



MAC April Invitational

Revised by Authorization of RSO on March 17, 2014

April 24-27, 2014

At

**April 24 – Centennial Pool
8600 McCowen Road
Markham, Ontario**

And

**April 25-27 - Cornell Pool
3021, Bur Oak Ave
Markham, Ontario**

www.markhamaquaticclub.com

MAC April Invitational 2014 - Meet Package

DATE: 24-27 April, 2014

HOSTED BY: Markham Aquatic Club

LOCATION: Centennial Pool , 8000 McCowan Road , Markham , Ontario (April 24, 2014)

Cornell Pool, 3201 Bur Oak Ave, Markham, Ontario (April 25 to 27, 2014)

FACILITY: Centennial Pool -25 metre 6 lane competitive pool with Dolphin Wireless Manual system with Scoreboard

Cornell Pool - 25metre 8 lane competitive pool with Semi Auto Electronic Timing System without Scoreboard

MEET REFEREE: Shirley Chan, Level 5

MEET MANAGER: Y.Y Wong officials@markhamaquaticclub.com
Susanna Chan

COMPETITION: Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
The one-start (“no false start”) rule will apply.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. Foreign competitors are welcome.
Ages submitted are to be as April 24, 2014

ENTRY RESTRICTIONS: 13 & Over Swimmers may swim a maximum of 9 individual events and a maximum of 3 individual events in each AM session on Friday, Saturday and Sunday.
12 & Under Swimmers may swim 3 individual events on Friday PM and 2 individual events on each PM session on Saturday and Sunday.
10 & Under swimmers select 1 of 200 events only for each Saturday and Sunday session.

11 & 12 swimmers – on Thursday 400 Free events will be limited to 25 heats.

Meet Management reserves the right to limit the number of swimmers in any event.
400Free and 400IM events may be limited if necessary to 6 heats for each gender.
Those qualifying will be determined by entry time. The fastest 48 will swim.

Coaches will be notified in advance.
The sessions will be limited to a maximum to 4 ½ hours.

12 & Under - No Qualifying Times

13 & Over – Qualifying times are Swim Ontario Age Group “D” Time Standard,
50m Fly/Back/Breast are qualified for by the 100m Fly/Back/ Breast.

Qualifying period starts Sept 1, 2012.

Coaches Sportsmanship/Responsibility- All Swimmers entries should be submitted with times/their true and current Short course best times.

SNC LTAD: Age groups 11, 12, 13 and 14 will now be treated individually as ages for awards and time standards, but may swim in age combined events.

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AWARDS: Medals from 1st to 3rd
Ribbons from 4th to 8th for age groups 10 & under, 11, 12, 13, 14, 15 & over
Coaches, please pick up awards prior to leaving – awards will NOT be mailed.

AGE GROUPS: 10 & Under, 11-12, 13 & Over

ENTRY FEES: **\$10.00 for all individual events and \$12 per event for 400 Free & 400 IM**
Please make cheques payable to MARKHAM AQUATIC CLUB on the first day of the meet. Swimmers will not complete until fees are paid.

DECK ENTRIES: Deck entries will be accepted only for the slowest heats that have empty Lanes.
These entries are considered **Exhibition** swims only and no awards will be given.
The cost for deck entries is \$12/\$15 per individual event / 400 event to be paid in cash at the time that the entry is accepted by Clerk of Course.

ENTRY DEADLINE: **Received by Friday, March 21, 2014 for initial entries. No Late Entries Accepted.**

The final deadline for changes to entries is **Friday April 11, 2014 11:59PM**

- Please use www.swimming.ca/meetlist.aspx to submit Hy-tek entries

- Ensure all entries contain valid Swim Ontario Registration numbers.

- You will be sent confirmation of receipt of your entries.

- All Fees will be charged based on entries submitted to the entry deadline regardless of whether the swimmer competes or not.

SEEDING: Entries must be submitted using provable times, recorded during the qualifying period.
Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with “NT”
Seeding will be in the following order: entries with qualifying SCM times, then entries with other qualifying times .
There will be no conversion of entry time. Please use the Hy-Tek default for conversions of times to SC times before submitting entries.

