



Long Course Invitational

May 8-10, 2015

SUDBURY EAST SIDE MARIO'S INVITATIONAL LONG COURSE SWIM MEET

MAY 8-10, 2015

Sponsored by



SUDBURY LAURENTIAN SWIM CLUB

705-675-4851

www.sudburyswimming.ca

AT THE
**JENO TIHANYI
OLYMPIC GOLD POOL**

HOST CLUB INFORMATION PACKAGE



Long Course Invitational

May 8-10, 2015

HOST CLUB

SUDBURY LAURENTIAN SWIM CLUB

LOCATION

Jeno Tihanyi Olympic Gold Pool,
Laurentian University, Sudbury, Ontario

SANCTIONED BY

Swim Ontario

FACILITY

50 metre, 8-lane competition pool

TIMING

Electronic/Manual

Meet Management reserves the right to change start times for sessions

		Warm-up	Start
Friday	Group 1 **	4:00 pm to 4:45 pm	5:30 pm
	Group 2 **	4:45 pm to 5:30 pm	
Saturday	13&14, 15&Over	7:30 am	8:30 am
	10&Under, 11&12	12:30 pm	1:30 pm
	Finals 13&14, 15&Over	5:30 pm	6:30 pm
Sunday	13&14, 15&Over	7:30 am	8:30 am
	10&Under, 11&12	12:30 pm	1:30 pm
	Finals 13&14, 15&Over	5:30 pm	6:30 pm

** Friday night warm-ups will be split into two 45 minute groups. Meet Management will notify clubs 4 days prior to the meet to advise them of their warm-up time.

The following events will be Timed Finals:

- All Relays
- 800/1500 Free
- 400 Free
- 400 IM

All Relays will be during the preliminary sessions.



ENTRY LIMITATIONS:

Eligibility

- Swimmers must be registered as competitive swimmers with Swim Ontario.

Qualifying Standards

- 10&Under - Swim Ontario Festival std E - 10&Unders [2014 version]
- 11-12 - Swim Ontario Festival E standard - Age 11 [2014 version]
- 13-14 - Swim Ontario Age Group D - Age 13 [2014 version]
- 15&Over - Swim Ontario Age Group D - Age 15 [2014 version]
- Events without a Swim Ontario "E" standard (either Festival or Age Group) require a Seed Entry time in order for an entry time to be accepted.
- Refer to attachment for **definitive** list of qualifying times for each event.

Age

- Swimmers shall be the correct age as of the first day of the meet.

Number of entries

- Swimmers will be limited to 8 events, plus relays.

Conversion

- Please submit entry times as you have them (LCM, SCM, or SCY). Times will be converted by the host using hy-tek default conversion factor.

Deck entries

- Deck entries will be allowed provided there are empty lanes only for swimmers already submitted and validated in the entries file, at a charge of \$10 per event payable to SLSC, cash or cheque.
- Deck entries must be made 30 minutes prior to the start of the session and will be recorded as EXHIBITION ONLY.
- Swimmers that were not in the entries file submitted to www.swimmeet.ca cannot be deck entered.



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May 8-10, 2015

Scratches

- Scratches for Preliminaries must be made at least 45 minutes prior to the start of the session, and must be submitted to the Computer Room.
- Scratches for Finals must be made no more than 30 minutes after the conclusion of the preliminary session and must be submitted to the Computer Room.

800/1500m Free 400m Free, 400m IM

- These events will be limited to 3 heats of the fastest 24 qualifiers.
- Seeding will be as an open event according to entry times.
- Swimmers entering any of these events must designate an alternate event that they may swim if they fail to achieve entry to these events. **The alternate event must be clearly identified using the ALT box in Hy-tek entry file. (if not possible, email the Meet Entry Coordinator with Alternate Events)**

200m Fly 13&Over

- Combined for prelims. One heat of each age group to finals 13-14 and 15&Over

1500 Free, 200 Fly

- These events are not open to the 10 & under age group

200 IM, 400 IM – 12&Under

- This event will be run and scored as 12&Under

OFFICIAL SPLIT POLICY:

