

2009

DIVISION 1

TEAM CHAMPIONSHIPS

OFFICIALLY SANCTIONED BY



April 17 - 19, 2009

**At the
Etobicoke Olympium**

Hosted by



Swim Ontario would like to thank all of its sponsors for their generosity and support in the sport of swimming





SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water **FEET FIRST** in a cautious manner.
- **No Running** on the pool deck or **Diving** from the side of the pool.
- **Meet Management** shall provide signage to indicate designated lane use during warm-up.
- **Notices/barriers** shall be placed on starting blocks to prevent diving during the general warm-up.
- **Diving Starts** are only permitted in designated **Sprint Lanes** during the warm-up period.
- **Lanes** shall be open primarily for 'Circle Swimming' during the General warm-up period.
- **Coaches** and swimmers shall allow **Backstrokers & SWAD** the 'right of way' for safety purposes.
- **Meet Management** may designate a **Sprint Lane(s)** and/or a **Pace Lane(s)** throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- **Sprint and Pace lanes** must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- **Outside Lanes** should be designated as **Sprint Lanes**.
- Only 'one-way' swimming shall be permitted in **Sprint Lanes**.
- **Sprint Lanes, Pace Lanes, and Circle Swimming lanes** shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- **FLUTTER BOARDS** and **PULLBUOYS** are allowed.
- **HAND PADDLES** and **FLIPPERS (ZOOMERS)** are **NOT ALLOWED**.



Ontario Team Championships – Division 1

General Meet Information

Date: April 17-19, 2009

Host: Etobicoke Swimming

Location: Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario M9C 3T3

Facility: 2 X 25 metre, 8 lane competition pool, electronic timing; 1 X 6 Lane 25yard warm-up pool

Course: 12 & Under – Short Course Individual Events, Long Course Relays
13 & Over – Short Course Preliminaries and Long Course Finals

Sanctioned By: Swim Ontario

Session Times:	<u>WARM-UP</u>	<u>START</u>
<u>Friday</u>		
13 & 14, 15 & 16, 17 & O	2:00 pm	3:00 pm
10 & U, 11 & 12	5:30 pm	6:30 pm
<u>Saturday - Heats</u>		
13 & 14, 15 & 16, 17 & O	7:30 am	9:00 am
10 & U, 11 & 12	11:30 pm	12:30 pm
<u>Saturday Finals</u>	4:00 pm	5:00pm
<u>Sunday - Heats</u>		
13 & 14, 15 & 16, 17 & O	7:30 am	9:00 am
10 & U, 11 & 12	12:00 pm	1:00 pm
<u>Sunday Finals</u>	4:00 pm	5:00pm

Entry Deadline: **Tuesday, April 7, 2009.**

Entry Acceptance: Entries will be accepted providing the completed Club Information sheet is submitted along with the team entries and entry fees.

Meet Manager: Steve Goodwin sdg9@rogers.com
This email account is for general enquiries only.

Mailing address: Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario M9C 3T3

