



Eastern Cup

Meet Package

Hosted by

Revised Jan. 11, 2016

Due to larger than anticipated number of entries

- **400 Free** moved to Sunday AM finals at end of session
- **400 IM** moved to Saturday PM finals at end of session
- Fastest heat of **W 800 Free & M 1500 Free** will run first on Saturday PM finals
- Warm-up times extended due to large number of entries

Friday PM: 2:15 to 4:05 PM

Saturday 7:15 – 8:50 AM

Sunday AM: 8 – 8:50 AM



Eastern Cup

Long Course Championships

- Heats and Finals format
- OPEN
- PARA swimmers invited
 - **IPC sanctioned**
- Qualifying Standards
- Bonus Events

Unique format

- Distance on Friday AM
- Heats on Friday PM with
- Finals on Sunday AM
- Heats & Finals on Saturday

\$50 prize to winner of each finals
on Sunday AM session – **does not
include 400 Free**

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Swimming Canada Competition Warm-Up Safety Procedure

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"

General Information

Sanction:	Sanctioned by Swim Ontario
Meet Type:	Long Course Championships – Heats and Finals Format has changed from last year in that <ul style="list-style-type: none"> • Friday morning is a timed final distance session • Friday late afternoon is a prelims session with finals to be swum on Sunday morning • Saturday morning prelims and with finals in evening session PARA swimmers will be integrated with Able-Bodied swimmers This meet IS IPC sanctioned
Awards:	\$50 prize to winner of each finals on Sunday AM session
Location:	55 Harbord Street, Toronto, ON
Facility:	50 M 8 Lane with Electronic Timing; 25 Yard Warm Down Pool
Facility Policy:	See Appendix A
Competition Host:	Toronto Swim Club
Competition Dates:	January 15-17, 2016
Competition Times:	See Program Event List

Organizing Committee

Meet Manager:	Martin Day; martinday.to@gmail.com
Meet Referee:	Will Burwell; willburwell@gmail.com
Officials Coordinator:	Will Burwell; willburwell@gmail.com
Entries:	Swim Ontario; meetentries@swimontario.com

Entry Information

Eligibility:	Swimmers must be registered as competitive with Swim Ontario, SNC and/or FINA recognized organization. PARA swimmers must have a current and valid classification.	
Qualifying Period:	From September 1, 2014 to January 5, 2016	
Qualifying Standards:	See Appendix B for able-bodied PARA Can Am standards	
Entry Deadline:	January 8, 2016	
Entry Fees:	Age Group swimmer Fee	\$60 including HST
	University CIS swimmer Fee	\$15 including HST
	Splash fee:	\$5 + HST (\$5.65) / swimmer
	Deck Entry Fee:	\$20 including HST
Payment:	Please make cheques payable to Toronto Swim Club	

Entry Process

To Qualify:	<p>All swimmers must achieve at least 1 (one) Qualifying Standard PARA swimmers must achieve at least 1 (one) Can-Am Qualifying Standard Eligible events for PARA swimmers:</p> <ul style="list-style-type: none">• 50, 100, 200 Free• 400 Free (will be swum during Friday morning distance events)• 50, 100 Back• 50, 100 Breast• 50, 100 Fly• 200 (150) IM
Foreign Competitors:	<p>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.</p>
Submission:	<p>All entries must be submitted via the Meet List online entries system. https://www.swimming.ca</p> <p>Once an entry file is uploaded, the entry system will automatically email a confirmation of entries. Once received, clubs have 48 hours to review this file and make corrections/modifications to entries.</p> <p>A successful entry file upload is only the validation of membership entry information against the national membership and entry validation DOES NOT guarantee a club's entries will be accepted by meet management.</p> <p>Accepted or rejected entries will be identified with a second notification from Meet Management.</p> <p>Meet management reserves the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline, or any other lack of compliance with Swim Ontario meet policy and procedure.</p>
Times:	<p>All entries received shall be UNCONVERTED. No converted times will be accepted. Yards times will not be accepted.</p>
Seeding:	<p>After all times have been proven, entry times will be converted to LCM using Hy-Tek conversion factor and seeded by time regardless of Bonus designation.</p>
Entry Maximum:	<p>Maximum of 7 individual events per swimmer</p>
Age Group:	<p>A competitor's age is their age as of the first day of the competition – January 15, 2016</p> <p>Individual Events: <i>OPEN</i></p>