- The procedure for obtaining an 'Official Split' requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will **NOT** be regarded as an official split unless coaches request it to meet management.
- 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..
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MEET FORMAT	Current SNC rules shall apply, as qualified above.	
	One – start SNC Warm-up procedures will be in effect	
SCORING: Team	Individual in Finals 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Top sixteen in prelims will advance to finals. If 18 or less swimmers in prelims only the top 8 will advance to finals.	
	Relays 20-17-16-15-14-13-12-11	
Individual High Point Age Group	Finals	5-2-1
Awards	Individual Final events	Medals: 1 st , 2 nd , 3 rd Ribbons: 4 th through 8 th
	Relays	Medals: 1 st Ribbons: 2 nd , 3 rd
	High Point Age Group	Male and Female in each Age group
	Team Trophy	Sudbury East Side Mario's Trophy for club with highest team total

Meet Results

- Live meet results will be available a www.sudburyswimming.ca and Meet Mobile
- All meet results will be available on the SNC site (www.swimming.ca) within 2 days of the conclusion of the competition.



ENTRY FEES	Individual swim	\$ 9.75 per individual entry (incl. HST)
	Relays	\$ 11.50 per relay team (incl. HST)
		Cheques payable to SLSC must be delivered to Meet Manager prior to the start of the meet

ENTRY DEADLINE Midnight, Wednesday
April 29, 2015

OVERSUBSCRIPTION: SLSC reserves the right to limit the entries based on the order of registrations for the meet on a first registered, first accepted basis. Please ensure that your entries are received by the above deadline. If the meet is oversubscribed, affected clubs will be notified promptly.

MEET MANAGER
Doug Eastick eastick@gmail.com
705-688-2202 cell

MEET ENTRY COORDINATOR
David Bertrim davidbertrim@gmail.com

MEET REFEREE
Dan Langlois langlois.pare@sympatico.ca
705-523-7402

OFFICIALS' CHAIRPERSON
Denis Hurtubise denis.hurtubise5@gmail.com

SEND FEES TO: Meet management at the pool.

Entries must be uploaded to
www.swimming.ca



Locations

East Side Mario's has TWO locations to serve swim teams in town for the swim meet. Teams will get a 15% team discount – please notify your location in advance of ordering.

Lasalle Blvd location

- 900 Lasalle Blvd, Sudbury, ON 705-670-0900
- <https://www.facebook.com/pages/East-Side-Marios-Lasalle-Blvd/494749110598817>
- <https://goo.gl/maps/fHRyQ>

Algonquin (south end) location:

- 2040 Algonquin Rd, Sudbury, ON 705-522-8977
- <https://www.facebook.com/ESMAlgonquin>
- <https://goo.gl/maps/i79xp>



13th ANNUAL ELIMINATOR

800 METRES --8 WILL START-- TWO WILL FINISH -- ONE WILL WIN

\$100 GIFT CARD

RULES:

800 METRE ELIMINATION RACE-- LAST PERSON TO MAKE CONTACT WITH THE WALL AT THE 200 METRE MARK WILL BE THE FIRST TO BE ELIMINATED

SWIMMERS WILL THEN BE ELIMINATED AT EACH 100 METRE INTERVAL UNTIL TWO SWIMMERS REMAIN TO SWIM THE LAST 100 METRES

FIRST TO MAKE CONTACT WITH THE WALL IS THE WINNER.

The race will be restarted after each interval. There will be a 30 second rest from the time that the last person has touched the wall in that interval.

