2016
AGE GROUP
INTERNATIONAL

SHORT COURSE

Nov. 10th – 13th

At the
ETOBICOKE OLYMPIUM

Hosted by

ESWIM
ETOBICOKE SWIM CLUB

COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool 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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

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

2016 AGE GROUP INTERNATIONAL SC

Date: November 10 – 13, 2016

Hosted By: Etobicoke Swimming

Location: Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario

Facility: Two 8-lane 25 metre competition pools with Swiss Timing electronic timing.
One 6-lane 25 yard warm up pool.

Meet Package: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

Competition Rules: Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred.
Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed HERE.

Eligibility: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.

Entry Guidelines: **Spaces will be held for teams participating in 2015 AGI SC until Oct. 15st.**
Remaining spaces will be allotted on a first come, first served basis.
Please submit entries using www.swimming.ca No entries will be accepted directly by meet management.

Entry Fees: $12.00 per individual event. $15.00 per relay event. All costs include HST #125328625.
Please make cheques payable to ETOBICOKE SWIMMING.

Meet Manager: Steve Goodwin sdg9@rogers.com 647-393-9369

Comp. Co-ord:: Janice Charles 416-622-0154

Entry Limitation: Swimmers must adhere to qualifying times. Qualifying period starts Sept 1, 2015.
10&U 10 Festival C, 11-12 - 11 Festival C, 13-14 – 13 OAG C, 15-16, 17&O - 15 C times.
400s and 800/1500s use 5% faster qualifying times.
Entries for all events must be in Short Course Metre times, actual or Hy-tek converted.
Swimmers are limited to 4 events each day plus a distance event on Thursday. Meet Management reserves the right to limit heats by scratching swimmers. Notification of scratches will be made within 7 days of the meet.

800/1500 Free The 800 is an open event for women and the 1500 is an open event for men. Swimmers must meet the time standard appropriate to their age group. Heats will be swum fastest to slowest. Results will be scored by age group.

400 IM and Free **400s will swim as Time Finals with the fastest heats at Finals**

2016 AGE GROUP INTERNATIONAL SC

Relays All relays will be time finals and swum during prelims. There are no qualifying times for relays. Please submit times for seeding purposes.

Deck Entries: If empty lanes are available and as exhibition swims only.

Meet Notes: Age groups will be 17 & Over, 15-16, 13-14, 11-12 and 10&U.
All 10&U and 11-12 events are Time Finals.
Finals and Consols for 13-14, 15-16 **and 17 & Over**.
Finals/Consols will be swum youngest to oldest. Warm-up at 5:00pm, Start 6:00pm
Scratches from Prelims and Time Finals made on the posted Heat Sheets without penalty.
Scratches from Finals accepted until 30 minutes after the last preliminary event in a session without penalty.

Awards: Medals for 1st, 2nd, and 3rd and ribbons for 4th through 8th for all individual events.
Medals for 1st, 2nd, and 3rd for all relay events
Individual High Points for each age group
Top Team and Small Team (1-10 swimmers)

Scoring		
	Individual High Point	5-2-1
	Team High Point for Individual Events	30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1

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.

Time Splits: The procedure for obtaining an 'Official Split' now 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 still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits' as per international practice. 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.

Meet Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Safety & Liability: Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Recording Event: Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.

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 no later than 7 days prior to start of competition.

2016 AGE GROUP INTERNATIONAL SC
Order of Events

THURSDAY, November 10th, 2016				
Warm-up: 4:00 pm Start: 5:00 pm				
EVENTS		**QUALIFYING TIMES**		
No.	Description	15 & Over	13-14	11-12
1 (Women)	800 FREE	10:05.00	10:30.00	11:30.00
2 (Men)	1500 FREE	18:30.00	19:30.00	20:30.00

FRIDAY, November 11th, 2016

Warm-up: 8:00am
Start: 9:00am

Age	Women		Men	
15 & O	3	2:23.52	4	2:14.16
13 -14	5	2:27.63	6	2:23.15
15& O	7	36.00	8	32.00
13 -14	9	38.00	10	34.00
15 & O	11	2:43.37	12	2:33.48
13 -14	13	2:49.77	14	2:43.38
15 & O	15	1:26.43	16	1:21.52
13 - 14	17	1:28.14	18	1:25.58
15 & O	19	2:49.87	20	2:40.31
13 -14	21	2:51.56	22	2:47.73