BONUS Swims:	<p>Qualified swimmers will receive the following bonus swims</p> <ul style="list-style-type: none"> • Qualify in one (1) event, receive two (2) Bonus swims • Qualify in two (2) events, receive one (1) Bonus swim • Qualify in three or more events, no Bonus swims <p>800 and 1500 Free events are NOT ELIGIBLE AS BONUS SWIMS 400 Free event are not eligible as Bonus Swims for PARA swimmers</p> <p>Bonus swims must be entered with actual times for seeding purposes</p> <p>Please indicate bonus events by the BONUS check in Hytek Team Manager, Team Unify, and SPLASH.</p>
Meet Program:	<p>The meet program for Sessions 1, 2, and 3 will be posted online at www.swimontario.com and at www.torontoswimclub.com by noon, <i>January 12, 2016</i>. All swimmers and spectators are encouraged to download these to their mobile devices prior to arrival at the pool without charge. Limited quantities of meet programs will be available at the event at a cost of \$2.00</p> <p>The meet program for sessions 4 and 5 will be available electronically at www.torontoswimclub.com, and for sale at the meet at a cost of \$2.00.</p>
Live Results:	<p>Unofficial results will be posted, as they are available, through Meet Mobile and on www.torontoswimclub.com.</p>
Deck entries:	<p>Deck entries are permitted based on empty lanes. Swimmers will swim as exhibition and will not advance to finals. Only swimmers already participating in the meet may be deck entered.</p>

Registration Information

Team Registration:	<p><i>Friday, Jan. 15, 2016 from 10 am to 4 pm on deck</i></p> <div> <div>One coach designate from each team must register the following:</div> <ul style="list-style-type: none"> • List of coaches attending (see CSCTA Policy, SNC Coach Registration Policy and Swim ON Policy) • Payment </div>
CSCTA Policy	<p>As per the CSCTA/OSCC/SNC/ coach registration policies and insurance all coaches will be asked to prove membership in CSCTA. Coaches will not receive heat sheets if they cannot prove CSCTA membership. Coaches must have CSCTA ID for deck access.</p>
SNC Coach registration Policy:	<p>The SNC coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. (See full SNC Coach Registration Policy and Coach Compliant List at www.swimontario.com). All teams must submit a list of coaches attending at the time of entry. Meet management will cross-reference this list with the Swim Ontario Coach Compliant list both prior to the competition as well as at Registration. Coaches found not to be on the compliant list will not be eligible to be on deck.</p>
Swim Ontario Policy:	<p>Only Competitors, Certified Coaches and Officials are allowed on deck. NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager or Swim Ontario.</p>

Records: Current Swimming Canada and Swim Ontario records will be posted near results posting area or printed in meet program. Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can track down required signatures for record application.

Accommodations: Holiday Inn Express Toronto Downtown
111 Lombard St., Toronto
Room Rate: \$114
Includes

- Continental Breakfast
- Free Wifi

Call 416-367-5555 or email
whg4104sc@whg.com
Group: Swim Ontario Eastern Cup
Reservation required by **December 15, 2015**



Holiday Inn Toronto Bloor Yorkville
280 Bloor Street West
Room Rate: \$139
Limited room available
1 877-859-5897

General Meet Rules

Swimming Canada and Swim Ontario rules will be in effect

Warm-Up Safety Procedures: Please note that Swimming Canada Competition Warm-Up Safety Procedures will be applied. 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 (this includes relays). The full document can be viewed on page 2.