**1 HEAT OF FEMALES WILL BE SWUM SATURDAY AT END OF FINALS
2014 Champion has automatic entry
REMAINING SWIMMERS WILL BE SELECTED RANDOMLY FROM ENTRIES
SUBMITTED FOR THE EVENT**

**1 HEAT OF MALES WILL BE SWUM SUNDAY AT END OF FINALS
2014 Champion has automatic entry
REMAINING SWIMMERS WILL BE SELECTED RANDOMLY FROM ENTRIES
SUBMITTED FOR THE EVENT**

THIS EVENT WILL NOT SCORE TEAM OR INDIVIDUAL POINTS AND WILL NOT COUNT TOWARDS INDIVIDUAL ENTRY LIMITS

**THIS EVENT IS RESTRICTED TO THOSE SWIMMERS
AGES 13 & OVER**

EXCITING TO SWIM--EXCITING TO WATCH



GIFT CERTIFICATES TO BE WON

\$100 TO BE AWARDED

FREESTYLE TOP SWIMS

GIRLS 13-14 AND 15&OVER AGE GROUP

TOP SWIMS BASED ON COMBINED FINA POINTS
FOR 200 FREE, 400 FREE AND (800 OR 1500
FREE)

BOYS 13-14 AND 15&OVER AGE GROUP

TOP SWIMS BASED ON COMBINED FINA POINTS
FOR 200 FREE, 400 FREE AND (1500 OR 800 FREE)

*SWIMMERS MUST BE ENTERED IN ALL 3
EVENTS TO BE CONSIDERED FOR
AWARDS*



GIFT CERTIFICATES TO BE WON

\$50 TO BE AWARDED

SPRINT SPECIALISTS

13-14 AND 15&OVER AGE GROUP

**TOP SWIMS BASED ON COMBINED FINA POINTS
FOR ANY TWO 50M events plus the 100 Metre free**

13 &14 AND 15 AND OVER AGE GROUP

**TOP SWIMS BASED ON COMBINED FINA POINTS
FOR
ANY TWO 50M events plus the 100 Metre free**

**Day One – Friday****Session 1 – Preliminaries/Time Finals**

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Fly 10&Under	1	2
50 Fly 11-12	3	4
50 Fly 13-14	5	6
50 Fly 15&Over	7	8
200 I.M. 12&Under (Time Final)	9	10
200 I.M. 13&14	11	12
200 I.M. 15&Over	13	14
Mixed 11 & over 800 Free TF	15	15
Mixed 11 & over 1500 Free TF	16	16

Day Two – Saturday**Session 2 – Preliminaries/Time Finals**

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Free – 13-14	19	20
50 Free – 15&Over	21	22
200 Back – 13-14	23	24
200 Back – 15&Over	25	26
100 Fly – 13-14	27	28
100 Fly – 15&Over	29	30
100 Breast – 13&14	31	32
100 Breast – 15&Over	33	34
200 Free – 13-14	35	36
200 Free – 15&Over	37	38
400 I.M. – Open (Time Final)	39	40
200 M.R. 13 & 14 (Time Final)	41	42
200 M.R. 15 & over (Time Final)	43	44

**Day Two – Saturday****Session 3 – Preliminaries/Time Finals**

EVENT –ALL TIMED FINALS	GIRLS EVENT NO.	BOYS EVENT NO.
50 Free 11 & 12	45	46
50 Free 10 & Under	47	48
200 Back 11 & 12	49	50
200 Back 10 & Under	51	52
100 Fly 11 & 12	53	54
100 Fly 10 & Under	55	56
100 Breast 11 & 12	57	58
100 Breast 10 & Under	59	60
200 Free 11 & 12	61	62
200 Free 10 & Under	63	64
400 IM 12&Under	65	66
200 Medley Relay 10 & under	67	68
200 Medley Relay 11&12	69	70

Day Two –Saturday**Session 4 – Finals**

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 I.M. 13 & 14	11	12
200 I.M. 15 & over	13	14
50 Free – 13 & 14	19	20
50 Free – 15 & over	21	22
200 Back – 13 & 14	23	24
200 Back – 15 & over	25	26
100 Fly – 13 & 14	27	28
100 Fly – 15 & over	29	30
100 Breast – 13&14	31	32
100 Breast – 15 & over	33	34
200 Free – 13 &14	35	36
200 Free – 15 & over	37	38
800 Eliminator - girls	127	