SCORING: Individual Events – 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1

SCRATCH RULE: Scratches from Preliminaries must be received at the Clerk of Course desk 30 minutes prior to the start of each session and there will be no penalty for late scratches.
Swimmers failing to report within 5 minutes of last call for an event will be automatically scratched.

400 Events - scratches must be provided to the Clerk of Course for all 400M timed finals at least 30 minutes before the start of the session to allow meet management to minimize empty lanes where possible.

All Scratches from Finals must be provided to the Clerk of Course within 30 minutes after the conclusion of Preliminary events to allow for proper seeding and notification of alternates (“Initial Scratch Deadline”)

A final scratch deadline for Finals shall be 30 minutes before the start of the Finals Sessions. There will be no reseeding for scratches received after the Initial Scratch Deadline.

Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a \$20.00 fine for each offense – payable to the Markham Aquatic Club. Failure to pay before the swimmer’s next event will exclude the swimmer from further participation in the meet.

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EVENTS: **12 & Under - All events will be Timed Finals**
13 & Over Events:

- Finals will be swum youngest to oldest
- **400 IM & 400 Free** will be timed finals, the fastest heat will swim at Finals
- **A & B Finals** for the 200 m, 100m and 50m events – top 16 swimmers

RULES/SAFETY: S.N.C. warm up procedures will be in effect. Please read and adhere to the safety procedures.
During warm ups **NO DIVING** allowed. Please enter feet first.
Diving lanes will be 1 and 6 during last 10 minutes of warm up.
No running on deck. No food is permitted on deck.
No glass objects will be allowed on or near deck.
Coaches are responsible for the behavior of their swimmers.
Swimming in an orderly manner is required. Horseplay is strictly prohibited.
Meet Officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition and especially during session breaks.

SPLITS POLICY: Meet Management 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.

OFFICIALS: It would be appreciated if each club would provide some officials to help with the meet. If anyone is interested in officiating please inform the Officials Coordinator YY Wong officials@markhamaquaticclub.com or please log in to OSOA to sign up www.osoa.ca
Please advise if an evaluation is requested and/or if a particular position is preferred.

FOREIGN COMPETITORS: All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All swimmers and coaches must have primary residence within the province/state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario.

COACH'S REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the Swim Ontario Compliancy lists. If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

CONCESSION: Concession will operate during all sessions at lounge.

PSYCH SHEETS: If possible, Psych Sheets will be posted prior to the meet on the home page of our website, www.markhamaquaticclub.com through the "Live Results" link.

MEET RESULTS: Results will be posted as quickly as possible at the meet at lounge upstairs.
Meet results will be posted to www.swimming.ca/meetlist.aspx as soon as possible.
Live results will be available on our website www.markhamaquaticclub.com each day through the "Live Results" link on the home page. NOTE: All times are unofficial until Verified and published on www.swimming.ca

OTHERS: Club Photographers must request and obtain written consent form Meet Manager prior to the Meet. Only Competitors, Certified Coaches and Officials are permitted on deck. No other person is permitted on deck unless authorized by the Meet Manager.

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Schedule of Events

Session #1 Thursday PM April 24, 2014 Warm up: 2:30PM Start: 3:00PM

To be held at Centennial Pool – 8600 McCowen Road, Markham

Girls	Events	Boys
41	11-12 400 Freestyle**	42

** will be limited to 25 heats 1 swimmer per lane

Session #2 Friday AM April 25, 2014 Warm up: 7:00AM Start: 8:00AM

Estimated Session Length = 4.0 hours

Girls	Events	Boys
1	13 & Over 200 Freestyle**	2
3	13 & Over 50 Butterfly	4
5	13 & Over 100 Backstroke	6
7	13 & Over 50 Freestyle	8
9	13 & Over 400 IM **	10
Timed Finals, fastest heat swims at Finals		