Warm-up/Cool-down: Friday : 15 minute break **after event #8** in 50m pool; 7:00-8:45pm in 25yard pool (70m walk from 50m pool)
Saturday : 9:00-12:00pm in 25yard pool; 6:30-8:45pm in 25 yard pool (Benson Pool)
Sunday : 9:00-10:00am in 25 yard pool (Benson Pool)

Swimwear: Only FINA approved swimwear is allowed in competition as per GR 5

Preliminaries Preliminary heats will be swum senior seeded (top 3 heats circle seeded)

Finals There is an "A" and "B" final for 200m or less events. 400m events timed final swum in prelims.

400 Free, 400 IM, 800 Free
and 1500 Free

- Timed Final
- Seeded Fastest to Slowest
- Alternating Women and Men heats
- Positive check-in required
 - 800 & 1500 Free (PARA 400 Free) : Friday 10:15 AM
 - **400 Free & 400 IM: Saturday 1:00 PM**
- **400 Free: all heats at end of FINALS Sunday AM**
- **400 IM: all heats at end of FINALS Saturday PM**
- Women 1500 Free & Men 800 Free: all heats during prelims sessions
 - Meet management reserves the right to swim 2 per lane.
- **Men 1500 Free & Women 800 Free : fastest heat will swim finals on Saturday PM**

Scratch Rules:	Finals:	All Scratches for Saturday Finals must be provided to Clerk of Course within 30 minutes after the posting results of each event during Saturday Prelim session to allow proper seeding and notification of alternates (after B flight events). All Scratches for Sunday Finals must be provided to Clerk of Course within 30 minutes after end of <u>Saturday Prelim session</u> .
	Penalty:	Failure to participate in an Individual Final or a Time Final event without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.
Official Splits		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 must advise the Referee prior to the commencement of the event in question on the "Official Split Request" form prior to the race.
Swim Offs		All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

Meet management reserve the right to limit number of entries in 400, 800 and 1500 events, swim 2 per lane in distance events, change the event program order to adhere to session timelines and/or to swim slower 200m events at the end of session they are scheduled to be swum.

Long Course Program Event List

Friday, January 15, 2016

Session 1: Distance Event Session

Warmup: 10:00 – 10:50 am

Start: 11:00 am

Women		Men
1*	800 Free **	2
3	1500 Free	4*

Seeded fastest to slowest
Alternating Women / Men heats
***Fastest heat of Event 1 & 4 swimming in finals (Saturday PM)**
** 400 Free PARA will swim during 800 Free

Session 2: Friday Prelim Session

Warmup: 2:15 pm – 4:05 pm

Start: 4:15 pm

Women		Men
5	200 IM	6
7	50 Breast	8
9	100 Free	10
11	200 Fly	12
13	100 Back	14
15	200 Breast	16
17	50 Fly	18

Saturday, January 16, 2016

Session 3: Saturday Prelim Session

Warmup: 7:15 – 8:50 am

Start: 9:00 am

Women		Men
21	50 Free	22
23	200 Back	24
25	100 Breast	26
27	200 Free	28
29	50 Back	30
31	100 Fly	32

Session 4: Saturday Final Session

Warmup: 5:00 pm – 5:50 pm

Start: 6:00 pm

Women		Men
21	50 Free	22
23	200 Back	24
25	100 Breast	26
27	200 Free	28
29	50 Back	30
31	100 Fly	32
33	400 IM (timed final)	34

Sunday, January 17, 2016

Session 5: Sunday Final Session

Warmup: 8:00– 8:50 am

Start: 9:00 am

Women		Men
1	800 Free (FH)	
	1500 Free (FH)	4
5	200 IM	6
7	50 Breast	8
9	100 Free	10
11	200 Fly	12
13	100 Back	14
15	200 Breast	16
17	50 Fly	18
19	400 Free (timed final)	20

Meet Management reserves the right to change warm-up session times and to allocate team warm-up schedules.

