

# NEOR Developmental Meet # 4

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## March 31 – April 1, 2012

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Hosted by

**REVISED**

8:51 pm, Mar 21, 2012



SUDBURY LAURENTIAN SWIM CLUB  
705-675-4851

[www.sudburyswimming.ca](http://www.sudburyswimming.ca)

AT THE  
JENO TIHANYI  
OLYMPIC GOLD POOL  
**LAURENTIAN UNIVERSITY**

INFORMATION PACKAGE

21-MAR-2012 – REVISIONS IN YELLOW



## **RISK MANAGEMENT / WARM-UP PROCEDURES 2010-11**

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 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 Swim Suit Policy – September 2009**

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.

## **SWON/SNC**

### **Record Policy:**

**Required for ALL New National and Provincial records**

### **National and Provincial Record forms to include:**

*Referees must sign the new record application form confirming that a swimmer was wearing a legal suit when a record was created. Coaches will be notified that (record) swimmers must report to the session referee (meet referee) for suit verification. Referees must carry a signoff sheet and list of FINA approved suits (see SNC website). Record applications will not be accepted unless form is properly completed.*

**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

**REVISED**

8:51 pm, Mar 21, 2012

SESSION TIMES		Warm Up	Start
<b>REVISED 21-MAR-2012</b>	Saturday March 31	2:00 pm	3:00 pm
	<b>NOTE REVISED SATURDAY TIMES</b>		
	Sunday April 1	8:00 a.m.	9:00 a.m.
	Sunday April 1 - Distance	~**	~1:00 pm**

Session length estimated at 4 hours

\*\* Distance events warm-up starts after completion of morning session.

Warm-up period is 20 minutes.

**QUALIFYING STANDARDS** No qualifying standards

**TIME FINALS** **ALL EVENTS ARE  
TIMED FINALS**

Entry Deadline: 8:00 pm Wednesday, March 21, 2012.  
Late Entries will not be accepted.

Meet Manager(s): Doug Eastick - 1-705-523-4503; [eastick@gmail.com](mailto:eastick@gmail.com)

Meet Entry Coordinator: David Bertrim – +1 (705) 692-4139; [davidbertrim@gmail.com](mailto:davidbertrim@gmail.com)

Meet Referee: Brian Gilchrist [brian.gilchrist@eastlink.ca](mailto:brian.gilchrist@eastlink.ca)

Officials Chair: Rob Whipple [rwhipple@sympatico.ca](mailto:rwhipple@sympatico.ca) (705) 669-1806

Mailing address: c/o EASTICK  
47 Trailview Dr, Sudbury, ON P3E 6M3

**Entry Procedure:** The Hy-Tek Meet Manager events file will be available for download from [www.swimmeet.ca](http://www.swimmeet.ca).  
Entries MUST be submitted electronically to [www.swimmeet.ca](http://www.swimmeet.ca).  
Entry files submitted via email will NOT be accepted.

Team entries will be confirmed via e-mail.

Live results found at [www.sudburyswimming.ca](http://www.sudburyswimming.ca)

**NO FAX ENTRIES WILL BE ACCEPTED**

**Entry Fees:** Individual event(s) \$5.00 per individual entry (incl. HST)  
Relay(s) no relays at NEOR #4

**Payment:** Make cheque payable to “**Sudbury Laurentian Swim Club**”. **There will be a \$50 NSF fee for any returned cheques.**

**Coaches' Meeting:** Saturday March 31, 2012 – 2:00 PM  
Location will be announced at Check-IN

**REVISED**  
8:51 pm, Mar 21, 2012

**OSOA Policy:** Only Competitors, Certified Coaches and Officials are allowed on deck.  
NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager.

## **NEOR DEVELOPMENTAL MEET RULES**

Swimmers individual events will be limited to a maximum of 5 (five) individual events.

### **AGE GROUP SWIMMERS**

1. 10 & Under swimmers may not swim 400 I.M., 200 Fly, or 800 Free events.
2. There is no qualifying standard for developmental meets. All swimmers will swim combined and be separated by age groups for awards.
3. Swimmers in the combined events will be seeded from slowest to fastest with the fastest swimmers in the last heat.

### **RELAYS**

1. Relay events may be combined for the purposes of meet expediency, subject to the referee's discretion.

### **GENERAL**

1. Current SNC rules shall apply.
2. All swimmers must be registered with Swim Ontario as competitive swimmers. (entry level swimmers are not allowed to compete at NEOR meets.)
3. Entries to Developmental Meets are on a first come basis. Meet management may restrict the number of swimmers if the limit on the number of people allowed in the pool area is exceeded.
4. The one start rule shall be in effect for all meets.
5. 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.
6. Scoring – none.
7. Scratches for a session are due 45 minutes before the start of each session. Missing a swim will result in a "No Swim".
8. Results will be posted on the Swimming Canada site [www.swimming.ca](http://www.swimming.ca) within 48 hrs after completion of the meet.

### **AWARDS**

- Ribbons for girls and boys age 10 and under, 11 and 12, 13 and 14, 15 and over.

# MEET EVENTS

## Day 1 Saturday afternoon

Girls Event Number	Event	Boys Event Number
1	50 Free	2
3	200 IM	4
5	100 Back	6
7	200 Free	8
9	100 Breast	10
11	50 Fly	12

## Day 2

Girls Event Number	Event	Boys Event Number
13	50 Back*	14
15	200 Back*	16
17	100 Fly	18
19	100 Free	20
21	200 Breast*	22
23	50 Breast*	24
	*swimmers can choose only one 50 or 200 for Breast & Back	
	Session 2 Sunday	
25	400 Free (11 & under)	26
27	800 Free (12 & over)	28
29	1500 Free (12 & over)	30

Meet management reserves the right to make changes based on the number of swimmers.

# **Developmental 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 \_\_\_\_\_

<b>Name</b>	<b>Level</b>	<b>Sessions Available</b>	<b>Evaluation Needed</b>

Online signup sheets will be available at [www.sudburyswimming.ca](http://www.sudburyswimming.ca)



NEOR Development Meet #4  
March 31 – April 1, 2012  
**CLUB INFORMATION SHEET**

Coaches please fill out this form and return to

**Sudbury Laurentian Swim Club**

Email eastick@gmail.com

**NO LATER THAN entry cut-off deadline**

CLUB NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

\_\_\_\_\_

PHONE \_\_\_\_\_

TOTAL # OF INDIVIDUAL SWIMS at \$5.00 \_\_\_\_\_

TOTAL # OF relay swims at \$8.25 \_\_\_\_\_

TOTAL CHEQUE \_\_\_\_\_

Contact Person for Club \_\_\_\_\_

EMAIL ADDRESS FOR CONTACT

PERSON \_\_\_\_\_

Phone Number \_\_\_\_\_

Coaches attending the Meet

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Chaperone(s) \_\_\_\_\_

Accommodation in Sudbury \_\_\_\_\_

Phone Number \_\_\_\_\_