

2011 AGE GROUP INTERNATIONAL

June 2nd - June 5th

At the
ETOBICOKE OLYMPIUM

Hosted by





SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2011

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.**

SNC Board Approved
July 6, 2005

2011 AGE GROUP INTERNATIONAL

Date:	June 2 – 5, 2011		
Hosted By:	Etobicoke Swimming		
Location:	Etobicoke Olympium 590 Rathburn Road Toronto, Ontario		
Facility:	8-Lane 50 metre competition pool with electronic timing.		
Entry Guidelines:	Spaces will be held for teams participating last year until May 1st. Remaining spaces will be allotted on a first come, first served basis. All entries must be submitted to www.swimming.ca/meetlist.aspx		
Entry Fees:	\$9.00 per event and \$12.00 per relay event. All costs include HST #125328625. Please make cheques payable to ETOBICOKE SWIMMING.		
Sanctioned By:	Swim Ontario	All current SNC rules will be followed.	
Meet Manager:	Steve Goodwin	sdg9@rogers.com	416-622-0154
Meet Referee:	Janice Charles		
Eligibility:	Swimmers must be registered with Swim Ontario, SNC and/or FINA recognized organizations. The swimmers' age will be computed as of the first day of the meet (June 2, 2011)		
Entry Limitation:	Swimmers must adhere to qualifying times. Entries for all events must be in Long Course Metre times, actual or Hy-tec converted. Swimmers are limited to <u>4</u> 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		
Relays	All relays will be time finals and swum during prelims. There are no qualifying times for relays. Please submit times for seeding purposes.		
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 and will alternate between 800 and 1500. Results will be scored by age group		
400 IM and Free	400s will swim as Time Finals with the fastest heats at Finals		
Deck Entries:	If empty lanes are available and as exhibition swims only.		
Meet Notes:	Age groups will be 17 & Over, 15-16, 13-14 and 11-12. All 11-12 events are Time Finals. Finals and Consols for 13-14 and 15-16 and Finals only for 17 & Over Consols may be eliminated for any event having fewer than 32 entries. Finals/Consols will be swum youngest to oldest. Warm-up at 5:30pm, Start 6:30pm The warm-up pool will be available for Finals on Saturday and Sunday. The meet will be run single ended depending on the number of entries. Scratches from Preliminaries and Time Finals made on the posted Heat Sheets without penalty. Scratches from Finals accepted until 30 minutes after the preliminary session without penalty.		
Awards:	Medals for 1 st , 2 nd , and 3 rd and ribbons for 4 th through 8 th for all individual events. Medals for 1 st , 2 nd , and 3 rd 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	
	Team High Point for Relay Events	30-25-20-15-14-13-12-11	

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Order of Events

<u>THURSDAY, June 2nd, 2011</u>				
Warm-up: 4:00 pm Start: 5:00 pm				
<u>EVENTS</u>		<u>QUALIFYING TIMES</u>		
<u>No.</u>	<u>Description</u>	<u>15 & Over</u>	<u>13-14</u>	<u>11-12</u>
1 (Women)	800 Free	10:00.00	10:15.00	11:15.00
2 (Men)	1500 Free	18:30.00	19:30.00	20:30.00

NOTE: Events 1 and 2 will alternate heats.

<u>FRIDAY, JUNE 3rd, 2011</u>									
Warm-up: 7:30am Start: 8:30am					Warm-up: 12:00pm Start: 1:00pm				
Age	Women		Men		Event	Age	Girls		Boys
17 & O	3	2:20.44	4	2:12.45	200 FREE	13-14	23	2:24.51	24 2:18.41
15 - 16						11-12	25	2:33.37	26 2:32.75
17 & O	5	35.00	6	31.00	50 BACK	13-14	27	36.00	28 34.00
15 - 16						11-12	29	38.00	30 38.00
17 & O	7	1:23.66	8	1:19.20	100 BRST	13-14	31	1:25.06	32 1:22.05
15 - 16						11-12	33	1:30.72	34 1:30.62
17 & O	9	2:40.07	10	2:28.97	200 I.M.	13-14	35	2:43.13	36 2:37.19
15 - 16						11-12	37	2:53.61	38 2:52.88
17 & O	11	2:43.24	12	2:33.75	200 FLY	13-14	39	2:50.79	40 2:43.81
15 - 16						11-12	41	3:11.71	42 3:08.54

Finals: Friday Evening: Warm-up 5:30pm; Start 6:30pm

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Order of Events

SATURDAY, JUNE 4th, 2011

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Warm-up: 7:30am Start: 8:30am					Event	Warm-up: 12:00pm Start: 1:00pm				
Age	Women		Men			Age	Girls		Boys	
17 & O	43	30.33	44	27.50	50 FREE	13-14	67	30.93	68	28.79
15 - 16							11-12	69	32.36	70
17 & O	45	2:37.91	46	2:29.41	200 BACK	13-14	71	2:41.85	72	2:34.04
15 - 16							11-12	73	2:51.15	74
17 & O	47	1:13.10	48	1:07.17	100 FLY	13-14	75	1:16.34	76	1:11.03
15 - 16							11-12	77	1:22.59	78
17 & O	49	40.00	50	35.00	50 BRST	13-14	79	41.00	80	37.00
15 - 16							11-12	81	44.00	82
15 & O	51	-	52	-	4 x 100 FREE	13-14	83	-	84	-
							11-12	85	-	86
17 & O	53	5:30.00	54	5:00.00	400 I.M.	13-14	87	5:40.00	88	5:30.00
15 - 16	55					56	11-12	89	6:15.00	90

SUNDAY, JUNE 5th, 2011

SUNDAY, JUNE 5 th , 2011										
Warm-up: 7:30am Start: 8:30am					Event	Warm-up: 12:00pm Start: 1:00pm				
Age	Women		Men			Age	Girls		Boys	
17 & O	91	1:05.36	92	1:00.04		13-14	115	1:06.67	116	1:03.24
15 - 16						11-12	117	1:11.06	118	1:10.06
17 & O	93	2:59.91	94	2:55.57		13-14	119	3:03.71	120	2:58.47
15 - 16						11-12	121	3:14.35	122	3:14.44
17 & O	95	1:13.55	96	1:09.14		13-14	123	1:15.61	124	1:11.88
15 - 16						11-12	125	1:20.00	126	1:20.45
17 & O	97	35.00	98	32.00		13-14	127	36.00	128	34.00
15 - 16						11-12	129	38.00	130	38.00
15 & O	99	-	100	-	13-14	131	-	132	-	
					11-12	133	-	134	-	
17 & O	101	4:50.00	102	4:40.00	13-14	135	5:00.00	136	4:55.00	
15 - 16	103				104	11-12	137	5:25.00	138	5:20.00

Finals: **Saturday Evening: Warm-up 5:30pm; Start 6:30pm**
Sunday Evening: Warm-up 5:30pm; Start 6:30pm



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.**