- Entry Procedure** The Hy-Tek events file will be available for download at www.swimmeet.ca
Entries must be submitted to www.swimmeet.ca
No entries will be accepted directly by meet management.
- Entry Fees:** \$5.25 "Splash" fee per swimmer (includes GST)
\$8.40 per Individual Event (includes GST)
\$12.60 per Relay (includes GST)
- Payment:** Make cheque payable to **Etobicoke Swimming**
- Registration:** Friday April 17, 2009 starting @ 1:00pm
- Coaches' Meeting:** Friday April 17, 2009 @ 2:30pm **ON DECK** in the Deep End.
- Meet Rules:** SNC Rules will apply.
- SCORING:** Scoring will be calculated using the following age categories:
Individual Events: 10&Under, 11&12, 13&14, 15&16, 17&Over
Relay Events: 10&Under, 11&12, 13&14, 15&Over
- AWARDS:** Awards will be calculated and presented using the following age categories:
Individual Events: 10&Under, **11, 12, 13, 14**, 15&16, 17&Over
*****Swimmers will only receive one award based on the above award categories NOT the scoring categories.*****
Relay Events: 10&Under, 11&12, 13&14, 15&Over
Medals --1-3 for individual and relay events
Ribbons -- 4-8 for individual and relay events
Banner -- for overall Team Winner
Small Bannerettes -- for all winning team members
- Division Placement:** Swim Ontario reserves the right to make changes in team movement to balance division attendance.
- Top two teams from Division II will be placed in Division I for 2010.
 - The bottom two teams from Division I will move to Division II for 2010.
- Scratches:** Swimmers may scratch preliminary events by a simple "No Show". The SNC scratch rule will be used as it applies to scratching from finals.
- CSW 3.7.2:** Swimmers may scratch without penalty within thirty (30) minutes after the conclusion of the session immediately preceding the finals (i.e. - the heats).
- CSW 3.7.3:** Failure by a swimmer to scratch in accordance with this rule (CSW 3.7), failure to swim in an individual event, or swim a leg of the relay, constitutes a late scratch, and shall result in the offending swimmer being automatically scratched from all remaining events, including relays, scheduled for that day. This applies also to step-downs, no-shows, and unexcused incomplete swims (as determined by the referee).
- Only the first two (2) alternates will be listed for each event. Alternates are expected to check into the marshalling area when the event is called.
- Failure to participate in an individual final (12 and under top 8 of time finals included), or leg of a relay final, without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario. Failure to scratch a swimmer at least 30 minutes before the start of finals and/or participate in the fastest seeded Final of 800/1500 FR and 12 and under time finals will result in a \$100 fine payable to Swim Ontario.**
- Meet Results:** Live results will be available at www.eswim.ca All meet results will be uploaded to www.swimmeet.ca within one day of the conclusion of the competition.

Athlete and Team Information

- Eligibility:** Swimmers must be registered as competitive swimmers with Swim Ontario in order to compete in Team Championships.
- Swimmer's Age:** As of **April 17, 2009** (first day of the competition).
- Team Size:** The maximum team size for Division 1 is 40 swimmers.
- Entry Limitations:** The number of entries per swimmer will be limited to five (5) individual events, plus relays. NO deck entries will be accepted for any event.
- Substitutes:** In the event that one (1) or more of a team's entered swimmers cannot attend the meet, the coach may designate substitutes from any age group or gender for a full complement of swimmers.
- Substitutes:
- Must be designated immediately at or prior to arrival.
 - Will not be accepted after the start of the meet.
 - Will not be seeded according to entry times.
 - Will be placed into empty lanes.
- Only if the number of substitutes warrant, an additional heat will be established for an event.
- Coaches' Package:** The coach will receive a meet program upon receipt of:
- substitutes listed on the substitution form,
 - completed entry list for any substitutes,
 - proof of CSCTA registration

ACCOMMODATIONS

SANDALWOOD SUITES HOTEL \$99.00
5050 Orbitor Road, Mississauga (905) 238-9600 (800) 387-3355
rtandon@silverbirchhotels.com
www.sandalwoodhotel.com

DELTA TORONTO AIRPORT WEST \$105.00
5400 Dixie Road, Mississauga (905) 206-5921 (800) 737-3211, ext 5921
blongman@deltahotels.com
www.deltatorontoairportwest.com

COURTYARD MARRIOTT \$89.00
5050 Creebank Road, Mississauga (905) 625-3555
r.hart@concordhotels.com
www.courtyardmississaugaairport.com

RESIDENCE INN MARRIOTT \$105
5070 Creebank Road, Mississauga (905) 602-7777
r.hart@concordhotels.com
www.residenceinnmississaugaairport.com

CARLINGVIEW AIRPORT INN \$85.00
221 Carlingview Drive, Toronto (416) 798-5708
kfranch@atlificzzy.ca
www.carlingview.ca

MARRIOTT TORONTO AIRPORT \$109.00
901 Dixon Road, Toronto (416) 679-7313
marie.gambardella@marriott.com
www.marriott.com/yyzot

Event Information

Times: Please enter all times as short course (for seeding purposes only).