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May 8-10, 2015

Day Three – Sunday

Session 5 – Preliminaries

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Back 13 & 14	71	72
50 Back 15 & over	73	74
50 Breast 13 & 14	75	76
50 Breast 15 & over	77	78
100 Free 13 & 14	79	80
100 Free 15 & over	81	82
200 Fly 13&Over	83	84
100 Back 13 & 14	85	86
100 Back 15 & over	87	88
400 Free Open (Time Final)	89	90
200 Breast 13 & 14	91	92
200 Breast 15 & over	93	94
200 Free Relay 13 & 14 (Time	95	96
200 Free Relay 15 & over (Time	97	98

Day Three – Sunday

Session 6 – Preliminaries/Time Finals

EVENT –ALL TIMED FINALS	GIRLS EVENT NO.	BOYS EVENT NO.
50 Back 10 & Under	99	100
50 Back 11 & 12	101	102
100 Free 10 & Under	103	104
100 Free 11 & 12	105	106
50 Breast 10 & Under	107	108
50 Breast 11 & 12	109	110
200 Fly 12&Under	111	112
100 Back 10 & Under	113	114
100 Back 11 & 12	115	116
200 Breast 10 & Under	117	118
200 Breast 11 & 12	119	120
400 Free 12&Under	121	122
200 Free Relay 10 & Under	123	124
200 Free Relay 11 & 12	125	126



Day Three – Sunday

Session 7 – Finals

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Back 13 & 14	71	72
50 Back 15 & over	73	74
200 Breast 13 & 14	91	92
200 Breast 15 & over	93	94
100 Free 13 & 14	79	80
100 Free 15 & over	81	82
200 Fly 13-14,15 & over	83	84
50 Breast 13 & 14	75	76
50 Breast 15 & over	77	78
100 Back 13 & 14	85	86
100 Back 15 & over	87	88
50 Fly 13 & 14	5	6
50 Fly 15& over	7	8
800 Eliminator - boys		128



Long Course Invitational
REQUEST FOR OFFICIALS

May 8-10, 2015

CLUB NAME: _____

**OFFICIALS'
CHAIRPERSON:** _____

DAYTIME PHONE NO. _____

EVENING PHONE NO. _____

e-mail: _____

Official's Name	Level of Certification	Sessions Available	Desired Position(s)	*

***Please indicate here if an Evaluation for certification is requested ↗**

Comments:

- The officials' sign up will be done at OSOA.CA website.
- Please email the above information to the Officials Chairperson listed in the Meet Package.



**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 removed 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

Eastside Mario's Long Course Invitational - 5/8/2015 to 5/10/2015**Time Standards Report**