Meet Management reserves the right to change event order to ensure reasonable session timelines

Appendix A

Facility Policy

- 1) Street Shoes: No street shoes are permitted on deck.
- 2) Glass: No glass objects are permitted on deck, in the pool galleries or in the change rooms.
- 3) Food and Drinks: No food or drink is permitted on deck (water in plastic water bottles is okay).
- 4) Showers: All swimmers must shower thoroughly before entering the pool.
- 5) Garbage: Make sure any garbage that your team generates is put in garbage pails.
- 6) Pool Security: On-deck staff members are responsible for pool security while on deck, and must ensure that only authorized individuals are using the pool. This may mean having to ask people to leave the pool area who should not be there. Swimmers must enter and exit via the correct entrances and exits. Nobody is to exit through emergency stairwells unless there is an emergency in progress and doors must never be propped open.
- 7) Entrance to Changerooms: Enter via the Classic Ave. or Harbord St. doors and through the Varsity Pool gallery to the Spadina change rooms. Only members of the Athletic Centre may enter via the turnstiles to the main change rooms unless written approval is given.
- 8) Spectators: Spectators are not permitted on deck. The Benson Pool gallery will not be available during this meet.
- 9) Unacceptable Behaviour: Any unacceptable behaviour as determined by the University's pool staff, and as outlined in existing University policies for its staff and students, by participants or on-deck staff may result in the suspension of user privileges of the offending person(s), sanctions and/or expulsion from the meet.

Appendix B

Eastern Cup Qualifying Standards

Event	Short Course		Long Course	
	Female	Male	Female	Male
50 Free	27.95	26.74	28.51	27.27
100 Free	100.57	58.05	1:01.78	59.21
200 Free	2:11.79	2:07.38	2:14.43	2:09.93
400 Free	4:39.96	4:31.00	4:45.56	4:36.42
800 Free	9:36.07	9:26.32	9:48.60	9:37.65
1500 Free	18:24.14	18:05.73	18:46.22	18:27.44
50 Back	31.95	31.45	32.63	32.12
100 Back	1:07.90	1:06.90	1:09.26	1:08.24
200 Back	2:26.96	2:24.94	2:29.90	2:27.84
50 Breast	37.68	36.05	38.48	36.81
100 Breast	1:19.36	1:16.09	1:20.95	1:17.61
200 Breast	2:52.55	2:45.91	2:56.00	2:49.23
50 Fly	32.15	30.95	32.84	31.61
100 Fly	1:08.30	1:05.90	1:09.67	1:07.22
200 Fly	2:35.99	2:32.07	2:39.11	2:35.11
200 IM	2:30.02	2:24.21	2:33.02	2:27.09
400 IM	5:14.35	5:07.82	5:20.64	5:13.98



Appendix C

Club Information Sheet

Coaches: Please fill out this form and return with entries.

Club _____

Club Mailing Address _____

City _____ Postal Code _____

Club Phone Number (____) _____ FAX (____) _____

Club e-mail Address _____

Club Contact Person _____

Phone Number (____) _____ e-mail _____

Head Coach _____ CSCTA# _____

Phone Number (____) _____ e-mail _____

Coaches Attending the Meet

_____ CSCTA# _____

_____ CSCTA# _____

_____ CSCTA# _____

Cell Phone _____

Chaperone(s) _____

Hotel _____

Phone Number _____

SANCTIONED EVENTS PHOTOGRAPHY

Procedure

Guidelines for Use of Photographic / Filming Equipment at Swim Ontario Designated and Swim Ontario Sanctioned Competitions

Only individuals that have made application and received authorization to record the event shall be granted access and permission to do so.

Professional photographers/ filming / video operators wishing to record the event should seek accreditation and approval with the event organiser by producing their professional identification for the details to be recorded. Ideally they should request this at least 5 working days before the event.

Students or amateur photographers / film / video operators wishing to record the event should seek accreditation and approval with the event organiser by producing their student or club registration identification and a letter from their club / educational establishment outlining their motive for attending the event.

All other spectators wishing to use photographic / film / video equipment with a telescopic or zoom lens should register their intent with the promoter of the event for authorization.