diane.davis95@gmail.com">diane.davis95@gmail.com</a> & Mike Ackman <a href="mailto:mackman785@yahoo.ca">mackman785@yahoo.ca</a>
<b>CLUB CONTACT</b>	<p>Diane Davis @ 613-584-3033 Club Voicemail @ 613-639-5992</p> <p>Club Email: <a href="mailto:deeprivercandus@gmail.com">deeprivercandus@gmail.com</a></p> <p>Website: <a href="http://deeprivercandus.blogspot.com/">http://deeprivercandus.blogspot.com/</a></p>
<b>SEE PAGE 5 FOR DETAILS ON BBQ &amp; ENTERTAINMENT FOR SATURDAY EVENING</b>	

## Meet Order of Events:

EVENT #	<b>SATURDAY</b> 10:00am Warm-up 11:00am Start	EVENT #	<b>SUNDAY</b> 7:30-8:30am Warm-up 8:30am Start
1	400 IM Mixed Open	20	800 Free Mixed Open
2	200 Free Mixed Open	21	25 Back Mixed 12&Under
3	100 Back Mixed Open	22	100 Free Mixed Open
4	25 Breast Mixed 12&Under	23	200IM Mixed Open
5	200 Back Mixed Open	24	50 Fly Mixed Open
6	25 Free Mixed 12&Under	25	50 Free Mixed Open
7	100 Fly Mixed Open	26	100 Breast Mixed Open
8	50 Breast Mixed 12&Under	27	50 Back Mixed Open
9	100 IM Mixed Open	28	Girls 11-12 200 IM Relay
10	200 Breast Mixed Open	29	Boys 11-12 200 IM Relay
11	400 Free Mixed Open	30	Girls 13-14 200 IM Relay
12	Girls 10&Under 200 Free Relay	31	Boy 13-14 200 IM Relay
13	Boys 10&Under 200 Free Relay	32	Girls 15&Over 200 IM Relay
14	Girls 11-12 200 Free Relay	33	Boys 15&Over 200 IM Relay
15	Boys 11-12 200 Free Relay		
16	Girls 13-14 200 Free Relay		
17	Boy 13-14 200 Free Relay		
18	Girls 15&Over 200 Free Relay		
19	Boys 15&Over 200 Free Relay		

### WEEKEND SCHEDULE:

*Saturday, May 12, 2012*

TIME	DETAILS:
10-11am	Warm-up (Brunch will be served to officials)
11am-3pm	Session 1 → Events 1-19 Swum
3-5pm	BBQ* at Yatch and Tennis Club
5-8pm	Movie projected at Yatch and Tennis Club for out-of-towners
8-9:30pm	Social, Board Games, Music at Yatch and Tennis Club

*Sunday, May 13, 2012*

TIME	DETAILS:
7:30-8:30am	Warm-up (Breakfast will be served to officials)
8:30am-12:30pm	Session 2 → Event 20-33 Swum
12:30pm-1pm	Awards (Bag Lunch to be provided to officials)

**SWIM MEET INFORMATION/PERMISSION FORM**  
**ENTRY**  
OUT OF TOWN

<b>Competitor's Name:</b>		<b>Age as of May 12, 2012</b>		<b>Years</b>
<b>Meet:</b>	Blackfly Swim Meet			
<b>Address:</b>	57 Brockhouse Way, Deep River, ON, K0J 1P0			
<b>Date(s):</b>	May 12 and 13, 2012			

*Please return this form and cheque made out to \_\_\_\_\_ by Friday, April 27, 2012. See below for exact fee breakdown. Cash \_\_\_ will OR \_\_\_ will not be accepted.*

Swim **Max 6** Individual Events **MAX 3** events per session.

**ALL RACES ARE MIXED**

**CIRCLE THREE EVENTS FOR SATURDAY NOT INCLUDING RELAYS:**

OPEN (to all age groups): 400IM 200 FR 100 BK 200 BK 100 FLY 100 IM 200 BR 400 FR

Reserved for 12&Under Only (who may also select open events): 25 BR 25 FR 50 BR

RELAYS: 200 FR Relay \*\*Relays will be invoiced to the club separately.

