

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

**Hosted & Sanctioned by:** Swimming Newfoundland and Labrador

**Pool Location:** Mount Pearl Summit Centre  
126 Smallwood Drive  
Mount Pearl, NL  
A1N 1G4

**Mailing Address:** Swimming Newfoundland and Labrador  
1296A Kenmount Road  
Paradise, NL, A1L 1N3

**Meet Managers:** John Kennedy, Jeff Butler  
[meetmanagemarlins@gmail.com](mailto:meetmanagemarlins@gmail.com)

**Head Official:** Randy Ball [randellball48@gmail.com](mailto:randellball48@gmail.com)

**Entries:** Email hy-tek entries will be accepted via SNC web upload only ([www.swimming.ca](http://www.swimming.ca)).

Entries due by: Friday February 27<sup>th</sup>, 2015 at 6 pm. NST  
**LATE ENTRIES WILL NOT BE ACCEPTED**

## Entry Fees:

\$50.00 (No cash accepted). Please make cheques payable to: Swimming Newfoundland and Labrador

The amount of fees due are based on the entries confirmed on March 2<sup>nd</sup> at noon. Fees are due by the start of warm-up for the first (i.e. Thursday) session. Please submit to Meet Manager at on deck table.

## Facility Rules:

The pool deck area is limited to swimmers registered in the meet, registered Coaches and Officials that are working the current session only. All others are asked to remain in the spectator seating areas.

## Meet Rules:

SNC rules will govern the meet  
SNC Warm-Up will be in effect  
FINA One-Start Rule in effect

## Coaches:

All coaches must be fully registered with CSCTA & SNC. There will be a coaches technical meeting on Thursday March 5<sup>th</sup> at 8:15 am.

## Eligibility & Entry Limits:

The qualifying times and entry limits are included on the final page under the qualifying standards.

All swimmers must be members in good standing with SNC or a FINA affiliated country.

## Meet Format:

- All events will be swum as "Senior" seeded during prelims but broken out in the following age categories for finals/awards/points:

12 & Under  
13 & 14  
15 & Over

*A swimmer's age is determined as of the first day of the meet.*

- All events will be swum as heats and finals with the following exceptions: 800m Freestyle, 1500m Freestyle and all relay and Para events.
- 800m and 1500m Freestyle events will be swum alternating, fastest to slowest and seeded by time with the fastest heat of each event swimming at night.
- The 800m and 1500m Freestyles are scored and awarded separately by gender. (Genders may be combined if there are empty lanes in the heats and time is of consideration.)
- To swim the 800m Freestyle and 1500m Freestyle swimmers must have the EC Champs qualifying time. All ages - if attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.
- Relays will be swum as timed finals; the top 8 ranked relays for 13-14 and the top 16 ranked relays for 15 and Over in each gender will swim during finals. All others will swim during prelims. Proof of time is required for all relay entries. Unproven times will be changed to NT.
- The 400m Freestyle and I.M. will both be swum fastest to slowest during prelims, alternating genders.

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

- There will be consolation finals in the 15 & Over age group, as long as there are a minimum of 12 swimmers entered, based on the numbers in the preliminary results. The consolation final will be swum before the final in each 15 & Over event.
- There will be no deck entries and no exhibition swims. Time trials *may* be available at the discretion of meet management.
- The pool consists of an eight lane main pool and two lane leisure pool. Warm up will be an open session for all teams with dive/sprint lanes designated during second half. Warmup will finish 10 minutes before the session starts and all swimmers shall clear the pool. The two lanes of the leisure pool shall be for use by the younger swimmers or swimmers who are not comfortable in the main pool. Note - The Safety Marshall will be monitoring the activity in the pool, but we will expect the coaches and swimmers to respect the rules established.
- During each competition session, the 2 lane leisure pool will be for swimmer warmup/cool down only - all ages.
- Meet Manager reserves the right to combine heats and events when numbers warrant during prelims.

## Proof of Times:

If the meet manager is unable to verify times using the SNC National system for events requiring proof of times you may be asked to email the meet manager a copy from Hy-Tek Team Manager.