Event
200 FREE
50 BACK
200 I.M.
100 BRST
200 FLY

Warm-up: 12:30pm
Start: 1:30pm

Age	Girls		Boys	
10 & U	23	3:02.60	24	3:08.10
11-12	25	2:45.78	26	2:49.03
10 & U	27	45.00	28	45.00
11-12	29	42.00	30	42.00
10 & U	31	3:27.90	32	3:31.20
11-12	33	3:10.30	34	3:12.50
10 & U	35	1:47.27	36	1:51.61
11-12	37	1:40.77	38	1:42.94
12 & U	39	3:28.03	40	3:52.96

Finals: **Friday Evening: Warm-up 5:00pm; Start 6:00pm**

2016 AGE GROUP INTERNATIONAL SC
Order of Events

SATURDAY, November 12th, 2016

Warm-up: 8:00am Start: 9:00am						Warm-up: 12:30pm Start: 1:30pm				
Age	**Women**		**Men**		**Event**	**Age**	**Girls**		**Boys**	
15 & O	43	30.44	44	28.45	50 FREE	10 & U	67	37.38	68	37.93
13 - 14	45	31.47	46	29.84		11 - 12	69	34.67	70	34.95
15 & O	47	2:40.04	48	2:33.41	200 BACK	10 & U	71	3:24.78	72	3:34.78
13 - 14	49	2:44.98	50	2:39.72		11 - 12	73	3:06.36	74	3:10.70
15 & O	51	1:14.38	52	1:09.18	100 FLY	10 & U	75	1:40.22	76	1:45.11
13 - 14	53	1:16.73	54	1:14.50		11 - 12	77	1:30.48	78	1:33.18
15 & O	55	40.00	56	35.00	50 BRST	10 & U	79	48.00	80	48.00
13 - 14	57	42.00	58	37.00		11 - 12	81	45.00	82	45.00
15 & O	59	-	60	-	4 x 50 FR	10 & U	83	-	84	-
13 - 14	61	-	62	-		11 - 12	85	-	86	-
15 & O	63	5:45.79	64	5:33.28	100IM(10U)	10 & U	87	1:38.60	88	1:40.77
13 - 14	65	5:58.74	66	5:47.80	400 I.M.	11 - 12	89	6:40.90	90	7:07.99

SUNDAY, November 13th, 2016

Warm-up: 8:00am Start: 9:00am						Warm-up: 12:30pm Start: 1:30pm				
Age	**Women**		**Men**		**Event**	**Age**	**Girls**		**Boys**	
15 & O	91	1:05.96	92	1:01.63	100 FREE	10 & U	115	1:22.89	116	1:24.51
13 - 14	93	1:08.17	94	1:05.07		11 - 12	117	1:15.85	118	1:16.93
15 & O	95	3:06.96	96	2:57.21	200 BRST	12 & U	119	3:35.62	120	3:45.37
13 - 14	97	3:07.99	98	3:03.38						
15 & O	99	1:13.94	100	1:10.60	100 BACK	10 & U	123	1:34.81	124	1:37.52
13 - 14	101	1:16.92	102	1:14.53		11 - 12	125	1:27.22	126	1:28.31
15 & O	103	36.00	104	32.00	50 FLY	10 & U	127	45.00	128	45.00
13 - 14	105	38.00	106	34.00		11 - 12	129	42.00	130	42.00
15 & O	107	-	108	-	4 x 50 MR	10 & U	131	-	132	-
13 - 14	109	-	110	-		11 - 12	133	-	134	-
15 & O	111	5:04.88	112	4:48.24	400 FREE	10 & U	135	6:22.48	136	6:32.23
13 - 14	113	5:10.89	114	5:01.66		11 - 12	137	5:56.40	138	6:03.00

Finals: **Saturday Evening: Warm-up 5:00pm; Start 6:00pm**
Sunday Evening: Warm-up 5:00pm; Start 6:00pm

ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES
FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.

2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.

3. No running on the deck, under the bleachers or on the bleachers.

4. No climbing across the railing between the gallery and the bleachers.

5. No climbing over the yellow gates between the pool deck and the bleachers.

6. Shoes must be worn whenever outside the pool or change room areas.

7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.

8. The use of flippers and hand paddles, during warm-ups is prohibited.

9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.

10. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Etobicoke Olympium.**