Event	ESM
Event 1 Girls 10&U 50 Fly	30:00.00
Event 2 Boys 10&U 50 Fly	30:00.00
Event 3 Girls 11-12 50 Fly	30:00.00
Event 4 Boys 11-12 50 Fly	30:00.00
Event 5 Girls 13-14 50 Fly	30:00.00
Event 6 Boys 13-14 50 Fly	30:00.00
Event 7 Girls 15&O 50 Fly	30:00.00
Event 8 Boys 15&O 50 Fly	30:00.00
Event 9 Girls 10&U 200 IM	3:54.33
Event 9 Girls 11-12 200 IM	3:34.49
Event 10 Boys 10&U 200 IM	3:58.04
Event 10 Boys 11-12 200 IM	3:36.97
Event 11 Girls 13-14 200 IM	3:02.24
Event 12 Boys 13-14 200 IM	2:55.38
Event 13 Girls 15&O 200 IM	2:57.14
Event 14 Boys 15&O 200 IM	2:46.42
Event 15 Girls 11-12 800 Free	13:55.64
Event 15 Girls 13-14 800 Free	13:55.64
Event 15 Girls 15&O 800 Free	13:55.64
Event 15 Boys 11-12 800 Free	14:34.07
Event 15 Boys 13-14 800 Free	14:34.07
Event 15 Boys 15&O 800 Free	14:34.07
Event 16 Girls 11-12 1500 Free	22:18.33
Event 16 Girls 13-14 1500 Free	22:18.33
Event 16 Girls 15&O 1500 Free	22:18.33
Event 16 Boys 11-12 1500 Free	22:04.78
Event 16 Boys 13-14 1500 Free	22:04.78
Event 16 Boys 15&O 1500 Free	22:04.78
Event 19 Girls 13-14 50 Free	34.30
Event 20 Boys 13-14 50 Free	32.52
Event 21 Girls 15&O 50 Free	33.01
Event 22 Boys 15&O 50 Free	30.84
Event 23 Girls 13-14 200 Back	2:59.79
Event 24 Boys 13-14 200 Back	2:54.06
Event 25 Girls 15&O 200 Back	2:53.52
Event 26 Boys 15&O 200 Back	2:46.33
Event 27 Girls 13-14 100 Fly	1:23.61
Event 28 Boys 13-14 100 Fly	1:21.19
Event 29 Girls 15&O 100 Fly	1:20.65
Event 30 Boys 15&O 100 Fly	1:15.01
Event 31 Girls 13-14 100 Breast	1:36.05
Event 32 Boys 13-14 100 Breast	1:33.26
Event 33 Girls 15&O 100 Breast	1:33.71
Event 34 Boys 15&O 100 Breast	1:28.39
Event 35 Girls 13-14 200 Free	2:40.88
Event 36 Boys 13-14 200 Free	2:36.01
Event 37 Girls 15&O 200 Free	2:35.61

Eastside Mario's Long Course Invitational - 5/8/2015 to 5/10/2015**Time Standards Report**

Event	ESM
Event 38 Boys 15&O 200 Free	2:25.46
Event 39 Girls 13-14 400 IM	6:25.09
Event 39 Girls 15&O 400 IM	6:11.18
Event 40 Boys 13-14 400 IM	6:13.34
Event 40 Boys 15&O 400 IM	5:57.75
Event 41 Girls 13-14 200 Medley Relay	
Event 42 Boys 13-14 200 Medley Relay	
Event 43 Girls 15&O 200 Medley Relay	
Event 44 Boys 15&O 200 Medley Relay	
Event 45 Girls 11-12 50 Free	39.68
Event 46 Boys 11-12 50 Free	39.98
Event 47 Girls 10&U 50 Free	42.77
Event 48 Boys 10&U 50 Free	43.39
Event 49 Girls 11-12 200 Back	3:33.25
Event 50 Boys 11-12 200 Back	3:38.21
Event 51 Girls 10&U 200 Back	3:54.33
Event 52 Boys 10&U 200 Back	4:05.48
Event 53 Girls 11-12 100 Fly	1:43.52
Event 54 Boys 11-12 100 Fly	1:46.62
Event 55 Girls 10&U 100 Fly	1:54.68
Event 56 Boys 10&U 100 Fly	2:00.26
Event 57 Girls 11-12 100 Breast	1:55.30
Event 58 Boys 11-12 100 Breast	1:57.78
Event 59 Girls 10&U 100 Breast	2:02.74
Event 60 Boys 10&U 100 Breast	2:07.70
Event 61 Girls 11-12 200 Free	3:09.69
Event 62 Boys 11-12 200 Free	3:13.41
Event 63 Girls 10&U 200 Free	3:25.81
Event 64 Boys 10&U 200 Free	3:32.01
Event 65 Girls 12&U 400 IM	7:38.73
Event 66 Boys 12&U 400 IM	8:09.73
Event 67 Girls 10&U 200 Medley Relay	
Event 68 Boys 10&U 200 Medley Relay	
Event 69 Girls 11-12 200 Medley Relay	
Event 70 Boys 11-12 200 Medley Relay	
Event 71 Girls 13-14 50 Back	30:00.00
Event 72 Boys 13-14 50 Back	30:00.00
Event 73 Girls 15&O 50 Back	30:00.00
Event 74 Boys 15&O 50 Back	30:00.00
Event 75 Girls 13-14 50 Breast	30:00.00
Event 76 Boys 13-14 50 Breast	30:00.00
Event 77 Girls 15&O 50 Breast	30:00.00
Event 78 Boys 15&O 50 Breast	30:00.00
Event 79 Girls 13-14 100 Free	1:14.29
Event 80 Boys 13-14 100 Free	1:10.91
Event 81 Girls 15&O 100 Free	1:11.52
Event 82 Boys 15&O 100 Free	1:06.83