## PARA Swimmers: (IPC Sanction Pending)

- All Para swimmers (Sport Class 1 to 14) must hold at least a Provincial Classification designation to be eligible to compete in the meet.
- Classification information is available at: [www.swimming.ca/ParaswimmingClassification](http://www.swimming.ca/ParaswimmingClassification)
- Para swimmers will be judged using the most current version of the IPC Swimming Rules and Regulations which can be found at: [www.ipc-swimming.org/rules\\_regulations](http://www.ipc-swimming.org/rules_regulations) or the SNC Rulebook with the technical rules updates provided in SNC Para Swimming Newsletters

- Sport Classes eligible for competition are 1-10, 11-13 and 14
- There is no age restrictions for Para swimming
- All Para swimmers' entries must include the swimmers classification numbers (i.e., S7, SB6, SM7) as part of their name
- Swimmers may compete in integrated format heats and dedicated Para Swimming finals, these swimmers can only compete in events they are classified in during the Para Swimming finals session; however they may swim in any event during prelims.
- PARA events will be scored using the SNC IPC Point system
- PARA swimmers may swim a maximum of six individual events; the five PARA events offered and one other Paralympic event. Note that they may swim the heats of the Para events; if they are eligible to swim in an able bodied final they may do so, however they must indicate to the meet manager which final they will swim in by the conclusion of heats.

## Scratches:

The first scratch deadline, following each preliminary session shall be 30 minutes following the time the results have been posted. The last scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the finals session. A \$20 penalty (to be paid immediately by the team) will be enforced during Finals. The team will be ineligible to swim until the penalty is paid. The swimmer that misses their swim during finals will not swim for the remainder of that session.

The meet management reserves the right to re-seed 400 IM, 400 Freestyle and 800/1500 Freestyle after the heat sheets are submitted. Meet management reserves the right to double lane slower heats should entry load be too heavy. As a courtesy please submit scratches as soon as possible to meet management for heats.

The meet will be run cardless, however, for distance events all swimmers are required to do a positive meet check-in. During finals, once an alternate is called, the "no show" is final. Time cards will be used for all relays and the 800 and 1500 Freestyle events.

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## Relay Rules:

Each club is allowed to enter two relays per event number as long as they meet the following criteria:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legitimately entered in the meet in an individual event.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.

Additional relays may be entered by clubs that have five (5), nine (9), etc or more swimmers qualified, entered, and swimming in the event's age group. A maximum of two (2) relay team swimmers may move up from younger age groups. A maximum of two relays per event per team will score, these must be designated in advance.

Relay cards must be submitted by the designated time that meet management announces during the technical meeting; Coaches may come to the meet manager desk on deck and change the names on the cards up to 15 minutes before the relays are scheduled to start.

Exhibition non-scoring relay teams may not swim in finals, regardless of proven entry time.

## Scoring:

Scoring for individual/relay events:

50-30-20-15-14-13-12-11;

9-7-6-5-4-3-2-1 for consolation finals (where applicable).

Scoring for high point awards will be based on the individual event scoring system.

## Awards:

There will be **High Point Individual Awards** for each Male/Female swimmer in each age group.

**Medals** will be awarded for first, second and third in

individual and relay events.

**Ribbons** will be awarded for 4th-8th place for individual events and relay events.

**Top High Point Team** will receive an award.

**Swimmers of the Meet** Male and Female, (based on this year's FINA Points).

## Timers/Officials:

Qualified officials from all clubs are welcomed and encouraged to participate. There is certainly a demand for on deck officials with a full eight lanes, especially Thursday and Friday of the meet. Please send to: Randy Ball [randellball48@gmail.com](mailto:randellball48@gmail.com)

## Allergy Alert

**PLEASE NOTE: No peanuts or peanut products are permitted at the meet due to some swimmers being severely allergic.**

## Canteen:

Fireside Café is scheduled to be opened for the meet on the second floor of the Summit Centre. Otherwise, the host committee will operate a canteen in the party room on the second floor overlooking the pool.

