

# **Cornwall Sea Lions Invitational Swim Meet**

## **November 30, December 1, and 2 2012**

**Location:** Cornwall Aquatic Centre, 100 Water Street, Cornwall, Ontario, K6H 6G4

**Facility:** 6-lane 25-Metre pool with Colorado Electronic timing

**MM Address:** C/O Sean McAllister      Assistant Meet Manager:      Maryann Currie  
26 Loyalist Crescent  
Ingleside, Ontario  
K0C 1M0

**Telephone:** 613-534-8370      613-534-9123  
613-363-8370 (cell)  
Fax: 613-937-3992  
email: [seanmc@sympatico.ca](mailto:seanmc@sympatico.ca)      [craig.anderson@sympatico.ca](mailto:craig.anderson@sympatico.ca)

### **Meet**

**Package:** The only meet package which will be considered as valid will be the most current version found on [www.swimmeet.ca](http://www.swimmeet.ca)

**Sanction:** Swim Ontario. Current FINA rules will apply. The one start rule will apply  
SNC warm-up procedures will be in effect for this meet.

### **Meet**

**Referee:** Pierre Pilon      [ppilon6@cogeco.ca](mailto:ppilon6@cogeco.ca)      613-933-5000 ext 2459 (w)

**Entries:** ***Entry Deadline: Wednesday November 21<sup>st</sup>***. Swimmers age is as of the 30<sup>th</sup> of November 2012 (the first day of meet)

Entries should be submitted by Hy-Tek format in SC metres.

***Please submit an estimated time rather than NT where possible.***

Entries limited to 3 events per session, to a maximum of 6 + relays for the meet.

Confirmation of entries will be sent to you after import.

The meet manager reserves the right to limit entries in the 800 Free and 400 free based on time restrictions with the possibility of two swimmers per lane.

**Entry fees**      **\$8.00/individual event. \$8.00/individual for relays**

A cheque covering the entry fees is required before the meet starts. Entry fees are non-refundable. Cheques should be made payable to CSL.

**Scratches:** All scratches must be submitted to the Clerk of Course 30 minutes prior to the start of the session.

**Deck Entries**      Deck entries will be accepted where space permits up to 30 minutes before the start of the session.

**Results**      Results will be uploaded to the SNC site within 2 days of finish of meet. Results will be separated according to age group and gender; 10 & U, 11, 12, 13, 14 and 15 & O.

**Awards:** Individual ribbons for age groups 10 & U, 11, 12, 13-14, 15& older  
Individual events: 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup>  
Relay events: 1<sup>st</sup>/ 2<sup>nd</sup>/3<sup>rd</sup>

**Officials:** Please contact Meet Manager: Sean McAllister and Maryann Currie

**Coaches'**

**Briefing:** Will occur on the pool deck beside the lifeguard office at 7:45am on Saturday.

**Privacy** Cameras and recording devices will not be allowed on deck or in the vicinity of the locker room area at any time during the meet. Meet Management reserves the right to remove any person from the meet not adhering to the meet rules. Any questions, please contact the meet management.

**Food/Drink:** Water is the only beverage allowed on the pool deck. Food can be purchased and consumed in the lobby

All events will be time finals. All swimmers will be seeded together, based on time. **Final results will separate swimmers based on gender and age group categories.** Meet management reserves the right to limit entries to the 400 free, and 800 free and/or to swim 2 per lane. (800 free will be limited to 24 entries) Distance swims will be seeded mixed according to time.

Sessions:	Warm-up	Start	Start Events
1Friday	5:00 - 5:40 PM	5:45 PM	Mixed events for select teams only
4 Saturday	5:00 – 5:40 PM	5:45 PM	Mixed events for select teams only

**Friday evening events are identical to Saturday day events and Saturday evening events are identical to Sunday events. Event numbers are different and results will be merged for overall standings.**

2 Saturday	7:00 - 7:55 AM	8:00 AM	11 & Over
3 Saturday	11:30 - 12:15 PM	12:20 PM	10 & Under
5 Sunday	7:00 - 7:55 AM	8:00 AM	11 & Over
6 Sunday	11:30 - 12:15 PM	12:20 PM	10 & Under

## ORDER OF EVENTS FOR FRIDAY AND SATURDAY NIGHT TEAMS

### Session 1 Friday night 5-5:40 WU 5:45 start for select teams only

Event #	Event Description	Age Group
101	200 free	11& Over Mixed
102	200 free	10-under Mixed
103	50 breast	11& Over Mixed
104	50 breast	10-under Mixed
105	100 back	11& Over Mixed
106	100 back	10-under Mixed
107	200 breast	11& Over Mixed
108	200 breast	10-under Mixed
109	100 fly	11& Over Mixed
110	100 fly	10-under Mixed
111	50 free	11& Over Mixed
112	50 free	10-under Mixed
113	400 IM	11& Over Mixed
115	4 X 50 FREE RELAY	11& Over - Girls
116	4X50 FREE RELAY	10-under - Girls
117	4 X 50 FREE RELAY	11& Over - Boys
118	4X50 FREE RELAY	10-under - Boys
119	400 free	11& Over Mixed
120	400 free	10-under Mixed

