

2013 Pentathlon

April 12th - 14th

At the
ETOBICOKE OLYMPIUM

Hosted by





SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2013

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.**

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- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium 590 Rathburn Road Toronto, Ontario
- Facility:** 8-Lane 50 metre competition pool with OMEGA electronic timing.
- Sanctioned By:** Swim Ontario. All current SNC rules will be followed.
- Meet Manager:** Steve Goodwin sdg9@rogers.com 416-622-0154
- Meet Referee:** Janice Charles
- Qualifying Stds:** No qualifying times. Please submit times for seeding purposes only.
- Session Times:**
- | | | | | | |
|----------------------------|---------|---------|-------|---------|----------------|
| Friday | | | | | |
| All Ages | Warm-up | 3:30 pm | Start | 4:30 pm | Finish 9:00 pm |
| Saturday and Sunday | | | | | |
| All Ages | Warm-up | 7:30 am | Start | 8:30 am | Finish 1:00 pm |
| All Ages | Warm-up | 1:00 pm | Start | 2:00 pm | Finish 6:30 pm |
- Entry Deadline:** Coaches please indicate which session they prefer to swim by email
All entries must be submitted to www.swimming.ca/meetlist.aspx
Spaces will be held for teams participating last year until March 1st.
Entries will be taken on a first-come, first-served basis for the remaining spaces.
Entries are limited to 250 per session.
- Entry Fees:** \$40.00 flat fee whether swimmer swims 1 event or all 5 events.
All costs include HST #125328625 and Gold Bonus.
Please make cheques payable to ETOBICOKE SWIMMING.
- Awards:** Within each age group, aggregate times will be determined by adding the times of each of the five events. Any disqualification results in elimination from prizes.
- Times for the swimmers in all 4 sessions will be accumulated and prizes for Men and Women will be awarded to the top three swimmers with the lowest aggregate times in each of the following age groups:
- 18&O, 17, 16, 15, 14, 13, 12, 11, 10, and 9&U.
- Aggregate time prizes will be awarded as follows:
1st—\$50.00 2nd—\$30.00 3rd—\$20.00
Please note: Prizes will be presented in the form of gift certificates.
- The KERR AWARD will be given to the lowest aggregate time for Men and the lowest aggregate time for Women.
- Meet Notes:** All events will be swam Long Course.
Events will be All Ages and swam fastest to slowest.
No scratch penalty shall be imposed for late or day of scratches.
All scratches to be made on the posted Heat Sheets.
SC entries accepted and converted for seeding using the standard Hy-tec conversion.
“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 event in question.”

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Order of Events

Friday April 12th

All Ages

Afternoon	Warm Up 3:30 pm		Start 4:30 pm		
	100 FLY	100 BACK	100 BREAST	100 FREE	200 I.M.
Women	1	3	5	7	9
Men	2	4	6	8	10

Saturday April 13th and Sunday April 14th

All Ages

Morning	Warm Up 7:30 am		Start 8:30 am		
Afternoon	Warm Up 1:00 pm		Start 2:00 pm		
	100 FLY	100 BACK	100 BREAST	100 FREE	200 I.M.
Women	1	3	5	7	9
Men	2	4	6	8	10



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.**