## Merchandise:

Championship clothing will be available for sale during the meet. Universal Corporate Wear will be on site during the meet with swimming gear and equipment. Clubs will be offered the opportunity to pre-order meet merchandise.

## Accommodations:

Hotel information included in separate attachment.

## Web page:

Live results will be available throughout the weekend on Meet Mobile.

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## EAST COAST CHAMPIONSHIPS - EVENT LIST

PRELIMS – Thursday, March 5, 2015				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
1	Open	50m Freestyle	Open	2
3	Open	200m Breaststroke	Open	4
5	Open	100m Backstroke	Open	6
<b>Break 15 Minutes</b>				
7	Open	1500m Freestyle*	--	--
--	--	800m Freestyle*	Open	10
11	12 and Under	4 x 200m Freestyle	12 and Under	12
13	13 and 14	4 x 200m Freestyle **	13 and 14	14
15	15 and Over	4 x 200m Freestyle **	15 and Over	16
*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals				
**Fastest heats of relays will swim during finals (fastest 2 heats of 15+ relays)				
FINALS - Thursday, March 5, 2015				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	--	800m Freestyle	Top 8	10
1	12 & Under	50m Freestyle	12 & Under	2
1	13-14	50m Freestyle	13-14	2
1	15 and Over	50m Freestyle	15 and Over	2
	OPEN PARA	50m Freestyle PARA	OPEN PARA	
3	12 & Under	200m Breaststroke	12 & Under	4
3	13-14	200m Breaststroke	13-14	4
3	15 and Over	200m Breaststroke	15 and Over	4
5	12 & Under	100m Backstroke	12 & Under	6
5	13-14	100m Backstroke	13-14	6
5	15 and Over	100m Backstroke	15 and Over	6
7	Top 8	1500m Freestyle	--	--
<b>Break 15 Minutes</b>				
13	13 and 14	4 x 200m Freestyle	13 and 14	14
15	15 and Over	4 x 200m Freestyle	15 and Over	16

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## EAST COAST CHAMPIONSHIPS - EVENT LIST

PRELIMS – Friday, March 6, 2015				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
17	Open	100m Breaststroke	Open	18
19	Open	200m Freestyle	Open	20
21	Open	50m Butterfly	Open	22
<b>Break 15 Minutes</b>				
23	Open	400m Individual Medley*	Open	24
25	12 and Under	4 x 100m Freestyle	12 and Under	26
27	13 and 14	4 x 100m Freestyle **	13 and 14	28
29	15 and Over	4 x 100m Freestyle **	15 and Over	30
<i>*Will be swum fastest to slowest, alternating gender.</i> <i>** Fastest heats of relays will swim during finals (fastest 2 heats of 15+ relays)</i>				

FINALS – Friday, March 6, 2015				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
17	12 and Under	100m Breaststroke	12 and Under	18
17	13 and 14	100m Breaststroke	13 and 14	18
17	15 and Over	100m Breaststroke	15 and Over	18
19	12 and Under	200m Freestyle	12 and Under	20
19	13 and 14	200m Freestyle	13 and 14	20
19	15 and Over	200m Freestyle	15 and Over	20
21	12 and Under	50m Butterfly	12 and Under	22
21	13 and 14	50m Butterfly	13 and 14	22
21	15 and Over	50m Butterfly	15 and Over	22
	OPEN PARA	50m Butterfly PARA	OPEN PARA	
23	12 and Under	400m Individual Medley	12 and Under	24
23	13 and 14	400m Individual Medley	13 and 14	24
23	15 and Over	400m Individual Medley	15 and Over	24
<b>Break 5 Minutes</b>				
27	13 and 14	4 x 100m Freestyle	13 and 14	28
29	15 and Over	4 x 100m Freestyle	15 and Over	30

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## EAST COAST CHAMPIONSHIPS - EVENT LIST

