

**CSL**

**Snowflake Invitational**

**2015**

Hosted by:

Cornwall Sea Lions Swim Club

Cornwall Aquatic Centre

100 Water Street

Cornwall, ON K6H 6G4



Sanctioned by:

General Information

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| Date: | November 27 – 29, 2015 |
| Hosted by: | Cornwall Sea Lions Swim Club |
| Location: | Cornwall Aquatic Centre  100 Water St  Cornwall, ON K6H 6G4 |
| Facility: | 6-lane 25-Metre pool with Colorado Electronic Timing |

Meet Information

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| --- | --- |
| Meet Manager: | Mellissa Dobson  [meetmanager@cornwallsealions.com](mailto:meetmanager@cornwallsealions.com) |
| Meet Referee: | Chad Kilger [ckilger@cogeco.ca](mailto:ckilger@cogeco.ca) |
| Officials Coordinator: | Malcolm MacPherson [chiefofofficials@cornwallsealions.com](mailto:chiefofofficials@cornwallsealions.com)  **Please contact Chair of Officials and advise of your preferred position and session to work** |
| Meet Package: | The only meet package considered valid will be the most current version found on [www.swimming.ca](http://www.swimming.ca) |
| Sanction: | Swim Ontario. Current FINA rules will apply.  **Mixed Gender:**            The host seeks an exemption from the requirement to swim events in gender separated events due to facility or time limitations,  swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender. SNC warm-up procedures will be in effect for this meet. |

Meet Format & Regulations

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| Coach’s briefing: | Meet at the Electronics Table at 4:15 pm on Friday and 8:45am on Saturday and Sunday. |
| Meet Format: | Short course with open/timed finals.  All events will be swum mixed gender, timed finals with results separated by gender and age group. |
| Split Times: | Meet Management acknowledges the SO policy with banning the future use of split times as official times and requires that any coach wishing to relay 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 questions. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose. |
| 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 non-consolidated 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 the 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 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. |
| Privacy: | Cameras and recording devices are not permitted on the pool deck or the vicinity of the locker room area at any time during the meet. Meet Management reserves the right to remove any person from the meet not adhering to the meet rules. Any questions, please contact the meet management. |
| Photographer: | Due to the restrictions stated above, and for safety, a professional photographer with deck experience may be available to take pictures. If a photographer is available, they will be set up along the North pool windows to receive photo orders and requests. If you have a club photographer, please pre-register and get approval for that person from a CSL Meet Manager. |
| Food & Drink: | Water is the only beverage permitted on the pool deck. Food can be purchased and should be consumed in the lobby. |
| On Deck: | Only swimmers, certified coaches, officials and authorized people allowed on deck. |

Meet Entries

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| Entries: | ***Entry Deadline: Wednesday November 11th.***   * Swimmers age is as of November 27, 2015 (the first day of meet). * Entries should be submitted by Hy-Tek format in SC metres. * ***Please submit an estimated time rather than NT where possible.*** * Entries are limited to 3 events per session to a maximum of 6, plus the relays. * The confirmation of entries will be sent after import.   The meet manager reserves the right to limit entries in the 800 Free and 400 free based on time restrictions with the possibility of two swimmers per lane. |
| Entry Fees: | $9.00 per individual event. $8.00 for relays  ***Entry fee payment is required before the start of the meet, and is non-refundable****.*  Entry fees are to be paid by cheque and made payable to Cornwall Sea Lions. |
| Scratches: | All scratches to be submitted to the Clerk of Course 30 minutes prior to the start of the session. |
| Deck Entries: | Deck entries for registered swimmers accepted where space permits up to 30 minutes prior to the start of the session. Swimmers NOT uploaded through the Hy-Tek will not be permitted as deck entries |
| Results: | Results will be up-loaded to the SNC website within two days of the finish of the meet. Results will be separated according to age group and gender; specifically, 10 & U, 11, 12, 13, 14 and 15 & O. |
| Awards: | Individual ribbons for age groups 10 & U, 11, 12, 13-14, 15 & O  Individual events: 1st/2nd/3rd /4th/5th/6th  Relay events: 1st/ 2nd/3rd |

