

# 12th Burlington Open

**November 13-15, 2009**

Presented by:



*Creating a positive environment where excellence is inevitable!*

**DREAM BIG DREAMS, SMALL DREAMS HAVE NO MAGIC**

**THE ONTARIO  
TRILLIUM  
FOUNDATION**



**LA FONDATION  
TRILLIUM  
DE L'ONTARIO**

## Warm Up Procedures

### Appendix F

#### SWIMMING/NATATION CANADA RISK MANAGEMENT/WARM-UP PROCEDURES 2005

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 2.12.1.5)

#### 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 and 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 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.

**12<sup>th</sup> Burlington Open**  
hosted by  
**Burlington Aquatic Devilrays**

**November 13-15, 2009**

Times:	Session	Warm-up	Start
Friday	1	4:00pm	4:45pm
Sat. AM	2	7:00am	8:00am
Sat. PM	3	12:30pm	1:15pm
Sun. AM	4	7:00am	8:00am
Sun. PM	5	12:30pm	1:15pm

**Location:** Burlington Centennial Pool, 5151 New St., Burlington, ON

**Meet Manager:** Michelle Hall      Email: michelle.hall@cogeco.ca      Tel: (905) 333-3796

**Awards:** Ribbons for 1<sup>st</sup> – 6<sup>th</sup> place for individual events. Ribbons 1<sup>st</sup> – 3<sup>rd</sup> place for relay events. Ribbons will be awarded according to Swim Ontario's LTAD i.e. 10 and under, 11, 12, 13, 14, 15 and over for girls and boys

**Facility:** 6 lanes, 25 metre pool \*\*\*Colorado 5 Electronic Timing System\*\*\*

**Refreshments:** Will be available throughout the meet.

**Sessions:** All events will be timed finals. Sessions limited to the 4.5 hour max.

**Age Groups:** Friday – mixed and open. Session will run 2 per lane if necessary. Depending on subscription, psych sheets will be provided in advance with a brief warm-up during the session. Sat./Sun AM 12 and over mixed. Sat/Sun PM 11 & under, mixed. Individual events will be seeded and mixed from fastest to slowest within age groups. Scored by gender and age group as follows: 10 & under, 11-12, 13-14, 15 & over.  
BAD reserves the right to combine any events as necessary and limit entries if events are oversubscribed.

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

**Entry Limits:** There will not be an entry standard. There is a MAXIMUM of 4 individual swims per swimmer per session. BAD reserves the right to make further limitation if necessary. Clubs will be contacted before we exercise this limitation.

**Entry Fees:** Cost for 800 Free is \$10.00. Cost per individual events in Sessions 2-5 is \$8.00. Cost for relay events is \$10.00 per team.

**Deck Entries:** No deck entries unless approved by marshalling 30 minutes prior to session start. Deck entries payable in cash \$10.00 per event on Saturday and Sunday only. Positive check-in will apply.

**Sanctioned by:** Swim Ontario

**Entry Deadline:** Entries must be received by 5:00 p.m. Monday, November 2nd, 2009.

In keeping with the new SNC process, all entries must be in Hy-tek format and submitted electronically via [www.swimming.ca](http://www.swimming.ca) No entries will be accepted directly by meet management. Meet management reserves the right to close the entry deadline before November 3<sup>rd</sup>, 2008 if the meet is oversubscribed. All entries must include valid 9 digit Swimming Canada registration numbers and birthdates. Entries are not considered accepted until confirmed by meet management.

**Scratch Deadline:** Monday November 9<sup>th</sup>, 2009

**Meet Package:** The official meet package is the most current version found on [www.swimming.ca](http://www.swimming.ca)

**Officials:** Participating clubs are encouraged to provide officials to assist at the meet. Please contact the meet manager for further details

## MEET PROGRAM

	<b>Saturday AM</b> <i>Girls / Boys 12 and Over</i>	<b>Sunday AM</b> <i>Girls / Boys 12 and Over</i>
	400 IM 200 Free 100 Breast 50 Free 200 Back 100 Fly 50 Back 100 IM 4x50 Freestyle Relay	400 Free 200 Breast 100 Free 50 Breast 200 Fly 100 Back 50 Fly 200 IM 4x50 Medley Relay
<b>Friday PM</b> <i>Girls / Boys Mixed Open</i>	<b>Saturday PM</b> <i>Girls / Boys 11 and Under</i>	<b>Sunday PM</b> <i>Girls / Boys 11 and Under</i>
800 Free	400 IM 200 Free 100 Breast 50 Free 200 Back 100 Fly 50 Back 100 IM 4x50 Freestyle Relay	400 Free 200 Breast 100 Free 50 Breast 200 Fly 100 Back 50 Fly 200 IM 4x50 Medley Relay