PRELIMS – Saturday, March 7, 2015				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
31	Open	200m Backstroke	Open	32
33	Open	50m Breaststroke	Open	34
35	Open	100m Butterfly	Open	36
<b>Break 15 Minutes</b>				
37	Open	400m Freestyle*	Open	38
39	12 and Under	4 x 100m Medley Relay	12 and Under	40
41	13 and 14	4 x 100m Medley Relay **	13 and 14	42
43	15 and Over	4 x 100m Medley Relay **	15 and Over	44
*Will be swum fastest to slowest, alternating gender.				
**Fastest heats of relays will swim during finals (fastest 2 heats of 15+ relays)				
FINALS – Saturday, March 7, 2015				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
31	12 and Under	200m Backstroke	12 and Under	32
31	13 and 14	200m Backstroke	13 and 14	32
31	15 and Over	200m Backstroke	15 and Over	32
	OPEN PARA	50m Breaststroke PARA	OPEN PARA	
33	12 and Under	50m Breaststroke	12 and Under	34
33	13 and 14	50m Breaststroke	13 and 14	34
33	15 and Over	50m Breaststroke	15 and Over	34
35	12 and Under	100m Butterfly	12 and Under	36
35	13 and 14	100m Butterfly	13 and 14	36
35	15 and Over	100m Butterfly	15 and Over	36
37	12 and Under	400m Freestyle	12 and Under	38
37	13 and 14	400m Freestyle	13 and 14	38
37	15 and Over	400m Freestyle	15 and Over	38
<b>Break 5 Minutes</b>				
41	13 and 14	4 x 100m Medley Relay	13 and 14	42
43	15 and Over	4 x 100m Medley Relay	15 and Over	44

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## EAST COAST CHAMPIONSHIPS - EVENT LIST

PRELIMS – Sunday, March 8, 2015				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
45	Open	200m Butterfly	Open	46
47	Open	100m Freestyle	Open	48
49	Open	200m Individual Medley	Open	50
51	Open	50m Backstroke	Open	52
Break 15 Minutes				
9	Open	800m Freestyle	--	--
--	--	1500m Freestyle	Open	8
<i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals</i>				
*FINALS – Sunday, March 8, 2015				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	----	1500m Freestyle	Top 8	8
45	12 and Under	200m Butterfly	12 and Under	46
45	13 and 14	200m Butterfly	13 and 14	46
45	15 and Over	200m Butterfly	15 and Over	46
47	12 and Under	100m Freestyle	12 and Under	48
47	13 and 14	100m Freestyle	13 and 14	48
47	15 and Over	100m Freestyle	15 and Over	48
	OPEN PARA	100m Freestyle PARA	OPEN PARA	
49	12 and Under	200m Individual Medley	12 and Under	50
49	13 and 14	200m Individual Medley	13 and 14	50
49	15 and Over	200m Individual Medley	15 and Over	50
51	12 and Under	50m Backstroke	12 and Under	52
51	13 and 14	50m Backstroke	13 and 14	52
51	15 and Over	50m Backstroke	15 and Over	52
Break 15 Minutes				
9	Top 8	800m Freestyle	----	--
53	12 and Under	4 x 50m Medley Relay	12 and Under	54
55	13 and 14	4 x 50m Medley Relay	13 and 14	56
57	15 and Over	4 x 50m Medley Relay	15 and Over	58
Break 15 Minutes				
59	12 and Under	4 x 50m Freestyle Relay	12 and Under	60
61	13 and 14	4 x 50m Freestyle Relay	13 and 14	62
63	15 and Over	4 x 50m Freestyle Relay	15 and Over	64