** Meet Management reserves the right to limit heats to keep session to within time constraints

Session #3 – A + B Friday PM April 25, 2014

Girls- 3A- Warm up 10:10AM Start : 11:15AM	Events	Boys - 3B - Warm up 2:30PM Start : 3:00PM
43	10 & Under 200 Freestyle**	44
11	11 - 12 200 Freestyle**	12
13	12 & Under 50 Butterfly	14
15	12 & Under 100 Backstroke	16
17	12 & Under 50 Freestyle	18
19	11 -12 400 IM**	20
21	10 & Under 200 IM**	22

** Meet Management reserves the right to limit heats/ choose 1 of 200 events to keep session to within time constraints

Session #4 Friday Evening April 25, 2014 Warm up: 5:30PM Start: 6:30PM

Estimated Session Length = 2.0 hours

Girls	Events	Boys
1	13 200 Freestyle (A & B Finals)	2
	14 200 Freestyle (A & B Finals)	
	15 & Over 200 Freestyle (A & B Finals)	
3	13 50 Butterfly (A & B Finals)	4
	14 50 Butterfly (A & B Finals)	
	15 & Over 50 Butterfly (A & B Finals)	
5	13 100 Backstroke (A & B Finals)	6
	14 100 Backstroke (A & B Finals)	
	15 & Over 100 Backstroke (A & B Finals)	
7	13 50 Freestyle (A & B Finals)	8
	14 50 Freestyle (A & B Finals)	
	15 & Over 50 Freestyle (A & B Finals)	
9	13 & Over 400 IM (Fastest Heat)	10

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Schedule of Events

Session #5 Saturday AM April 26, 2014

Warm up: 7:00AM

Start: 8:00AM

Estimated Session Length = 4.0 hours

Girls	Events	Boys
23	13 & Over 200 Breaststroke**	24
25	13 & Over 100 Butterfly	26
27	13 & Over 50 Backstroke	28
29	13 & Over 200 IM**	30
31	13 & Over 400 Freestyle** Timed Finals, fastest heat swims at Finals	32

**** Meet Management reserves the right to limit heats/ two per lane /choose 1 of 200 events to keep session to within time constraints**

Session #6 - A + B Saturday PM April 26, 2014

**** 2 events per swimmer**

**** 10 & Under swimmers select 1 of 200 events**

Girls- 6A- Warm up 11:45AM Start : 12:45 PM	Events	Boys - 6B - Warm up 3:00PM Start : 3:30PM
33	12 & Under 200 Breaststroke **	34
35	12 & Under 100 Butterfly	36
37	12 & Under 50 Backstroke	38
39	12 & Under 200 IM**	40

**** Meet Management reserves the right to limit heats/choose 1 of 200 events to keep session to within time constraints.**

Session #7 Saturday Evening April 26, 2014

Warm up: 5:30PM

Start: 6:30PM

Estimated Session Length = 2.0 hours

Girls	Events	Boys
23	13 200 Breaststroke (A & B Finals)	24
	14 200 Breaststroke(A & B Finals)	
	15 & Over 200 Breaststroke (A & B Finals)	
25	13 100 Butterfly (A & B Finals)	26
	14 100 Butterfly (A & B Finals)	
	15 & Over 100 Butterfly (A & B Finals)	
27	13 50 Backstroke (A & B Finals)	28
	14 50 Backstroke (A & B Finals)	
	15 & Over 50 Backstroke (A & B Finals)	
29	13 200 IM (A & B Finals)	30
	14 200 IM (A & B Finals)	
	15 & Over 200 IM (A & B Finals)	
31	13 & Over 400 Freestyle (Fastest Heat)	32

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Schedule of Events

Session #8 Sunday AM April 27, 2014

Warm up: 7:00AM

Start: 8:00AM

Estimated Session Length = 4.0 hours

Girls	Events	Boys
45	13 & Over 200 Backstroke**	46
47	13 & Over 100 Breaststroke	48
49	13 & Over 200 Butterfly**	50
51	13 & Over 100 Freestyle	52
53	13 & Over 50 Breaststroke	54

