

JENO TIHANYI
LONG COURSE CHAMPIONSHIP
JUNE 8-10, 2012

JENO TIHANYI LONG COURSE CHAMPIONSHIP

JUNE 8-10 2012

Hosted by



SUDBURY LAURENTIAN SWIM CLUB
705-675-4851
www.SudburySwimming.ca

AT THE
**JENO TIHANYI
OLYMPIC GOLD POOL**

HOST CLUB INFORMATION PACKAGE

REVISED 22-MAY-2012



RISK MANAGEMENT / WARM-UP PROCEDURES 2009

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 & PARA swimmers 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 Swimwear Rules

ALL swimmers participating in a SNC designated meet or provincially sanctioned meets shall be required to comply with swimwear rule GR 5 as follows:

GR 5 – Swimwear

GR 5.1 *The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.*

GR 5.2 *All swimsuits shall be non transparent.*

CGR 5.2.1.1 *A swimmer may wear only one swimsuit in competition, and shall observe all FINA*

regulations related to swimwear as stated in the FINA Bylaws and Rules

GR 5.3 *The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.*

GR 5.4 *Before any swimwear of new design, construction or material is used in competition, the manufacturer of such swimwear must submit the swimwear to FINA and obtain approval of FINA.*

FINA BL 8.3 *From January 1, 2010 swimwear for men shall not exceed above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.*

SNC has made the following interpretations for GR 5:

- All swimwear used in competition in Canada must appear on the FINA approved list with the following exception;
- Where a swimwear manufacturer has not submitted swimwear to FINA for approval due to the swimwear no longer being in production, SNC reserves the right to allow such swimwear where it can be confirmed that the swimwear conforms to the shape, design and material conditions outline in FINA BL 8.3 (above).
- Under GR 5.3 wherein it is stated “*the competitor must wear **a** swimsuit in one or two pieces...*” SNC interprets this to mean a swimmer is limited to wearing a single suit only and where the suit is “two pieces” that the pieces do not overlap each other and are distinct units (i.e. bikini style).
- All Canadian Record applications will be reviewed to ensure compliance with GR 5. A Declaration of Swimwear must be submitted with the application to ensure compliance.
- All foreign swimmers competing in Canada will be required to comply with GR 5
- Any swimmer not complying with GR 5 shall be disqualified.

JENO TIHANYI LONG COURSE CHAMPIONSHIP
JUNE 8-10,2012

HOST CLUB SUDBURY LAURENTIAN SWIM CLUB

LOCATION Jeno Tihanyi Olympic Gold Pool,
Laurentian University

SANCTIONED BY Swim Ontario

FACILITY 50 meter, 8 lane competition pool

TIMING Electronic/Manual

SESSION TIMES		Warm Up	Start
Friday June 8	13 & over	1:00 p.m.	2:00 p.m.
	12 & under	5:00 p.m.	6:00 p.m.
Saturday June 9	13 & over	7:30 a.m.	8:30 a.m.
	12 & under	12:00 p.m.	1:00 p.m.
	Finals	5:30 p.m.	6:30 p.m.
Sunday June 10	13 & over	8:00 a.m.	9:00 a.m.
	12 & under and finals	12:30 p.m.	1:30 p. m
	First ½ hour of warm-up is 12 & under only		.

QUALIFYING STANDARDS See attached sheets

Results Will be uploaded to www.swimming.ca within 48 hours after the meet completion

JENO TIHANYI LONG COURSE CHAMPIONSHIP
JUNE 8-10,2012

RULES:

1. Current SNC rules to apply.
2. Regional seeding rules to apply.
3. AGE GROUPS
 - a. The age groups for this meet are 10&Under, 11, 12, 13, 14, 15, 16&Over. These will also be the age groupings for awards.
4. ENTRY
 - a. All swimmers will be allowed a MAXIMUM of six (6) individual swims and 4 relays swims.
 - b. Swimmers must have attained the qualifying standard on one event to swim the maximum six.
 - c. Swimmers can only swim the 400 free, 400 I.M, or 800/1500 free if they have met the qualifying standards
 - d. Swimmers may choose the 800 Free, or the 1500 Free – not both.
 - e. 10 & Under swimmers cannot swim the 400 I.M., nor the 800 Free.
 - f. **10 & under swimmers must achieve the time standard for the 200 and 400 meter events.**
 - g. The number of 400 entries will be limited to 7 heats total. The number of 800 and 1500 entries will be limited to 6 heats each. Further heats may be added if time permits. Heats may be swum two-per-lane if time is limited. Please indicate an alternate event in case of oversubscription.
5. SEEDING
 - a. All ages swim together in their respective sessions and results are separated later as per the age groupings. All 13 & Over events are preliminary in sessions 1, 3, 6 except the events stated earlier in the rules.
 - b. All 12&Under 100 meter events will be “Super Seeded” meaning the fastest heat of each age group will be swum separately.
 - c. Entry times shall either be long-course times, or short-course converted.
6. SCRATCHES, SUBSTITUTIONS, & DECK ENTRIES
 - a. Time Finals
 - i. Scratches for events which are Time Finals are due 45 minutes prior to the start of the session.
 - b. Heats and Finals
 - i. Scratches for Heats (prelims) may be simple no-shows.
 - ii. Scratches for Finals are due 30 minutes after the completion of the heats session.
 - c. There will be no deck entries nor exhibition swims.
 - d. Relay ‘name changes’ shall be provided to Meet Management no later than 30 minutes prior to the start of each session.
7. PRELIMS, FINALS, TIME-FINALS
 - a. All 12&Under events are time finals.
 - b. The following 13&Over events are time finals:
 - i. 200 Fly
 - ii. 400 I.M.
 - iii. 800 and 1500 free,
 - iv. 400 free,
 - v. Medley and Free Relays.