Eastside Mario's Long Course Invitational - 5/8/2015 to 5/10/2015**Time Standards Report**

Event	ESM
Event 83 Girls 13-14 200 Fly	3:06.97
Event 83 Girls 15&O 200 Fly	3:04.19
Event 84 Boys 13-14 200 Fly	3:02.78
Event 84 Boys 15&O 200 Fly	2:53.82
Event 85 Girls 13-14 100 Back	1:23.82
Event 86 Boys 13-14 100 Back	1:21.21
Event 87 Girls 15&O 100 Back	1:20.17
Event 88 Boys 15&O 100 Back	1:16.55
Event 89 Girls 13-14 400 Free	5:38.68
Event 89 Girls 15&O 400 Free	5:30.57
Event 90 Boys 13-14 400 Free	5:28.77
Event 90 Boys 15&O 400 Free	5:12.54
Event 91 Girls 13-14 200 Breast	3:24.87
Event 92 Boys 13-14 200 Breast	3:19.85
Event 93 Girls 15&O 200 Breast	3:23.75
Event 94 Boys 15&O 200 Breast	3:12.15
Event 95 Girls 13-14 200 Free Relay	
Event 96 Boys 13-14 200 Free Relay	
Event 97 Girls 15&O 200 Free Relay	
Event 98 Boys 15&O 200 Free Relay	
Event 99 Girls 10&U 50 Back	30:00.00
Event 100 Boys 10&U 50 Back	30:00.00
Event 101 Girls 11-12 50 Back	30:00.00
Event 102 Boys 11-12 50 Back	30:00.00
Event 103 Girls 10&U 100 Free	1:34.85
Event 104 Boys 10&U 100 Free	1:36.71
Event 105 Girls 11-12 100 Free	1:26.79
Event 106 Boys 11-12 100 Free	1:28.03
Event 107 Girls 10&U 50 Breast	20:00.00
Event 108 Boys 10&U 50 Breast	20:00.00
Event 109 Girls 11-12 50 Breast	20:00.00
Event 110 Boys 11-12 50 Breast	20:00.00
Event 111 Girls 11-12 200 Fly	3:58.04
Event 112 Boys 11-12 200 Fly	4:26.56
Event 113 Girls 10&U 100 Back	1:48.48
Event 114 Boys 10&U 100 Back	1:51.58
Event 115 Girls 11-12 100 Back	1:39.81
Event 116 Boys 11-12 100 Back	1:41.05
Event 117 Girls 10&U 200 Breast	20:00.00
Event 118 Boys 10&U 200 Breast	20:00.00
Event 119 Girls 11-12 200 Breast	4:06.72
Event 120 Boys 11-12 200 Breast	4:17.88
Event 121 Girls 12&U 400 Free	7:17.65
Event 122 Boys 12&U 400 Free	7:28.81
Event 123 Girls 10&U 200 Free Relay	
Event 124 Boys 10&U 200 Free Relay	
Event 125 Girls 11-12 200 Free Relay	

Eastside Mario's Long Course Invitational - 5/8/2015 to 5/10/2015**Time Standards Report**

Event	ESM
Event 126 Boys 11-12 200 Free Relay	
Event 127 Girls 800 Eliminator	30:00.00
Event 128 Boys 800 Eliminator	30:00.00



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.