**CIRCLE THREE EVENTS FOR SUNDAY NOT INCLUDING RELAYS:**

OPEN (to all age groups): 800 FR 100 FR 200 IM 50 FLY 50 FR 100 BR 50 BK

Reserved for 12&Under Only (who may also select open events): 25 BK

RELAYS: 200IM Relay \*\* Relays will be invoices to the club separately.

**Parent/Guardian volunteering for Officiating:** \_\_\_\_\_ (Name/Names)  
\_\_\_Timing \_\_\_Stroke & Turn \_\_\_Other (\_\_\_\_\_)

**I authorise** \_\_\_\_\_ (name of swimmer) **to participate in this meet. I also authorise chaperones to attend to my child in the event of injury.**

**BBQ ORDERS:** Please note that participating swimmers receive 1 BBQ Ticket. I would like to purchase \_\_\_ (#) more BBQ tickets. A BBQ ticket includes 2 hamburgers or 2 hotdogs or combo, vegetables, potato chips, a drink and 2 donuts.

**Special Notes:**

*Under the recommendations of Swim/National Canada, \_\_\_\_\_ and staff do not assume any responsibility (chaperoning and driving) for your child while attending out of town meets.*

**TOTAL FEES:**

\_\_\_ (#) of Swimmers @ \$50/each + \_\_\_ (#) of Additional BBQ Orders @ \$12.50/each = \_\_\_\_\_.

**TICKETS CANNOT BE PURCHASED AT THE EVENT – PLEASE ORDER WHEN REGISTERING FOR EVENT.**

**Parent/Guardian Signature:**

**Date:**

\*\*Your signature states you understand all liabilities/conditions of your child participating in this swim meet and representing \_\_\_\_\_.\*\*

## SOME FINAL DETAILS!

### *BBQ Details:*

- The Splash Fee includes one BBQ meal (non-negotiable)
- Additional BBQ Meals can be purchased for \$12.50/person - please indicate and pay amount to your coach/registrar upon registering for the meet
- BBQ Includes: 2 hamburgers or 2 hotdogs or combo, vegetables, potato chips, a drink and 2 donuts \*\*The Deep River Candus is an allergy sensitive club
- Directions to the Yatch and Tennis Club will be posted at the pool and in the meet program (it's walking distance and can be pointed out from the pool ☺)

### *Accommodations:*

Hotel/Motel	Contact	Address
Shemron Suites Hotel**	613-584-1100	112 Deep River Road, KOJ 1P0
Bears Den Motel**	613-584-9795	On Hwy 17 @ Deep River, KOJ 1P0
Deep River Motel	613-584-2743	On Hwy 17, 3km West of Deep River
The Pines Motel	613-584-3381	On Hwy 17, 4km West of Deep River
**Indicates a Deep River Candu Swim Club Sponsor		

### *Coaches/Away Meet Managers/Registrars!!! What we need from you...*

- Uploaded Hy-tek entries to the SNC website prior or on May 1<sup>st</sup>, 2012
- A tallied count of additional BBQ attendees (remember the splash fee includes the swimmer's ticket - see page 6 for a table to calculate the totals)
- A cheque prepared for the total swimmers splash fees, relay fees and additional BBQ orders made to *Deep River Candu Swim Club (DRC)*.
- A list of people who will be at the meet and would be willing to offer their services as officials

### FEE BREAKDOWN FOR ATTENDING CLUB:

BBQ BRACELETS WILL BE SUPPLIED UPON CONFIRMATION OF CLUB PAYMENT. NO LATE BBQ ORDERS OR ENTRIES WILL BE ACCEPTED. \*\*COACHES EAT FOR FREE!

Item	Amount	Individual Cost	Total
<i>Swimmers</i>		\$50	
<i>Additional BBQ Tickets</i>		\$12.50	
<i>Relays</i>		\$10.00	
<i>Coach BBQ Tickets**</i>		**\$0.00	
MAKE CHEQUE TO DEEP RIVER CANDUS OR DRC FOR THE AMOUNT OF: → → → → → → → → → → →			\$

### EXAMPLE FEE BREAKDOWN FOR ATTENDING CLUB:

Item	Amount	Individual Cost	Total
<i>Swimmers</i>	20	\$50	\$1000.00
<i>Additional BBQ Tickets</i>	11	\$12.50	\$137.50
<i>Relays</i>	6	\$10.00	\$60.00
<i>Coach BBQ Tickets**</i>	6	**\$0.00	0.00
MAKE CHEQUE TO DEEP RIVER CANDUS OR DRC FOR THE AMOUNT OF: → → → → → → → → → → →			\$1197.50