### Session 4 Saturday night 5:00 – 5:40 WU Start 5:45 for select teams only

Event #	Event Description	Age Group
121	200 back	11& Over Mixed
122	200 back	10-under Mixed
123	100 breast	11& Over Mixed
124	100 breast	10-under Mixed
125	50 back	11& Over Mixed
126	50 back	10-under Mixed
127	200 fly	11& Over Mixed
128	200 fly	10-under Mixed
129	100 free	11& Over Mixed
130	100 free	10-under Mixed
131	50 fly	11& Over Mixed
132	50 fly	10-under Mixed
133	200 IM	11& Over Mixed
134	200 IM	10-under Mixed
135	4 X 50 MEDELEY RELAY	11& Over Girls
136	4 X 50 MEDELEY RELAY	10-under Girls
137	4 X 50 MEDELEY RELAY	11& Over Boys
138	4 X 50 MEDELEY RELAY	10-under Boys
139	800 free	11& Over Mixed

## ORDER OF EVENTS FOR SATURDAY AND SUNDAY TEAMS

2 Saturday 7:00-7:55 AM

8:00 AM

12 & Over

Event #	Event Description	Age Group
1	200 free	11& Over Mixed
3	50 breast	11& Over Mixed
5	100 back	11& Over Mixed
7	200 breast	11& Over Mixed
9	100 fly	11& Over Mixed
11	50 free	11& Over Mixed
13	400 IM	11& Over Mixed
15	4 X 50 FREE RELAY	11& Over Girls
17	4 X 50 FREE RELAY	11& Over Boys
19	400 free	11& Over Mixed

3 Saturday 11:30- 12:15 PM

12:20 PM

11 & Under

Event #	Event Description	Age Group
2	200 free	10-under Mixed
4	50 breast	10-under Mixed
6	100 back	10-under Mixed
8	200 breast	10-under Mixed
10	100 fly	10-under Mixed
12	50 free	10-under Mixed
16	4X50 FREE RELAY	10-under - Girl
18	4X50 FREE RELAY	10-under - Boys
20	400 free	10-under Mixed

5 Sunday 7:00-7:55 AM

8:00 AM

12 & Over

Event #	Event Description	Age Group
21	200 back	11& Over Mixed
23	100 breast	11& Over Mixed
25	50 back	11& Over Mixed
27	200 fly	11& Over Mixed
29	100 free	11& Over Mixed
31	50 fly	11& Over Mixed
33	200 IM	11& Over Mixed
35	4 X 50 MEDELEY RELAY	11& Over Girls
37	4 X 50 MEDELEY RELAY	11& Over Boys
39	800 free	11& Over Mixed

6 Sunday 11:30 – 12:30 PM

12:20 PM

11 & Under

Event #	Event Description	Age Group
22	200 back	10-under Mixed
24	100 breast	10-under Mixed
26	50 back	10-under Mixed
28	200 fly	10-under Mixed
30	100 free	10-under Mixed
32	50 fly	10-under Mixed
34	200 IM	10-under Mixed
36	4 X 50 MEDELEY RELAY	10-under - Girls
38	4 X 50 MEDELEY RELAY	10-under - Boys

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 Management acknowledged the SO 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.

**“A new pool filled with happy swimmers”**

**SWIMMING/NATATION CANADA**  
**Providing opportunities for fitness and excellence in swimming**  
**L'occasion d'atteindre la bonne forme et l'excellence en natation**



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**WARM UP PROCEDURES**

During the designated warm up period, the meet management shall be responsible for ensuring that all rules are followed. Diving starts shall not be made during the warm up period for any competition or when two-way swimming is in progress, except that the meet manager shall designate a period of time during which the specified lanes shall be used for diving starts. During this designated period, only one-way swimming shall be permitted in the specified diving lanes.

It is incumbent on all participants eg: swimmers, coaches, officials and administration to comply with these procedures.

The meet management shall designate Safety Marshalls who will ensure compliance with these Procedures. These marshals shall be responsible for the conduct of the warm up in the competition venue. The meet management shall provide signs at the end of the pool(s), which will indicate the designated use during the warm up period.

Written notices regarding the warm up time, lane use and no diving shall be posted at the meet.

The following statement shall appear in the meet information: **.SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.** and in the notices.

**EQUIPMENT**

FLUTTER BOARDS and PULLBUOYS are allowed. Hand paddles and flippers ARE NOT PERMISSIBLE.

**INFRACTIONS**

Infractions of these procedures may result in the offender(s) being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

NOTE: As a courtesy, coaches should allow backstrokers, to have the right of way for safety purposes.

January 1977

**Please Note: Breach of pool safety rules by members of a club will be reported to Swim Ontario. The club may face a fine not to exceed \$ 1,500.00**

## SWIM ONTARIO'S

### "Long Term Athlete Development Strategy" (LTADS) in a Nut Shell

To better address the different rates of growth which occur between males and females, the 'LTADS' committee has differentiated the Jr. Provincial age categories.

