



2012 EOSA LONG COURSE REGIONAL CHAMPIONSHIP MEET JUNE 1-3, 2012 Nepean Sportsplex

- Meet Manager:** Corinne Duncan, corinne_duncan@sympatico.ca
- Meet Referee:** Dave Roza - droza7492@rogers.com
- Sanctioned by:** Swim Ontario and EOSA
- Location:** Nepean Sportsplex, Ottawa, Ontario
- Facility:** 8 Lane, 50 meter pool, electronic timing
- Entry Deadline:** **Midnight – Wednesday, May 23rd, 2012**
- Entry Procedure:** Entries must be in Hy-Tek format and submitted through www.swimming.ca
No entries will be accepted directly by meet management.
- Entry fees:** Individual events: \$9.00
(Includes a \$0.50 per swim charge for the EOSA Touring Team Initiative and a \$0.25 per swim charge for the Ontario Swimming Officials Association (OSOA) official's training levy)

Relay events: \$10.00

Payment is due upon arrival. Please make cheque payable to "EOSA"
- Eligibility:** Entry is restricted to swimmers registered as competitive swimmers with Swim Natation Canada, who have registered with EOSA for the 2011-2012 Season and,
- who have qualified in the period between September 1, 2009 and May 23, 2012.
 - 12 & Under Girls and 11 & 12 Boys must qualify in both the 200IM and 200 FR; 10 & Under Boys must qualify in either the **100 IM or 200 IM** and 200 FR. Once qualified in these two events swimmers are eligible to compete in up to 7 individual events but are **not** required to compete in the 200 IM and/or 200 FR.
 - 13 & Over Swimmers must qualify in both the 200 IM and 400 FR. Once qualified in these two events swimmers are eligible to compete in up to 7 individual events but they are **not** required to compete in the 200 IM and/or 400FR.
- Qualifying Times:**
- 2011-2012 EOSA Qualifying Standards (See attached)
 - 2011-2012 Para Swimmer Regional Standards
 - Short Course times must be sent **unconverted**. When exporting entries from Hy-Tek Team Manager, please check box labeled "Use Unconverted Times".
 - LC times that meet the entry standard will be seeded first, followed by SC times that meet the standard.
 - 200 Fly, 400 IM and 800 Free are open to swimmers 10 and under who meet the 11 Year old Prerequisites
 - University students returning to clubs do not need to prove pre-requisites.

De-qualifying Times:

- There are no de-qualifying standards for this meet.

Entry Procedure: Entries must be in Hy-Tek format and submitted through www.swimming.ca. No entries will be accepted directly by meet management.

Meet management will be using SNC's time validation system to ensure that swimmers have achieved the pre-requisite event requirements. Times not found on the SNC data base will be returned to coaches for correction or proof.

Age Groups: Swimmers age is as of the first day of the meet.

Age Groups, Male and Female as listed below:

10 & Under
11 Year Old
12 Year Old
13 /14 Year Old
15 & Over

Entry Limit: Maximum of **seven (7)** individual events per swimmer (3 per day) plus relays. Swimmers 12 and under may enter only 2 of the 3 distances available (50, 100 or 200m) in back, breast or fly.

In the event that a session appears likely to go over on time, meet management in collaboration with the coaches, reserve the right to limit the session length by:

1. Having the 400 Free and/or the 400 IM run as class 2 time trials at the end of the session they are in;
2. Having the slower heats of the 400 Free swim 2 per lane;
3. If over subscribed, meet management may have events with less than eight swimmers go straight to finals.

Coaches will be notified at least one week in advance of any changes necessary.

Para-Swimmers:

Swimmers with a disability (Para-Swimmers) are eligible to compete in this meet provided that they have achieved a minimum of -400 (minus 400) points, for each entered event, on the Para Points Calculator. The Para Points Calculator can be found at the Swim Canada web site under the "Statistics" tab. Eligible events include: 50, 100, 200 Free for S1- S5 swimmers, or 50, 100, 400 Free for S6 -S10 swimmers, 50 & 100 Fly, Back and Breast and 150 (S 1-S4) or 200 IM (S5-S14). Para-Swimmers will be entered according to time, in the morning session. Please designate classification when entering.

Para Bonus Swims:

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.