Time Final Events:	10 & Under	All events
	11 - 12	All events
	13 - 14,	400 FR
	15 - 16,	400 IM
	17 & over	800/1500 Free
		All Relays

400m Events: All 400 meter events will take place during the heats.

15-16, 17 & O: At the discretion of meet management, the 15-16 and 17 & over age categories may be combined in both heats, however finals will be swum in the appropriate age category. If an event is a time final, individual medals and team points will be awarded according to age category.

800/1500 Events: The 800/1500 free will be swum fastest to slowest and limited to the 24 fastest swimmers entered in each gender and each age category. As a result, proof of times will be enforced for this event (include Proof of Time on Hy-Tek entry).

- Females 13 yrs & over will swim the 800 Free as an open event.
- Males 13 & over will swim the 1500 Free as an open event.

Individual medals and team points will be awarded according to the assigned age categories.

Substitutes entering the 800/1500 free events will not be accepted if there are already 24 swimmers entered within their age category.

Meet management reserves the right to swim two (2) per lane in all 800/1500 FR events except for the two (2) fastest seeded heats of each event.

Note: Swimmers entering the 800/1500 free must designate a **sixth (6th)** swim as an alternate event which they may swim if they fail to make the event. **The “alt” checkbox in Team Manager must be selected** to indicate the alternative swim (this will appear as an “A” on the Entry report). These two distance events will be swum as Time Finals in the heats and will be swum fastest seeded heats to slowest.

Relays: All relays are Time Finals and will be swum during the Finals sessions. Teams are limited to one (1) relay entry per event.

Pre-requisites: **Pre-requisites are required for the 10&under, 11, 12, 13, and 14 swimmers. Coaches are to ensure their swimmers meet the following prerequisites to be entered into the meet.**

10&under	200 I.M. 4:37.64(G) 4:42.64(B)	400 Free 8:46.86(G) 8:51.96(B)
11	200 I.M. 3:59.10(G) 4:25.66(B)	400 Free 8:04.98(G) 8:11.22(B)
12	200 I.M. 4:03.98(G) 4:02.94(B)	400 Free 7:35.13(G) 7:34.33(B)
13	400 I.M. 8:20.28(G) 8:05.16(B)	400 Free 7:18.98(G) 7:11.27(B)
14	400 I.M. 8:09.06(G) 7:52.81(B)	400 Free 7:05.97(G) 6:54.07(B)

DIVISION 1 TEAM CHAMPIONSHIP ORDER OF EVENTS

Session 1 - Friday		13-14, 15-16, 17&O	
Warm-ups: 2:00 pm		Start: 3:00 pm	
Girls Event #	Age Group	Event	Boys Event#
1	13-14	400 Free (Time Final)	2
3	15-16	400 Free (Time Final)	4
5	17&O	400 Free (Time Final)	6
7	13-14	100 Fly	8
9	15-16	100 Fly	10
11	17&O	100 Fly	12
13	13-14	50 Free	14
15	15-16	50 Free	16
17	17&O	50 Free	18

Session 2 - Friday		10 & U and 11-12	
Warm-ups: 5:30 pm		Start: 6:30 pm (All events time finals)	
Girls Event #	Age Group	Event	Boys Event#
19	11-12	400 Free	20
21	10&U	100 Fly	22
23	11-12	100 Fly	24
25	10&U	50 Free	26
27	11-12	50 Free	28
29	10&U	100 IM	30

Session 3 -Saturday Morning		13-14, 15-16, 17&O	
Warm-ups: 7:30 am		Start: 9:00 am	
Girls Event #	Age Group	Event	Boys Event#
31	13-14	400 IM (Time Final)	32
33	15-16	400 IM (Time Final)	34
35	17&O	400 IM (Time Final)	36
37	13-14	100 Breast	38
39	15-16	100 Breast	40
41	17&O	100 Breast	42
43	13-14	200 Free	44
45	15-16	200 Free	46
47	17&O	200 Free	48
49	13-14	100 Back	50
51	15-16	100 Back	52
53	17&O	100 Back	54
55	13-14	200 Fly	56
57	15-16	200 Fly	58
59	17&O	200 Fly	60