To better address the physiological capabilities and needs of our athletes at each phase of their development, the 'LTADS' committee has differentiated which events would be offered to each age category.

To reduce the physiological age disparity that 2 year age increments bring, and to provide a fairer playing field for all, the 'LTADS' committee has introduced single year age increments at Jr. Provincials for all girls up to 14 yrs of age and all boys up to 15 yrs of age.

Because scientific research indicates that athletes lock in their skills during the first three to four years of swimming, the emphasis should not be on how fast you swim but how well you swim. Skill development is far more important than winning! There for the 'LTADS' committee commissioned Swim Ontario to develop a skill's curriculum for any club to access starting in the fall of 2005.

To insure that swim programs focus on avoiding soft tissue injury caused from repetitive freestyle workouts, improve motor learning skills, increase interest and benefit long term development, the 'LTADS' committee has introduced pre-requisite qualifying events at Jr. Provincials only, in the 200 IM for girls 11 yrs & under and boys 12 yrs & under, and the 400 IM for girls 12 to 14 yrs and boys 13 to 15 yrs.

Because sports physiologists have discovered that age group swimmers are pre-disposed to aerobic training (distance), and derive far greater benefits long term by developing their aerobic capacities as opposed to their anaerobic capacities (sprint), the 'LTADS' committee has introduced the 800 Freestyle pre-requisite event at Jr. Provincials for all girls 14 yrs and under, and all boys 15 yrs and under. For tracking purposes, clubs are encouraged to run Sanctioned Time Trials in the 800 Freestyle for all their age group swimmers and upload them to SWIM DIRECT within 7 days of the completion of the event. Except for girls 15-17 and boys 16-17, all other swimmers must attain both the IM and 800

FR pre-requisite times and at least one (1) Jr. Provincial qualifying standard in order to participate at Jr. Provincials.

It often takes between 10 and 15 years of the best possible preparation to reach international performance levels. With such a long career ahead, the 'LTADS' committee decided it was far more beneficial to allow swimmers 12 yrs of age and under the free time necessary to participate with friends and family in other sports and social activities, and reduce the unnecessary fatigue that accumulates from participating in heats and finals throughout the season. Therefore, all sanctioned invitationals and time trials within the province of Ontario will be TIME FINAL EVENTS only (see 12 & under rules)

## 12 & UNDER RULES (Within Ontario only)

1. Regardless of meet format or age categories, all individual and relay events for 12 and under are TIME FINAL (no progression to second swim)

2. 12 and under may 'Swim up' on relays held during the 12 & under session only. (no progression to an older age relay final is permitted)

3. 12 and under who qualify, may swim heats and finals of individual events at Ontario Senior Provincials, Canada Games Trials or other SNC Senior Level competitions hosted in Ontario)

4. 12 & under may participate on relays in both preliminaries & finals at Ontario Jr.

Provincial Championships, Ontario Senior Provincial Championships, Ontario Team Championships and Ontario Regional Championships and any SNC Senior Level Meet held in Ontario.

To help us achieve a province wide strategy, the 'LTADS' committee recommends that

invitationals and regional championships offer the same event selection as Jr. Provincials.

Invitationals do not have to run their meets in the same event order nor do they have to run single year increments. All sanctioned competitions must honor the 12 & under TIME FINAL

### Rule

In order to recognize the need to re-charge our batteries, and re-focus on the new Long Course

Season, March has been identified as a Refocus/Revitalization Period. No Sanctioned meets or time trials will be permitted. (Approved meets for non-competitive swimmers only is allowed)

To insure we can properly track Ontario Swimmers both provincially and federally, and to help with proof of times, provincial team selection and athlete carding, all sanctioned meet and time trial results must be uploaded to SWIM DIRECT within 7 days of the completion of the event.

The recommended swim meet session length including warm-ups is 4.5 hours. If a meet exceeds this length, you are requested to report that to the Technical Director of Swim

Ontario at [cliff@swimontario.com](mailto:cliff@swimontario.com)

For a more information on any of Swim Ontario's Programs, including the "Long Term Athlete Development Strategy, or Provincial Qualifying Standards, please visit the Swim

Ontario website at [www.swimontario.com](http://www.swimontario.com)

## Officials

Interested in helping or working a specific position? Visiting officials are always welcome. Please include a telephone number / email address so that we may contact you to confirm participation or position if necessary.

Official's Contact: Meet Managers: Sean McAllister or Maryann Currie

NAME OF OFFICIAL / email	SESSION (S) PREFERRED	POSITION

## HOTEL SPONSOR

**The Cornwall Sea Lions has secured the RAMADA INN CORNWALL as our hotel sponsors. If swim clubs register with this hotel, coaches will receive their rooms at half price. The RAMADA INN is located at 805 Brookdale Avenue. Telephone number is 613-933-8000. The coaches' names will need to be supplied to the Meet Manager**