Other Entry Information:

- There will not be a designated lane for Para-Swimmers during Warm-Up
- **Distance Events:** Entry times must be submitted for the 800 and 1500 free events. Meet manager reserves the right to limit these events to a total of five heats of 800 and five heats of 1500. Swims will be accepted with priority given to the thirteen fastest entry times in each respective age group. While staying within these limits, **open** swimmers can also choose to swim in the opposite event (i.e. men-800 free/women 1500 free).

The meet manager will inform all clubs should any entries not be accepted. Swimmers will then be allowed to enter an alternate event.

PLEASE NOTE: The 800/1500 free will be multi-age seeded fastest to slowest.

Deck Entries: No deck entries or exhibition swims will be permitted.

Proof of Times: Meet manager will verify qualifying times with www.swimming.ca using the time period September 1, 2009 to May 23, 2012 prior to the meet. Proof of time will be required for all entries that cannot be validated by www.swimming.ca

Relay Entries: Each club may enter any number of relay teams per event; however, only two teams per club will score. When a club enters only one team in a relay, at least three members of the team must be properly entered in an individual event, and the fourth may be entered as "Relay Only". When a club enters more than one team in a relay event, every member of every relay team must be properly entered in the meet in at least one individual event. Each relay team may include up to two (2) swimmers from a younger age category. No swimmer may compete as a member of more than one relay team in any event.

Scoring: The top 16 swimmers in individual events and the top 8 relays will score team points.
Team points: individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Team points, relay events: 40-34-32-30-28-26-24-22
Individual points: 5-2-1 (relay points not applicable).

Individual Awards: Individual events: medals for 1st to 3rd, ribbons for 4th to 8th.
Relay events: medals for 1st, ribbons for 2nd and 3rd.
Individual high-point plaque to the top swimmers by age group and gender.

Medals for 12 & under events (time finals) will be awarded on deck during each session.

Medals for 13 & over finals will be awarded on deck during finals, immediately following each event.

Team Awards: Overall Team Trophy – the team with the highest number of team points.
Top Small Team Award – the team with the highest number of points, and fewer than 35 registered competitive swimmers as **May 31, 2012**.

Meet Rules: SNC Rules will apply. The FINA one-start rule will be in effect. SNC warm up procedures will be in effect at this meet.

Swim Suit Rules The competitor must wear only one swimsuit in one or two pieces. No additional items, like armbands or leg bands, shall be regarded as part of a swimsuit. Other items covering the body and not part of the swimsuit are prohibited. Swimwear for men shall not extend 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.

Individual Events – 13 & over:

- All individual events for swimmers 13 & over (except 400 free, 400 IM, 800 free and 1500 free) will be swum as preliminaries and finals.
- Events with 8 or fewer entries will swim **both** prelims and finals.
- For prelims, age groups will be combined and circle seeded.
- There will be “A” and “B” Finals for 13 & Over swimmers
- 400 Free and 400 IM will be swum as time finals, seeded slowest to fastest. The top-seeded 8 swimmers in each age group will swim during finals; all others will swim during prelims with age groups combined.
- 800 Free and 1500 Free will be swum as time finals.
- For 800 Free, the top-seeded 8 male and 8 female swimmers will swim during finals. All others will swim during prelims, seeded together (fastest to slowest).
- For 1500 Free, the top-seeded 8 swimmers (male **or** female) will swim during finals. All others will swim during prelims, seeded together (fastest to slowest).
- Any swimmer who swims in OPEN in one event must swim open the entire meet, and may not compete on any relays other than 15 & over (Open) relays.

Individual Events – 12 & under

All individual events for swimmers 12 & under are time finals. Fastest 8 swimmers by gender and age group (10 & under, 11 and 12) will swim together in 1 heat.

Relays

All relay events are time finals. All 13 & over relays will be swum at the end of Finals on Friday and Saturday.

Fastest 8 relay teams by age and gender (13-14, 15 & Over) will swim in one heat. The remaining relay teams will swim together separated by gender.

Fastest 8 relay teams by age and gender (10 & Under, 11-12) will swim in one heat. The remaining relay teams will swim together separated by gender.

Age groups for relay events only will be:

- 10 and Under
- 11-12
- 13-14
- 15 & Over

Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session.

Splits:

Any coach requiring a time achieved by a swimmer for a distance shorter than the total distance of the event shall advise the Meet Referee prior to the start of the session so officials can be put into place.

EOSA Regional Scratch Rules:

Prelims

- There will be no penalty for swimmers who do not show up for these heats.