Meet Events

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| Events: | * All events will be time finals. * All swimmers will be seeded together, based on time**.** * **Final results separate swimmers based on gender and age group categories**. * Meet management reserves the right to limit entries to the 400 free, and 800 free and/or to swim 2 per lane. (800 free will be limited to 24 entries) Distance swims seeded mixed according to time. |
| Combining Events: | Friday evening events are identical to Saturday day events and Saturday evening events are identical to Sunday events. Event numbers are different and results will be merged for overall standings. |

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| **Session** | **Warm-up** | **Start** | **Events** |
| 1 - Friday | 4:30pm – 5:10pm | 5:15pm | Mixed events for select teams only |
| 2 – Saturday | 9:00am – 9:40am | 9:45am | Mixed events for select teams only |
| 3 – Saturday | 3:00pm – 3:40pm | 3:45pm | Mixed events for select teams only |
| 4 – Sunday | 9:00am – 9:40am | 9:45am | Mixed events for select teams only |

***Session 1******- Mixed*** *-* **Select Teams Only**

*Friday November 27th, 2015*

*4:30 – 5:10 PM Warm Up 5:15 PM Start*

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| **Event #** | **Event Description** | **Age Group** |
| **1** | 200 free | **All ages - Mixed** |
| **2** | 50 Breast | **All ages - Mixed** |
| **3** | 100 Fly | **All ages - Mixed** |
| **4** | 200 Breast | **All ages - Mixed** |
| **5** | 100 Back | **All ages - Mixed** |
| **6** | 50 Fly | **All ages - Mixed** |
| **7** | 4 X 50 FREE RELAY | **All ages - Mixed** |
| **8** | 400 IM | **All ages - Mixed** |
| **9** | 800 Free | **All ages - Mixed** |

***Session 2 - Mixed*** *-* **Select Teams Only**

*Saturday November 28th, 2015*

*9:00 – 9:40 AM Warm Up 9:30 AM Start*

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| **Event #** | **Event Description** | **Age Group** |
| **101** | 200 free | **All ages - Mixed** |
| **102** | 50 Breast | **All ages - Mixed** |
| **103** | 100 Fly | **All ages - Mixed** |
| **104** | 200 Breast | **All ages - Mixed** |
| **105** | 100 Back | **All ages - Mixed** |
| **106** | 50 Fly | **All ages - Mixed** |
| **107** | 4 X 50 FREE RELAY | **All ages - Mixed** |
| **108** | 400 IM | **All ages - Mixed** |
| **109** | 800 Free | **All ages - Mixed** |

***Session 3******- Mixed*** *-* **Select Teams Only**

*Saturday November 28th, 2015*

*3:00 – 3:40 PM Warm Up 3:45 PM Start*

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| **Event #** | **Event Description** | **Age Group** |
| **10** | 200 IM | **All ages - Mixed** |
| **11** | 50 Back | **All ages - Mixed** |
| **12** | 100 Free | **All ages - Mixed** |
| **13** | 200 Back | **All ages - Mixed** |
| **14** | **50 Free** | **All ages - Mixed** |
| **15** | 100 Breast | **All ages - Mixed** |
| **16** | 400 Free | **All ages - Mixed** |
| **17** | 4 x 50 MEDLEY RELAY | **All ages - Mixed** |

***Session 4******- Mixed*** *-* **Select Teams Only**

*Sunday November 29th, 2015*

*9:00 – 9:40 AM Warm Up 9:30 AM Start*

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| **Event #** | **Event Description** | **Age Group** |
| **110** | 200 IM | **All ages - Mixed** |
| **111** | 50 Back | **All ages - Mixed** |
| **112** | 100 Free | **All ages - Mixed** |
| **113** | 200 Back | **All ages - Mixed** |
| **114** | 50 Free | **All ages - Mixed** |
| **115** | 100 Breast | **All ages - Mixed** |
| **116** | 400 Free | **All ages - Mixed** |
| **117** | 4 x 50 MEDLEY RELAY | **All ages - Mixed** |

Accommodation Recommendations

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| Ramada Hotel & Conference Centre | **805 Brookdale Avenue**  **Cornwall, ON  K6J 4P3**  **613-933-8000**  [www.cornwallramada.com](http://www.cornwallramada.com) |
| Comfort Inn | 1625 Vincent Massey Drive  Cornwall, ON  613-937-0111 |
| Best Western PLUS Parkway Inn | 1515 Vincent Massey Drive  Cornwall, ON  613-932-0451 |
| Facility: | 6-lane 25-Metre pool with Colorado Electronic Timing |



**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.”**