JENO TIHANYI LONG COURSE CHAMPIONSHIP
JUNE 8-10,2012

- c. Other 13&Over events are heats (prelims) and finals.
- 8. SPLITS
 - a. Meet Management acknowledged the Swim Ontario policy with banning the future use of split times as official times and 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. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.
- 9. Meet Officials will provide a safe environment and an organized competition. Meet Officials are not responsible for the supervision of the athletes during the competition nor during session breaks.

JENO TIHANYI LONG COURSE CHAMPIONSHIP
JUNE 8-10,2012

MEET FORMAT	Current SNC rules shall apply, as qualified above. One – start SNC Warm-up procedures will be in effect	
SCORING: Team	FINALS	9-7-6-5-4-3-2-1
	A-Finals in age groups	13, 14, 15, 16&Over
	Relays	18-14-12-10-8-6-4-2
Individual High Point Age Group	Finals	5-2-1
Awards	Individual Final events	Medals: 1 st , 2 nd , 3 rd Ribbons: 4 th through 8 th
	Relays	Medals: 1 st Ribbons: 2 nd through 8 th
	High Point Age Group	Male and Female in each Age group
	Team Trophy	Long Course Championship trophy for club with highest team total
	Small Team Trophy	Will be awarded to highest scoring team with 15 swimmers or less.
ENTRY FEES	Individual swim	\$ 8.25 per individual entry
	Relays	\$ 10.00 per relay team

ENTRY DEADLINE 5:00 p.m., Wednesday
May 30, 2012

Entries MUST be RECEIVED by this date via swimming.ca upload.

OVERSUBSCRIPTION: Meet Management reserves the right to limit entries to specific events in case of oversubscription. In all cases qualifying swims will be allowed entry. Swim Ontario session guidelines will be followed as closely as possible.

Sudbury Laurentian Swim Club
935 Ramsey Lake Rd
SUDBURY
Ontario

Meet Referee Chris Salvador
csalvador@personainternet.com

Meet Manager Doug Eastick eastick@gmail.com
Meet Entry Coordinator Dean Henze dhenze@laurentian.ca

**JENO TIHANYI
LONG COURSE CHAMPIONSHIP
JUNE 8-10, 2012**

**NEOR / HURONIA QUALIFYING TIMES
LONG COURSE**

FEMALE

<u>EVENT</u>	<u>AGE</u>							
		10	11	12	13	14	15	16 +
50 FREE		41.23	39.09	36.99	36.11	35.35	34.67	34.67
100 FREE		1:32.19	1:25.20	1:21.22	1:18.77	1:16.20	1:14.60	1:14.60
200 FREE		3:21.93	3:07.12	2:55.27	2:48.95	2:45.15	2:40.50	2:40.50
400 FREE		7:05.29	6:34.33	6:10.13	5:53.77	5:46.39	5:39.43	5:39.43
800 FREE			13:36.25	12:52.80	12:12.31	11:57.03	11:44.88	11:44.88
1500 FREE					23:35.09	23:05.57	22:49.14	22:49.14
50 Back								
100 BACK		1:45.93	1:37.21	1:31.43	1:27.80	1:26.41	1:23.60	1:23.60
200 BACK / 50		51.83	3:28.74	3:15.59	3:08.24	3:04.97	2:58.58	2:58.58
100 BREAST		1:58.10	1:51.62	1:43.68	1:41.39	1:37.21	1:35.23	1:35.23
200 BRST / 50		58.01	3:57.94	3:42.11	3:35.74	3:29.95	3:24.56	3:24.56
100 FLY		1:55.87	1:40.47	1:34.84	1:28.72	1:27.24	1:23.32	1:23.32
200 FLY / 50		56.88	3:52.21	3:34.84	3:17.00	3:15.19	3:06.56	3:06.56
200 IM		3:45.79	3:31.15	3:18.41	3:12.35	3:06.43	3:02.60	3:02.60
400 IM			7:37.67	7:03.83	6:46.91	6:37.72	6:26.65	6:26.65