Timed Finals

- **Positive check-in** is required for all 13 & over 400, 800 and 1500 free events at least 30 minutes before the start of the preliminary session for the event. This is to ensure that the fastest heats (swum in finals) are full.
- **Positive check-in** is required for the fastest heats of the 12 & under Time Finals to ensure the fastest heat of each age group is full.

Finals

- All scratches for Finals must be made within 30 minutes after conclusion of the preliminary session to allow proper seeding and notification of alternates. This is the Final Scratch Deadline.
- Scratching from Finals after the Final Scratch Deadline, or failure to participate in a time final event without meet management's knowledge and consent, will result in a **\$100.00 fine** for each offence, payable to EOSA
- Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.

REGIONAL TIME STANDARDS UPDATED FOR THE 2011-2012 SEASON

SHORT COURSE				
Age Group	200 IM Pre req Standard (using D time levels except for 10 & under)		200 Free Pre req Standard (using D time levels except for 10 & under)	400 Free Pre req Standard (using D time levels)
Girls				
10& under	3:49.46		3:25.21	
11 Girls	3:26.00		3:02.56	
12 Girls	3:13.57		2:51.00	
13 Girls	3:07.66			5:45.14
14 Girls	3:01.88			5:37.94
15 & over	2:58.15			5:31.15
Boys				
10 & under	1:57.90 100 IM 3:55.79 200 IM		3:27.09	
11 Boys	3:30.23		3:03.23	
12 Boys	3:12.76		2:50.32	
13 Boys	3:02.59			5:42.17
14 Boys	2:55.26			5:28.52
15 & over	2:52.09			5:23.36

LONG COURSE				
Age Group	200 IM Pre req Standard (using D time levels except for 10 & under)		200 Free Pre req Standard (using D time levels except for 10 & under)	400 Free Pre req Standard (using D time levels)
Girls				
10& under	3:55.20		3:30.34	
11 Girls	3:31.15		3:07.12	
12 Girls	3:18.41		2:55.27	
13 Girls	3:12.35			5:53.77
14 Girls	3:06.43			5:46.39
15 & over	3:02.60			5:39.43
Boys				
10 & under	4:02.90		3:32.26	
11 Boys	3:35.48		3:07.81	
12 Boys	3:17.57		2:54.57	
13 Boys	3:07.16			5:50.72
14 Boys	2:59.64			5:36.74
15 & over	2:56.39			5:31.45

SESSION TIMES

Day	Session	Age Group	Type	Warm-up	Start
Friday	1	13 & over	Prelims	9:00 AM	10:00 AM
Friday	2	12 & under	Time finals	1:15 PM	2:00 PM
Friday	3	13 & over	Finals	5:30 PM	6:30 PM
Saturday	4	13 & over	Prelims	8:00 AM	9:00 AM
Saturday	5	12 & under	Time finals	12:30 PM	1:15 PM
Saturday	6	13 & over	Finals	5:00 PM	6:00 PM
Sunday	7	13 & over	Prelims	8:00 AM	9:00 AM
Sunday	8	12 & under	Time finals	12:30 PM	1:15 PM
Sunday	9	13 & over	Finals	5:00 PM	6:00 PM

Note: Session times are subject to change, depending on number of entries. Meet Management reserves the right to run split warm-ups (two 30 minute warm-ups divided by teams) depending on registration.

Coach Certification: Only certified, registered coaches are permitted on deck.

Coaches' meeting: The coaches' meeting will be held on Friday at 9:15, during the warm up for Session 1. Please meet in the hallway beside the on deck classroom.

Officials: Each participating club **must** provide a minimum number of officials to ensure the success of the meet. The quota for each club is: 0.15 x (Number of individual swims). This quota is a **requirement** and is based on the assumption that 2500 swims will be requested and that approximately 300 officials will be needed to "man the deck".

Teams must nominate a single individual or their COC to provide their whole volunteer list at one time to Jenny McKay. Assignments will be allocated on a first come / first served basis. Some sessions fill quickly.

**PLEASE USE THE OFFICIALS FORM AND SEND TO JENNY MCKAY.
jennymckay@rogers.com**

**CLUB ENTRIES WILL ONLY BE ACCEPTED
IF THE OFFICIALS QUOTA HAS BEEN MET.**

Senior officials should contact Dave Roza at droza7492@rogers.com with their requests for positions.

