

# Ontario Cup



**January 16 – 17, 2010**

At University of Toronto

**Hosted by: Toronto Swim Club**



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



&  
OMNI SWIM



# Ontario Cup – 2010

## General Information



- Date:** January 16 – 17, 2010  
**Host:** Toronto Swim Club
- Location:** University of Toronto  
55 Harbord St.  
Toronto, On  
M5S 2W6
- Sanctioned by:** Swim Ontario
- Qualifying period:** Post September 1, 2008
- Meet Manager:** John Chittley – [jchittley@hotmail.com](mailto:jchittley@hotmail.com)  
phone - 416-699-4922
- Meet Referee:** John Chittley – [jchittley@hotmail.com](mailto:jchittley@hotmail.com)  
phone - 416-520-6247
- Coach Liason:** [Linda Kiefer at 416-978-0569](tel:416-978-0569) and [linda.kiefer@utoronto.ca](mailto:linda.kiefer@utoronto.ca)
- Entry Deadline:** **Thursday January 7<sup>th</sup>, 2010; 12 midnight**
- Scratch Deadline:** **Tuesday, January 12<sup>th</sup>, 2010; 12 midnight . Fees will be calculated at this time, and will not change. There will be no penalties for scratches during the meet, EXCEPT for distance events. (see positive check in rules)**
- Entry Fees:**
- |                     |         |                        |
|---------------------|---------|------------------------|
| Individual event(s) | \$8.00  | (All fees include GST) |
| Relay(s)            | \$10.60 |                        |
| Splash fee          | \$5.30  |                        |
- Ontario University Fees:** Swimmers representing an Ontario University registered with SNC and SO will be charged (including GST):
- |                   |        |
|-------------------|--------|
| Individual events | \$3.50 |
| Relay(s)          | \$5.30 |
| Splash fee        | \$5.30 |
- Pre-Meet Training:** Contact Byron MacDonald [byron.macdonald@utoronto.ca](mailto:byron.macdonald@utoronto.ca) if arrangements are required.
- Registration:** Daily Heat Sheets will be available to teams who have paid meet fees, in the Electronics Office at least one hour prior to the start of the first event each day.  
Psych sheets will be available on the Toronto Swim Club web site ([www.torontoswimclub.ca](http://www.torontoswimclub.ca)) by Saturday Jan 9<sup>th</sup>, 2010.

**Coach's Meeting:** A coach's meeting will be held on Saturday, January 16, 2010, at 8:45 am, in the Official's Room (room behind the starting blocks at the shallow end of the pool).

**CSCTA Registration:** To help with the enforcement of CSCTA/OSCA and Swim Ontario policy and to maintain the strength of the Insurance on this event, all coaches will be asked to prove membership in CSCTA (ID cards, etc.) before receiving Heat Sheets.

**Meet Results** The meet will run on Hy-Tek Meet Manager Pro. Live Hy-Tek Results will be posted on the TSC website. A link to this will be available from the Toronto Swim Club web site at [www.torontoswimclub.com](http://www.torontoswimclub.com). Results will be available for downloading from [www.swimmeet.ca](http://www.swimmeet.ca)

### **Entry and Eligibility**

**Qualifying Standards:** 2009-2012 Senior Provincial Qualifying standards will be in effect. All entries should be in short course metres. Conversions are accepted as long as LC Senior Provincial Standards are met.

**Entry Limitation:** Swimmers may enter any event in which they have attained the qualifying standard. Swimmers who qualify for a 100m event may enter in the same stroke 50 event. (note: enter 50's with 50 times, NOT 100 times)  
Swimmers qualifying in 1 event will be eligible for 3 bonus swims; if qualified in 2 events they will be eligible for 2 bonus swims; if qualified in 3 or more events they are eligible for 1 bonus swim.

All bonus swims should be indicated by checking the box in the "Bonus" column in Team Manager. All bonus swim entries should show the swimmers provable time, for seeding purposes. Only swimmers without a provable time for their bonus swim event(s) should be entered as NT.

**PARA Qualifying** Swimmers are eligible for their Paralympic events as per the Provincial Championship Time Standards. Para swimmers will also be eligible for the same number of bonus swims as able-bodied.

**Entry Procedure:** The Hy-Tek Meet Manager events file will be available for download from [www.swimmeet.ca](http://www.swimmeet.ca) and the Toronto Swim Club web sites, at <http://www.torontoswimclub.com>

**Entries must be submitted electronically to SNC website**

All fees include GST (5% at time of publication).  
Make cheque payable to: **Toronto Swim Club**

## Awards and Scoring

**Cash Awards:** For the special 50Free/25Free Event \*\* The fastest three times in the 50 free heats will advance to a special "final" **\$50 cash prize to winner of the 25 final (each sex)**

**Scoring:** There will be no scoring

## Meet Rules

**Rules:** Current SNC rules will apply. **WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.** Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of athletes during the competition and especially during session breaks.

**Format:** All events are SC time finals. Event format please see order of events. The racing will take place in the north end where the scoreboard is. The south end will be open for continuous warm up/warm down throughout the entire meet – with the exception of during the 400fr, 400 im, 800/1500 free if the session warrants a double ended format for those races only.