Session 4 - Saturday Afternoon	10 & U , 11-12
Warm-ups: 11:30 pm	Start: 12:30 pm (All events time final)

Girls Event #	Age Group	Event	Boys Event #
65	11-12	400 IM	66
67	10&U	100 Breast	68
69	11-12	100 Breast	70
71	10 & U	200 Free	72
73	11-12	200 Free	74
75	10&U	50 Back	76
77	11-12	100 Back	78
79	10&U	50 Fly	80
81	11-12	200 Fly	82

Session 5 – Finals - Saturday Evening	All ages
Warm-ups: 4:00 pm	Start: 5:00 pm

Girls Event #	Age Group	Event	Boys Event #
83	10&U	4 x 50 Free Relay (all teams)	84
85	11-12	4 x 50 Free Relay (all teams)	86
13	13-14	50 Free	14
15	15-16	50 Free	16
17	17&O	50 Free	18
37	13-14	100 Breast	38
39	15-16	100 Breast	40
41	17&O	100 Breast	42
43	13-14	200 Free	44
45	15-16	200 Free	46
47	17&O	200 Free	48
49	13-14	100 Back	50
51	15-16	100 Back	51
53	17&O	100 Back	52
55	13-14	200 Fly	56
57	15-16	200 Fly	58
59	17&O	200 Fly	60
61	13-14	4 x 50 Free Relay (all teams)	62
63	15&O	4 x 50 Free Relay (all teams)	64

Session 6 - Sunday Morning	13-14, 15-16, 17&O
Warm-ups: 7:30 am	Start: 9:00 am

Girls Event #	Age Group	Event	Boys Event#
87	13-14	200 Back	88
89	15-16	200 Back	90
91	17&O	200 Back	92
93	13-14	200 Breast	94
95	15-16	200 Breast	96
97	17&O	200 Breast	98
99	13-14	200 IM	100
101	15-16	200 IM	102
103	17&O	200 IM	104
105	13-14	100 Free	106
107	15-16	100 Free	108
109	17&O	100 Free	110
115	13&O	800 Free (Time Final)	
	13&O	1500 Free (Time Final)	116

Session 7 - Sunday Afternoon	10 & U and, 11-12
Warm-ups: 12:00 pm	Start: 1:00 pm (All events time final)

Girls Event #	Age Group	Event	Boys Event #
117	11-12	200 Back	118
119	10&U	100 Back	120
121	11-12	200 Breast	122
123	10&U	50 Breast	124
125	11-12	200 IM	126
127	10&U	200 IM	128
129	11-12	100 Free	130
131	10&U	100 Free	132
137	11-12	800 Free	138

Session 8 – Finals - Sunday Evening	All ages
Warm-ups: 4:00 pm	Start: 5:00 pm

Girls Event #	Age Group	Event	Boys Event#
133	11-12	4 x 50 Medley Relay (all teams)	134
135	10&U	4 x 50 Medley Relay (all teams)	136
7	13-14	100 Fly	8
9	15-16	100 Fly	10
11	17&O	100 Fly	12
87	13-14	200 Back	88
89	15-16	200 Back	90
91	17&O	200 Back	92
93	13-14	200 Breast	94
95	15-16	200 Breast	96
97	17&O	200 Breast	98
99	13-14	200 IM	100
101	15-16	200 IM	102
103	17&O	200 IM	104
105	13-14	100 Free	106
107	15-16	100 Free	108
109	17&O	100 Free	110
111	13-14	4 x 50 Medley Relay (all teams)	112
113	15&O	4 x 50 Medley Relay (all teams)	114



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.**



Swim Ontario - 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#** _____

_____ **CSCTA#** _____

Cell Phone _____

Chaperone(s) _____

Hotel _____

Phone Number _____



Team Championships – Swimmer Substitution Form

CLUB _____		CODE		
Substitutes (Alternates)	SWIMMER'S NAME	AGE	SEX	S.O. REG. #

For information on this form, please refer to Meet Rules, Alternates.