

NEOR Developmental Meet # 1

October 27-28, 2012

Hosted by



SUDBURY LAURENTIAN SWIM CLUB

705-675-4851

www.sudburyswimming.ca

AT THE

JENO TIHANYI

OLYMPIC GOLD POOL

LAURENTIAN UNIVERSITY

INFORMATION PACKAGE

APPENDIX F - Swimming 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.

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HOST CLUB SUDBURY LAURENTIAN SWIM CLUB

LOCATION JENO TIHANYI Olympic Gold Pool,
Laurentian University

SANCTIONED BY Swim Ontario

FACILITY Two 25 meter, 8 lane competition pool
Double ended

TIMING Electronic/Manual

SESSION TIMES		Warm Up	Start
	Saturday October 27	1:30 p.m.	2:30 p.m.
	Sunday October 28	8:00 a.m.	9:00 a.m.

Session length estimated at 4 hours

QUALIFYING STANDARDS No qualifying
standards

TIME FINALS **ALL EVENTS ARE TIMED
FINALS**

NEOR DEVELOPMENTAL MEET RULES

Swimmers individual events will be limited to a maximum of 6 individual events. Relay events are not considered individual events.

AGE GROUP SWIMMERS

1. 10 & Under swimmers may not swim 400 I.M., 200 Fly, or 800 Free events. 11 & 12 swimmers may not swim 400 I.M.
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.
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 within 48 hrs after completion of the meet.

AWARDS

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

ENTRY FEES	Individual swim	\$ 5.75 per individual entry
	Relays	\$ 8.00 per relay team

ENTRY DEADLINE	5:00 p.m., Wednesday October 17, 2012	Entries MUST be RECEIVED by this date. Payment at meet required prior to receiving coach's package.
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ALL ENTRIES MUST BE UPLOADED TO <http://www.swimming.ca/>

Meet Referee:	Dan Langlois langlois.pare@sympatico.ca 1 705 523-7402 home 1 705-665-3909 cell
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Meet Manager	Doug Eastick eastick@gmail.com (705) 688-2202
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Meet Entry Coordinator	Dave Bertrim davidbertrim@gmail.com
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Officials Coordinator	Dan Langlois Langlois.pare@sympatico.ca
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**LATE ENTRIES WILL NOT BE
ACCEPTED**

Swimsuit Policy:

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.

MEET EVENTS
Day 1 Shallow end 12 and under

Event number Girls	Event name	Event number Boys
1	200 free	2
3	100 back	4
5	50 breast	6
7	200 breast	8
9	50 free	10
11	100 IM	12
13	100 fly	14
15(10 and under)	200 free relay	16(10 and under)
17 (11 and 12)	200 free relay	18 (11 and 12)
	800 free boys 11 and over	20

Day 2 Shallow end 12 & under

Event number Girls	Event name	Event number Boys
21	200 IM	22
23	100 fee	24
25	50 back	26
27	200 back	28
29	100 breast	30
31	50 fly	32
33	200 fly	34
35 (11 and 12)	400 free	36 (11 and 12)
37 (10 and under)	200 MR	38 (10 and under)
39 (11 and12)	200 MR	40 (11 and12)

MEET EVENTS

Day 1 Deep end 13& over

Event number Girls	Event name	Event number Boys
41	200 free	42
43	100 back	44
45	50 breast	46
47	200 breast	48
49	50 free	50
51	100 IM	52
53	100 fly	54
55 (13 and 14)	200 free relay	56 (13 and14)
57 (15 and over)	200 free relay	58 (15 and over)
59	800 free Girls (11 and over)	

Day 2 Deep end 13& over

Event number Girls	Event name	Event number Boys
61	200 IM	62
63	100 free	64
65	50 back	66
67	200 back	68
69	100 breast	70
71	50 fly	72
73	200 fly	74
75	400 free	76
77 (13 and14)	200 MR	78 (13 and14)
79 (15 and over)	200 MR	80 (15 and over)

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 _____

Name	Level	Sessions Available	Evaluation Needed

NEOR Development Meet #1
October 27-28, 2012
CLUB INFORMATION SHEET

Coaches please fill out this form and return to

Sudbury Laurentian Swim Club

Email eastick@gmail.com
NO LATER THAN October 17, 2012

CLUB NAME_____

MAILING ADDRESS_____

PHONE_____

TOTAL # OF INDIVIDUAL SWIMS at \$5.75_____

TOTAL # OF relay swims at \$8.00_____

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_____

RETURN DEADLINE October 17, 2012