MALE

<u>EVENT</u>	<u>AGE</u>							
		10	11	12	13	14	15	16+
50 FREE		42.03	39.38	36.43	34.72	32.90	32.44	31.43
100 FREE		1:32.76	1:26.92	1:20.07	1:16.27	1:12.27	1:10.99	1:08.62
200 FREE		3:20.40	3:07.81	2:54.57	2:44.82	2:38.18	2:34.17	2:29.38
400 FREE		7:06.26	6:39.47	6:09.48	5:50.72	5:36.74	5:31.45	5:20.81
800 FREE			13:36.40	12:44.83	12:06.00	11:37.04	11:26.09	11:10.29
1500 FREE					23:08.25	22:26.95	22:05.79	21:35.24
100 BACK		1:46.05	1:39.38	1:31.94	1:27.05	1:22.15	1:21.30	1:17.75
200 BACK / 50		50.45	3:30.59	3:15.80	3:06.15	2:56.05	2:54.96	2:48.01
100 BREAST		2:03.84	1:56.05	1:43.57	1:38.94	1:33.78	1:32.88	1:29.04
200 BRST / 50		59.82	3:47.83	3:42.21	3:31.38	3:23.97	3:21.78	3:15.74
100 FLY		1:51.94	1:44.91	1:33.43	1:26.54	1:21.18	1:20.12	1:16.09
200 FLY / 50		50.92	3:41.97	3:35.47	3:14.97	3:07.21	3:00.56	2:53.06
200 IM		3:49.94	3:35.48	3:17.57	3:07.16	2:59.64	2:56.39	2:48.76
400 IM			7:20.30	7:08.34	6:34.56	6:24.51	6:14.18	5:54.06

**JENO TIHANYI
LONG COURSE CHAMPIONSHIP
JUNE 8-10, 2012**

Day One – Friday June 8 – early afternoon

Session 1 – Preliminaries/Time Finals

13 and over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 Ind. Medley	1	2
100 Breaststroke	3	4
200 Butterfly * timed final	5	6
800 Free Timed final	7	8
1500 Free Timed Final	9	10

Day One – Friday June 8 – late afternoon

Session 2 –Time Finals

12 and under

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 Ind. Medley 11&12	11	12
100 Breaststroke 12 & under	13	14
200 Butterfly 11&12	15	16
50 Butterfly 10 & under	17	18
4 x 50 Free Relay 11-12	19	20
4 x 50 Free Relay 10 & Under	21	22
800 Free 11-12	23	24

Day Two – Saturday June 9 - morning

Session 3 – Preliminaries/Time Finals

13 and over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
400 Freestyle * timed final	25	26
200 Backstroke	27	28
100 Butterfly	29	30
200 Breaststroke	31	32
100 Freestyle	33	34
4 X 50 Free relay 13-14 Time final	35	36
4 X 50 Free relay 15 & over Time final	37	38

**JENO TIHANYI
LONG COURSE CHAMPIONSHIP
JUNE 8-10, 2012**

Day Two –Saturday June 9 - afternoon

Session 4 – Time Finals

12 and under

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
400 Freestyle	39	40
200 Backstroke 11-12	41	42
50 Backstroke 10 and under	43	44
100 Fly	45	46
200 Breaststroke 11&12	47	48
50 Breaststroke 10 & under	49	50
100 Freestyle	51	52

Day Two – Saturday June 9 - evening

Session 5 – FINALS

Two finals 13- 14 and 15-over.

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 Backstroke	27	28
100 Butterfly	29	30
200 Breaststroke	31	32
100 Freestyle	33	34
200 Ind. Medley	1	2

Day Three – Sunday June 10 - morning

Session 6 – Preliminaries/Time Finals

13 and over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
400 Ind. Medley * timed final	53	54
50 Free	55	56
100 Backstroke	57	58
200 Freestyle	59	60
4 X 50 Medley Relay 13-14 T/F	61	62
4 X 50 Medley Relay 15 & over T/F	63	64

**JENO TIHANYI
LONG COURSE CHAMPIONSHIP
JUNE 8-10, 2012**

Day Three – Sunday June 10 - afternoon

Session 7 – Time Finals

12 and under

EVENT –ALL TIMED FINALS	GIRLS EVENT NO.	BOYS EVENT NO.
200 Med Relay 10 & Under	65	66
200 Med Relay 11&12	67	68
13 & Over 100 Breast FINAL	3	4
400 Ind Medley 11&12	69	70
200 Ind Medley 10 and under	71	72
13 & Over 50 Freestyle FINAL	55	56
50 Freestyle 12 & under	73	74
13 & Over 100 Backstroke FINAL	57	58
100 Backstroke 12 & under	75	76
13 & over 200 Freestyle FINAL	59	60
200 Freestyle 12 & under	77	78

NORTH EASTERN ONTARIO REGION SWIMMING ASSOCIATION

Meet Officials Sign-up

Please fill in the officials attending from your club and indicate which sessions they are willing to officiate. Please indicate if they are qualified to officiate Stroke and Turns or other position they are qualified in. Thanks in advance for your assistance with the meet!

Team _____

Name	Level	Sessions Available	Evaluation Needed

Email information to Dan Langlois at langlois.pare@sympatico.ca