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

2014-2015 East Coast Championships - FEMALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			31.44	30.60	30.27	50 Free	29.51	29.84	30.67			
			1:08.67	1:06.01	1:05.30	100 Free	1:03.68	1:04.37	1:07.00			
2:50.00	2:37.91	2:30.73	2:27.11	2:23.61	2:22.05	200 Free	2:18.59	2:20.11	2:23.44	2:27.01	2:33.95	2:45.78
6:00.24	5:36.16	5:19.10	5:09.33	5:03.50	5:00.22	400 Free	4:52.76	4:55.96	5:01.67	5:11.19	5:27.79	5:51.33
12:27.59	11:36.63	11:00.23	10:44.11	10:27.43	10:20.65	800 Free	10:05.19	10:11.80	10:28.11	10:43.73	11:19.30	12:08.92
24:27.47	22:47.44	21:36.05	21:03.89	20:32.79	20:19.46	1500 Free	19:46.27	19:59.23	20:32.33	21:03.73	22:13.26	23:50.84
			37.00	35.85	35.46	50 Back	34.59	34.97	36.11			
			1:17.89	1:15.63	1:14.81	100 Back	1:12.97	1:13.77	1:16.00			
			2:48.00	2:43.93	2:42.16	200 Back	2:38.16	2:39.89	2:43.89			
			41.00	39.67	39.24	50 Breast	38.27	38.69	40.00			
			1:28.89	1:26.34	1:25.41	100 Breast	1:23.35	1:24.26	1:26.67			
			3:10.89	3:05.57	3:03.57	200 Breast	2:59.03	3:00.98	3:06.22			
			34.67	32.90	32.54	50 Fly	31.78	32.13	33.89			
			1:14.11	1:12.13	1:11.35	100 Fly	1:09.62	1:10.38	1:12.33			
			2:45.44	2:41.53	2:39.78	200 Fly	2:35.89	2:37.60	2:41.33			
3:13.01	3:01.40	2:53.45	2:48.56	2:43.72	2:41.95	200 IM	2:37.95	2:39.67	2:44.44	2:49.15	2:56.86	3:08.19
6:50.24	6:25.47	6:08.14	5:59.44	5:51.15	5:47.35	400 IM	5:38.70	5:42.40	5:50.56	5:58.98	6:15.93	6:40.00

2014-2015 East Coast Championships - MALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			29.04	28.37	27.46	50 Free	26.81	27.72	28.38			
			1:03.34	1:01.63	1:00.00	100 Free	58.49	1:00.11	1:01.70			
2:54.19	2:39.76	2:27.34	2:18.30	2:14.67	2:11.46	200 Free	2:07.43	2:11.30	2:14.90	2:23.73	2:35.86	2:49.94
6:07.74	5:37.28	5:12.32	4:56.44	4:48.80	4:43.46	400 Free	4:36.43	4:41.63	4:49.10	5:04.52	5:28.88	5:58.58
12:54.97	11:50.77	10:50.73	10:15.89	10:05.43	9:56.76	800 Free	9:41.84	9:50.33	10:03.84	10:34.46	11:33.02	12:35.61
24:40.52	22:37.87	21:06.21	20:00.77	19:37.83	19:03.03	1500 Free	18:44.49	19:08.37	19:30.85	20:34.58	22:24.02	24:03.61
			34.19	33.15	32.43	50 Back	31.68	32.28	33.42			
			1:12.88	1:10.54	1:08.86	100 Back	1:07.14	1:08.80	1:11.12			
			2:34.96	2:32.07	2:29.62	200 Back	2:25.95	2:28.04	2:31.12			
			37.48	36.85	36.43	50 Breast	35.57	35.98	36.60			
			1:22.85	1:20.65	1:17.62	100 Breast	1:15.68	1:18.70	1:20.88			
			3:00.49	2:54.78	2:51.46	200 Breast	2:47.24	2:50.43	2:56.00			
			31.45	30.76	29.95	50 Fly	29.19	30.00	30.68			
			1:09.59	1:07.72	1:05.84	100 Fly	1:04.22	1:06.09	1:07.95			
			2:38.79	2:35.65	2:32.32	200 Fly	2:28.54	2:30.98	2:34.85			
3:18.06	3:01.66	2:47.57	2:38.58	2:33.91	2:30.05	200 IM	2:26.38	2:30.11	2:34.63	2:43.39	2:57.16	3:13.16
7:06.58	6:31.24	5:55.48	5:37.42	5:28.91	5:22.38	400 IM	5:14.38	5:20.76	5:29.10	5:46.67	6:21.54	6:54.00

Swimmers may qualify for East Coast Championships using either short OR long course times.

