

OFSAA SWIM 2013
March 5th-6th , 2013
Etobicoke Olympium
590 Rathburn Rd.
Etobicoke, ON.
M9C-3T3

Hosted by: OFSAA –John F Ross CVI and CWOSSA
Facility: 8 lanes, 25m short course, 25m warm-up pool

Convenor: James Ball
James.ball@ugdsb.on.ca
519 822 7090

Meet Referee: Dave Denyer (Level 5)

Coaches Meeting: 6:30pm. March 4th, Holiday Inn Toronto Airport-East

Warm-up 7:15 a.m. each day
Preliminaries 8:15 a.m. each day
Finals 12:30 p.m. each day

Age Groups: High School Swimmers, Open (SNC Club & Para-Swimmers) Swimmers

Scoring:

Individual 40-37-34-32-31-30-29-28-26-24-23-22-21-20-19-18-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Relay 80-74-68-64-62-60-58-56-52-48-46-44-42-40-38-36-32-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2

Awards: Individuals: Medals 1st-3rd, Ribbons 4th-8th
Relays: Medals 1st-3rd, Ribbons 4th-8th
Overall High Point Team: Banner

Eligibility: Eligible swimmers will have made the qualifying times at their Regional Championship or have placed 1st in their event. Events will be limited to 32 swimmers: event winners and the next fastest swimmers across the Association.
Swimmers may enter a maximum of 3 events, a maximum of 2 can be individual events.

Entries: All entries must be received electronically in the Meet Manager file that has been sent to all Association Convenors. One Meet Manager file per association is to be sent. All entries must be received by February 25th, 2013 at 11:59 p.m.

Fees: \$15.00 per individual event
 \$20.00 per relay event
 \$30.00 per team

Cheques are made payable to John F Ross CVI.

Meet Rules: All OFSAA Championship events are governed by the OFSAA Playing Regulations found at www.ofsaa.on.ca – Playing Regulations – Swimming Regulations.

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. Coaches are expected to set an example and enforce this rule with their swimmers.**
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. Shoes must be worn whenever outside the pool or change room areas
6. 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.
7. The use of flippers and hand paddles, during warm-ups is prohibited.
8. The host club, meet manager and safety marshals are responsible for ensuring that the numbers of swimmers during warm-ups do not exceed the posted pool capacity of 470 (calculated by the Ontario Health Regulations A good rule of thumb is that a single lane should never exceed more than 29 total swimmers at a time (including those in the water but not swimming). If facility staff notice that the overall pool capacity is being exceeded, they will attempt to notify the meet manager or safety marshals for their action. If pool capacities are continually not being adhered to, the pool may be cleared at the discretion of the lifeguards.
9. Swimmers who 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, changerooms, hallways and all other areas of the Etobicoke Olympium.**



RISK MANAGEMENT / WARM-UP PROCEDURES

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.

****THE ONLY MEET PACKAGE WHICH WILL BE CONSIDERED AS VALID MUST
BE THE MOST CURRENT VERSION FOUND ON WWW.SWIMMING.CA ****

Events:

Girls	DAY 1	Boys
1	Open 200 Freestyle	2
3	Senior 200 Freestyle	4
5	Junior Medley Relay	6
7	Open Medley Relay	8
9	Junior 50 Freestyle	10
11	Senior 50 Freestyle	12
13	Open 50 Freestyle	14
15	Junior 50 Butterfly	16
17	Senior 50 Butterfly	18
19	Open 100 Butterfly	20
21	Junior 50 Breaststroke	22
23	Senior 100 Breaststroke	24
25	Open 100 Breaststroke	26
27	Senior Medley Relay	28
55	Para 50 Freestyle (finals only)	

Girls	DAY 2	Boys
29	Open 200 I.M.	30
31	Junior 200 Freestyle Relay	32
33	Senior 100 I.M.	34
35	Open 100 I.M.	36
37	Junior 100 I.M.	38
39	Senior 100 Freestyle	40
41	Open 100 Freestyle	42
43	Junior 100 Freestyle	44
45	Senior 100 Backstroke	46
47	Open 100 Backstroke	48
49	Junior 50 Backstroke	50
51	Senior 200 Freestyle Relay	52
53	Open 400 Freestyle Relay	54 (finals only)
56	Para 100 Freestyle (finals only)	
57	Para 50 Backstroke (finals only)	

Accommodations:

MEET HOTEL:

Holiday Inn Toronto Airport-East

600 DIXON ROAD
Toronto, Ontario M9W 1J1 CANADA
Hotel Front Desk: 1.416.240.7511
Toll Free: 1.877.660.8550

The Quality Suites Toronto Airport

262 Carlingview Dr., Toronto, Ontario, Canada M9W 5G1
Phone 1: (416) 674-8442
Fax:(416) 674-3088

Radisson Suite Hotel Toronto Airport

640 Dixon Road, Toronto, Ontario, M9W 1J1
Phone: 416 242 7400
Fax: 416 242 9888

Holiday Inn Toronto International Airport

970 Dixon Road, Toronto, Ontario, M9W 1J9
Phone 416-675-7611
Fax. 416-798-5810