**** Meet Management reserves the right to limit heats/Choose 1 of 200 events to keep session within time constraints**

Session #9 - A + B Sunday PM April 27, 2014

**** 2 events per swimmer**

**** 10 & Under swimmers select 1 of 200 events**

Girls- 9A- Warm up 11:15AM Start : 12:15 PM	Events	Boys - 9B - Warm up 3:00PM Start : 3:30PM
55	12 & Under 200 Backstroke**	56
58	12 & Under 100 Breaststroke	57
60	12 & Under 200 Butterfly **	59
62	12 & Under 100 Freestyle	61
64	12 & Under 50 Breaststroke	63

**** Meet Management reserves the right to limit heats/Choose 1 of 200 events to keep session within time constraints**

Session #10 Sunday Evening April 27, 2014

Warm up: 5:30PM

Start: 6:30PM

Estimated Session Length = 2.0 hours

Girls	Events	Boys
45	13 200 Backstroke (A & B Finals)	46
	14 200 Backstroke (A & B Finals)	
	15 & Over 200 Backstroke (A & B Finals)	
47	13 100 Breaststroke (A & B Finals)	48
	14 100 Breaststroke (A & B Finals)	
	15 & Over 100 Breaststroke (A & B Finals)	
49	13 200 Butterfly (A & B Finals)	50
	14 200 Butterfly (A & B Finals)	
	15 & Over 200 Butterfly (A & B Finals)	
51	13 100 Freestyle (A & B Finals)	52
	14 100 Freestyle (A & B Finals)	
	15 & Over 100 Freestyle (A & B Finals)	
53	13 50 Breaststroke (A & B Finals)	54
	14 50 Breaststroke (A & B Finals)	
	15 & Over 50 Breaststroke (A & B Finals)	

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Swim Ontario Age Group "D" Time Standard

FEMALE			Stroke	Distance	MALE		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
33.63	33.04	32.36	Free	50	31.88	30.95	30.24
1:12.83	1:11.27	1:10.12		100	1:09.52	1:07.20	1:05.52
2:37.73	2:34.73	2:32.56		200	2:32.95	2:27.46	2:22.61
5:32.04	5:27.56	5:24.09		400	5:22.32	5:13.72	5:06.41
			Back	50			
1:22.08	1:20.79	1:18.60		100	1:19.62	1:17.45	1:15.05
2:56.26	2:52.80	2:50.12		200	2:50.65	2:47.79	2:43.07
			Breast	50			
1:34.17	1:33.05	1:31.87		100	1:31.43	1:28.08	1:26.66
3:20.85	3:20.35	3:19.75		200	3:15.93	3:12.06	3:08.38
			Butterfly	50			
1:21.97	1:20.71	1:19.07		100	1:19.60	1:16.29	1:13.54
3:03.30	3:02.92	3:00.58		200	2:59.20	2:56.04	2:50.41
2:58.67	2:56.36	2:53.67	IM	200	2:51.94	2:46.94	2:43.16
6:17.54	6:14.32	6:03.90		400	6:06.02	5:56.34	5:50.74

Centennial Pool (Markham)– There is a lot of parking spots around the pool area.

Cornell Community Centre parking information –

- **Onsite parking**

Ticket Validation – Swimmers/Parents: Cornell Community Centre has onsite parking.

During the course of the scheduled meet hours, the exit gates will be raised so participants/ volunteers and meet personnel are not required to pay for parking.

- **Available Street Parking Around Cornell Community Centre & Library**

Parking exemption has been made with By-Law NOT to ticket parked cars at the following locations

- South side of Church Street
- East and West side of Bur Oak Avenue

Please click the link for parking info for MAC April Invitational

<http://www.markhamaquaticclub.com/NewsShow.jsp?&id=303681&team=canmac>

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SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2013- 2014

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 swimmers 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 July 2, 2005

Revision 6 01/10/2009 APP D-2

SNC POLICY ON SWIMWEAR

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 nonconsolidated 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