



SWIMMING

Stratten and Bond Invitational

Long Course Meters

June 25, 26, 27

At McMaster University Pool

Hamilton Ontario

Sanctioned by:

Swim Ontario



RISK MANAGEMENT / WARM-UP PROCEDURES 2008

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

SWIM ONTARIO POSITION REGARDING SUIT TECHNOLOGY

APRIL 26, 2009

Swim Ontario and the SDC have been monitoring the advancements made in swim suit design and their impact on the sport over the past year and has been discussing the possible effects on competition at the Age Group level.

Using the SNC and Swim Ontario LTADS as a reference for direction, Swim Ontario's direction is to restrict/manage the use of "High-Tech" competitive suits at the age group level. This position has been developed in the interest of equal opportunity, fair and equitable competition, promotion of competitive readiness and to prevent the deterioration of proper skill development in Age Group athletes.

The following is the proposed changes to regulated swim suits in age Group competition.

1. All swimwear worn by competitors in sanctioned Swim Ontario competitions conducted in Ontario shall be commercially available and as a minimum standard, in compliance with SNC and FINA regulations.
2. Swimwear worn by competitors in sanctioned Swim Ontario Age Group events shall conform to the following design- effective (September 2009)
 - i. Men's Swimwear is limited to one (1) swimsuit that covers at most the body surface from the hips to knee (jammer style). Swimwear must not extend beyond the waist or below the knees.
 - ii. Women's swimwear is limited to one (1) swimsuit that is of "open back" or "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees.
 - iii. Swimwear must not have a zipper, any type of fastening system. Drawstrings will be permitted in male jammer or brief.
 - iv. For reasons of modesty a brief bottom will be allowed under the suit for males and a

bikini type top will be allowed for females.

An Age Group Event is defined as any 14 and under swimming event conducted under Swim Ontario sanction. This includes Junior Provincial Championships, Regional Championships and all Club Invitational.

****Please note that this does not apply to any SNC hosted competitions, OUA/CIS competition and Ontario Sr. Provincials or specifically identified competitions as per Swim Ontario as *“EXEMPT”*.**

The swimsuit policy will be included in the meet package at the time of sanctioning and published with the sanctioned meet package on swimmeet.ca.

This policy will go into effect as of September 1, 2009.



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Cost / event is \$9

Session One

Friday June 25, 2010

All Events swum 13 and over with the age groups to be divided for finals and placing

Warm – up 8am to 9am

Start 9am

Events

Female		Male
1	100 Free	2
3	200 Fly	4
5	100 Back	6
7	100 Breast	8
9	200 IM	10

Session Two

Friday June 25, 2010

All Events swum 12 and under with the age groups to be divided for placing

Warm – up 12:30pm to 1:30pm

Start 1:30 pm

15	100 Fly	16
17	100 Back	18
19	100 Breast	20
21	100 Free	22
23	200 IM	24

Session Three (Finals)

Friday June 25, 2010

Warm – up 6:00pm to 7:00pm

Start 7:00pm

Events

Female		Male
1	100 Free	2
3	200 Fly	4
5	100 Back	6
7	100 Breast	8
9	200 IM	10

Session Four

Saturday June 26, 2010

All Events swum 13 and over with the age groups to be divided for finals and placing

Warm – up 8:30pm to 9:30pm

Start 9:30pm

Events

Female		Male
25	200 Free	26
27	100 Fly	28
29	200 Back	30
31	200 Breast	32
33	50 Free	34

Session Five

Saturday June 26, 2010

All Events swum 12 and under with the age groups to be divided for placing

Warm – up 1:30pm to 2:30pm

Start 2:30pm

Events

Female		Male
35	200 Free	36
37	100 Fly	38
39	50 Back	40
41	50 Breast	42
43	400 Free	44

Session Six (Finals)
Saturday June 26, 2010
Warm – up 6:30 to 7:15pm
Start 7:15pm

Events		
Female		Male
25	200 Free	26
27	100 Fly	28
29	200 Back	30
31	200 Breast	32
33	50 Free	34

Session Seven
Sunday June 27, 2010

All Events swum 13 and over with the age groups to be divided for placing

Warm – up 8:00am to 9:00am

Start 9:00am

Events		
Female		Male
45	50 Fly	46
47	50 Back	48
49	50 Breast	50
51	400 Fr	52
53	400 IM	54
55	800 Free	56

Session Eight
Sunday June 27, 2010

All Events swum 12 and under with the age groups to be divided for placing

Warm – up 1:00pm to 2:00pm

Start 2:00pm

Events		
Female		Male
57	50 Fly	58
59	50 Back	60
61	50 Breast	62
63	400 Fr	64
65	400 IM	66
67	800 Free	68



**Stratten and Bond Invitational
Long Course Meters
June 25, 26, 27
At McMaster University Pool
Hamilton Ontario**

This invitational Meet will be held at the six lane McMaster University Pool in Hamilton. There are bleachers for spectators and swimmers may sit on the deck.

This meet is geared towards a team building opportunity that allows all level of swimmers to compete together. It is a meet that will allow a swimmer who does not normally make finals to have an opportunity to swim at night.

Rules: Swim Ontario rules will govern the meet. All 12 and under events are timed finals with electronic times. 13 and over events will have top six finals for all age groups(13, 14, 15 and over) , sex and events except the 50 fly, back, breast, 400 free, IM and the 800 free which will be swum timed finals.

Entries: Final entries must be in by June 19, 2010. All entries must be entered by Hy Tek files.

Entry Fees: \$9.00 per swim. Entry fees are due before the meet starts.
Please make cheque payable to: Golden Horseshoe Aquatic Club

Coaches: There will be a meeting of all coaches prior to the start of each session.

Awards: Ribbons 1st – 6th for each age group.

Deck Entries: Will only be accepted if there are empty lanes in existing heats. The cost of a deck entry is \$10 cash paid before the meet session starts

Scratches: Please report scratches to the marshalling table before the start of the session.

Notes:

1. Age group events will be combined in ages but separated by sex for the heats but ribbons will be awarded by age group.
2. Management also reserves the right to double up the lanes in the distance events should sessions run late.
3. Meet management reserves the right to alter warm up times or if the meet is not full cancel sessions.

Meet Manager

Grey Fairley

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Golden Horseshoe Aquatic Club