**Positive Check In:** \*\*Note\*\* Positive check-in required for events 400 m and up (400 IM, 400 Free, 800/1500 Free). Failure to scratch by positive check in deadline will result in automatic removal from event & \$25 fine

- 800/1500 Free by 9:30am on Saturday January 16<sup>th</sup>
- All 400 IM positive check-in by 3:45 pm Saturday January 16<sup>th</sup>
- All 400 Free positive check-in by 9:45 am Sunday January 17<sup>th</sup>

**Relays:** A club may enter any number of relay teams per event. If a team enters 2 or more relay teams, all swimmers must have met the Senior Provincial Qualifying standard for 2009-12

**Request for Officials:** TSC welcome volunteers meet Officials. Please contact Suzanne MacKenzie (mackenziesu@hotmail.com) to indicate availability and preferred position(s).

### **Hotels**

**Holiday Inn, 289 Bloor ST: 416-968-0010; 280 Bloor St; \$129.99/night. Rooms must be booked by Jan 6<sup>th</sup>. Quote "Ontario Cup Swim Meet"**

**Howard Johnson - 89 Avenue Road Phone: 416-964-1220**

**Courtyard Marriott 475 Yonge Street; Phone: 416-934-5588**

**The Sutton Place Hotel 955 Bay Street; 416-924-9221**



## **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 2.13.1.5)

### **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 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 **Bkstrokers & SWAD** the right of way for safety.
- 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. Lanes 2 & 7 (sprint); Lanes 1 & 8 (pace)
  - **Outside Lanes** should be designated as **Sprint Lanes**• Only ‘one-way’ swimming shall be permitted in **Sprint Lanes**.
  - **Sprint Lanes, Pace Lanes, & 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**.

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

**MATERIAL** – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.” **SHAPE – MEN:** swimwear shall not extend above the navel or below the knee. **WOMEN:** swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed. **USE** – Swimmers shall wear only one swimsuit, taping is not permitted. **CONSISTENCY** – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

**2010 ONTARIO CUP  
Order of Events**

---

**\*\*Note\*\*** Positive check-in required for events 400 m and up (400 IM, 400 Free, 800/1500 Free)

- 800/1500 Free by 9:30am on Saturday
- All 400 IM positive check-in by 3:45 pm Saturday
- \* All 400 Free positive check-in by 9:45 am Sunday
- # Meet Management reserves the right to double end 400 Free, 400IM, 800/1500Fr

---

**SESSION I**

**Saturday January 16—Warm-up 9:00am; Start 10:15am**

Events 1-8 Single Ended with on-going warm-up in deep end.

- 01/02 W/M 50 Fly
- 03/04 W/M 50 Breast
- 05/06 W/M 50 Back
- 07/08 W/M 200 IM
- 09/10 W/M 800/1500 (alternating fastest 800, fastest 1500 and down)#
- # Meet Management reserves the right to double end 400 Free, 400IM, 800/1500Fr

**SESSION II**

**Saturday January 16—Warm-up 3:00pm; Start 4:15pm**

- 11/12 W/M 4x50 Free Relay
  - 13/14 W/M 100 Fly
  - 15/16 W/M 200 Free
  - 17/18 W/M 200 Breast
  - 19/20 W/M 50 Free\*\*
  - 21/22 W/M 100 Back
  - 19/20 W/M 25 Free\*\***
  - 23/24 W/M 400 IM#
- \*\* The fastest three 50 free times will advance to a special “final” 25m race for \$50.**
- #Meet Management reserves the right to double end 400 IM**

**SESSION III**

**Sunday January 17—Warm-up 9:00am; Start 10:15am**

- 25/26 W/M 4x50 Medley Relay
  - 27/28 W/M 200 Fly
  - 29/30 W/M 100 Free
  - 31/32 W/M 100 Breast
  - 33/34 W/M 200 Back
  - 35/36 W/M 400 Free#
- #Meet Management reserves the right to double end 400 Free.

---

**NOTE: THERE WILL BE A MANDATORY MEETING OF ALL ONTARIO CARDED SWIMMERS 2:30pm SAT JAN 16<sup>TH</sup>. ROOM WILL BE POSTED AT MEET.**



**2009-2012 SC SNR PROV  
STANDARDS**

Female		Male	
EVENTS	TIME	EVENTS	TIME
50 FR	00:28.19	50 FR	00:25.55
100 FR	01:00.66	100 FR	00:55.79
200 FR	02:10.49	200 FR	02:01.44
400 FR	04:35.96	400 FR	04:20.82
800 FR	09:33.07	800 FR	09:04.95
1500 FR	18:33.12	1500 FR	17:33.04
100 BK	01:07.97	100 BK	01:03.21
200 BK	02:25.19	200 BK	02:16.59
100 BR	01:17.43	100 BR	01:12.39
200 BR	02:46.31	200 BR	02:39.14
100 FL	01:07.74	100 FL	01:01.86
200 FL	02:31.68	200 FL	02:20.71
200 IM	02:28.46	200 IM	02:17.20
400 IM	05:14.35	400 IM	04:47.85

**2009-2012 LC SNR PROV  
STANDARDS**

Male		Male	
Event	Time	Event	Time
50 FR	00:28.89	50 FR	00:26.19
100 FR	01:02.17	100 FR	00:57.18
200 FR	02:13.75	200 FR	02:04.48
400 FR	04:42.86	400 FR	04:27.34
800 FR	09:47.40	800 FR	09:18.57
1500 FR	19:00.95	1500 FR	17:59.37
100 BK	01:09.67	100 BK	01:04.79
200 BK	02:28.82	200 BK	02:20.01
100 BR	01:19.36	100 BR	01:14.20
200 BR	02:50.47	200 BR	02:43.12
100 FL	01:09.43	100 FL	01:03.41
200 FL	02:35.47	200 FL	02:24.22
200 IM	02:32.17	200 IM	02:20.63
400 IM	05:22.21	400 IM	04:55.05