2012 EOSA Long Course Regional Championships Event Schedule – 12 & under

Session 2 Friday		Warm up: Start:	1:15 PM 2:00 PM
		Timed Finals	
Girls	Event	Boys	
13	200 IM	14	
15	200 IM	16	
17	50 Breast	18	
19	50 Breast	20	
21	100 Back	22	
23	100 Back	24	
25	50 Fly	26	
27	50 Fly	28	
29	400 Free	30	
31	400 Free	32	

Session 5 Saturday		Warm up: Start:	12:30 PM 1:15 PM
		Timed Finals	
Girls	Event	Boys	
49	200 Medley Relay	50	
51, 52	200 Free		
	100 Fly	53, 54	
55, 56	50 Back		
	100 Breast	57, 58	
59, 60	200 Breast		
	200 Back	61, 62	
63, 64	50 Free		
	100 Free	65, 66	
67	200 Fly		
	400 IM	68	
69	800 Free		

Session 8 Sunday		Warm up: Start:	12:30 PM 1:15 PM
		Timed Finals	
Girls	Event	Boys	
85	200 Free Relay	84	
	200 Free	86, 87	
88, 89	100 Fly		
	50 Back	90, 91	
92, 93	100 Breast		
	200 Breast	94, 95	
96, 97	200 Back		
	50 Free	98, 99	
100, 101	100 Free		
	200 Fly	102	
103	400 IM		
	800 Free	104	

2012 EOSA Long Course Regional Championships

Event Schedule – 13 & over

Session 1 Friday		Warm up: Start: 9:00am 10:00am
Prelims		
Girls	Event	Boys
1	200 IM	2
3	50 Breast	4
5	100 Back	6
7	50 Fly	8
9	400 Free Top 8 in each age group swim during finals	10

Session 3 Friday		Warm up: Start: 5:30pm 6:30pm
Finals		
Girls	Event	Boys
1	200 IM	2
3	50 Breast	4
5	100 Back	6
7	50 Fly	8
9	400 Free	10
11	200 Medley Relay	12

Session 4 Saturday		Warm up: Start: 8:00am 9:00am
Prelims		
Girls	Event	Boys
33	400 IM Top 8 in each age group swim during finals	
	200 Free	34
35	100 Fly	
	50 Back	36
37	100 Breast	
	200 Breast	38
39	200 Back	
	50 Free	40
41	100 Free	
	200 Fly	42
43	800 Free Top 8 male, top 8 female swim during finals	43

Session 6 Saturday		Warm up: Start: 5:00pm 6:00pm
Finals		
Girls	Event	Boys
33	400 IM	
	200 Free	34
35	100 Fly	
	50 Back	36
37	100 Breast	
	200 Breast	38
39	200 Back	
	50 Free	40
41	100 Free	
	200 Fly	42
43	800 Free	43
45	200 Free Relay	46

Session 7 Sunday		Warm up: Start: 8:00am 9:00am
Prelims		
Girls	Event	Boys
	400 IM Top 8 in each age group swim during finals	70
71	200 Free	
	100 Fly	72
73	50 Back	
	100 Breast	74
75	200 Breast	
	200 Back	76
77	50 Free	
	100 Free	78
79	200 Fly	
80	1500 Free Top 8 combined swim during finals	80

Session 9 Sunday		Warm up: Start: 5:00pm 6:00pm
Finals		
Girls	Event	Boys
	400 IM	70
71	200 Free	
	100 Fly	72
73	50 Back	
	100 Breast	74
75	200 Breast	
	200 Back	76
77	50 Free	
	100 Free	78
79	200 Fly	
80	1500 Free	80



RISK MANAGEMENT / WARM-UP PROCEDURES 2011-12

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

Please email 1 form per club to Jenny McKay jennymckay@rogers.com

**2012 EOSA Long Course Championships
Officials Form**

Club:		Contact:			Phone:			Email:	
	Session 1 (Fri AM)	Session 2 (Fri PM)	Session 3 (Fri - Finals)	Session 4 (Sat AM)	Session 5 (Sat PM)	Session 6 (Sat - Finals)	Session 7 (Sun AM)	Session 8 (Sun PM)	Session 9 (Sun - Finals)
Meet Mgmt									
Chief Timer									
Assistant CT									
Timer									
Timer									
Timer									
Timer									
Timer									
Timer									
S/T									
S/T									
S/T									
S/T									
S/T									
Runner									