14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) except for 400 IM, 400, 800 & 1500 free

15& Over – require one qualifying time to compete, then get up to 5 bonus swims excluding the 400 IM, 400/800/1500 free

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at East Coast Championships. If attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.



# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## 2014-2016 Para Provincial Standards / WOMEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	4:15.71	2:46.57	2:21.93	1:43.22	1:28.55	1:09.57	0:55.79	0:50.83	0:44.63	0:43.39	0:55.79	0:54.67	0:44.63	0:44.63
100 Free	7:44.51	5:35.48	4:43.87	3:39.35	3:09.75	2:19.15	1:57.77	1:51.57	1:39.18	1:32.98	2:03.97	2:01.49	1:45.37	1:39.18
200 Free	15:05.56	10:04.09	8:59.58	7:48.03	6:19.50									3:29.62
400 Free						10:04.90	9:17.86	9:05.47	8:03.48	7:38.69	9:17.86	9:06.71	8:15.88	
50 Back	3:52.25	2:47.74	2:34.84	1:56.13	1:41.20									
100 Back						2:44.45	2:28.76	2:16.37	2:03.97	1:51.57	2:28.76	2:25.79	2:03.97	2:03.97
50 Breast	4:30.96	3:26.45	2:34.84											
100 Breast				3:52.25	3:35.05	3:22.40	2:53.56	2:28.76	2:16.37		2:53.56	2:50.08	2:16.37	2:16.37
50 Fly	3:13.54	3:00.64	2:34.84	2:21.93	2:06.50	1:34.87	1:14.38							
100 Fly								2:28.76	2:16.37	2:03.97	2:28.76	2:25.79	2:03.97	2:16.37
150 IM	8:23.22	8:03.86	7:44.51	6:27.09										
200 IM					7:35.40	6:19.50	5:22.32	4:57.53	4:07.94	3:55.54	4:57.53	4:51.58	4:20.34	4:07.94

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## 2014-2016 Para Provincial Standards / MEN Short Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
50 Free	3:26.45	2:09.03	1:43.22	1:30.32	1:09.57	0:56.93	0:44.63	0:43.39	0:39.68	0:38.43	0:49.59	0:43.39	0:39.68	0:39.68
100 Free	6:19.50	4:30.96	3:52.25	3:13.54	2:31.80	2:00.17	1:49.68	1:43.22	1:30.32	1:25.16	1:39.18	1:32.98	1:26.78	1:26.78
200 Free	12:39.00	8:59.58	6:55.24	6:27.09										3:04.83
400 Free					12:11.40	8:51.30	8:36.12	8:23.22	7:44.51	7:31.60	8:40.67	7:51.09	7:29.67	
50 Back	3:22.40	2:34.84	2:09.03	1:43.22	1:15.90									
100 Back						2:19.15	2:09.03	2:02.58	1:43.22	1:39.70	2:16.37	2:03.97	1:51.57	1:39.18
50 Breast	4:10.70	2:34.84	2:09.03											
100 Breast				3:00.64	2:50.78	2:44.45	2:34.84	2:09.03	1:50.96		2:28.76	2:03.97	1:51.57	1:46.62
50 Fly	2:31.80	2:21.93	1:56.13	1:43.22	1:28.55	1:09.57	0:58.06							
100 Fly								2:02.58	1:43.22	1:36.19	2:03.97	1:45.37	1:39.18	1:39.18
150 IM	7:35.40	7:05.80	6:27.09	5:09.67										
200 IM					6:19.50	5:03.60	4:30.96	4:18.06	3:52.25	3:39.35	4:32.73	4:07.94	3:43.15	3:43.15

# EAST COAST SHORT COURSE CHAMPIONSHIPS

March 5-8, 2015

## SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### GENERAL WARM-UP:

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

### VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

### SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

### PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**