## *The Fine Print!*

### **SWIM SUIT RULES**

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

**Material** – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.”

**Shape** – MEN: swimwear shall not extend above the navel or below the knee. WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

**Use** – Swimmers shall wear only one swimsuit, taping is not permitted.

**Consistency** – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

### **WARM-UP SAFETY PROCEDURE**

The SNC warm-up procedures (attached below) will be in effect for this meet.

#### **SWIMMING/NATATION CANADA 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.

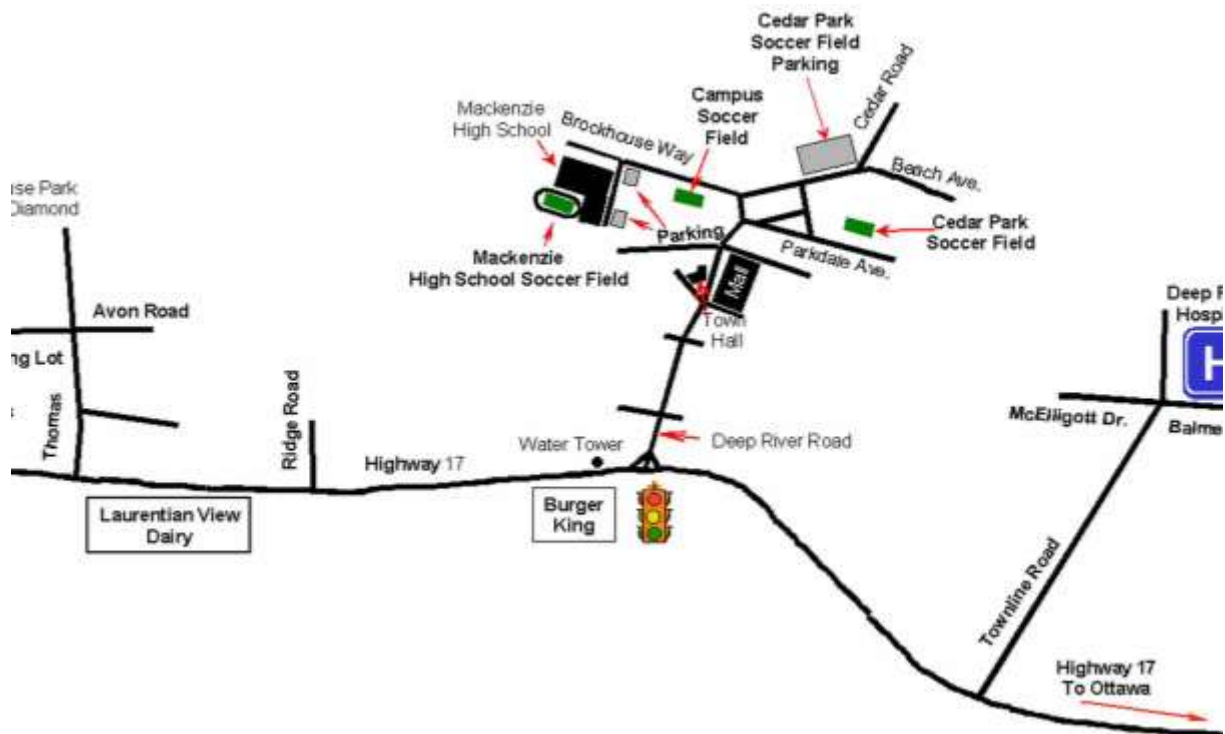
SNC Board Approved July 6, 2005

#### **RULING ON SPLITS (from Swim Ontario)**

The SDC has now re-worded the ruling on splits as approved at their September 23rd meeting. Please ensure the following statement is included in your meet package when submitting for sanction status.

"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."





**Directions:**

1. Turn north onto Deep River road at Traffic Lights on HWY 17 (the only lights in town!)
2. Drive through Downtown – down the hill – to Ottawa River.
3. Turn left – Pool is attached to east end of Mackenzie High School.