

SUDBURY EAST SIDE MARIO'S
INVITATIONAL
LONG COURSE SWIM MEET
May 7-9, 2010

**SUDBURY
EAST SIDE MARIO'S
INVITATIONAL
LONG COURSE SWIM MEET**

MAY 7-9, 2010

Sponsored by



**SUDBURY LAURENTIAN SWIM CLUB
675-4851**

**AT THE
JENO TIHANYI
OLYMPIC GOLD POOL**

HOST CLUB INFORMATION PACKAGE

**SUDBURY EAST SIDE MARIO'S
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HOST CLUB SUDBURY LAURENTIAN SWIM CLUB

LOCATION Jeno Tihanyi
Olympic Gold Pool,
Laurentian University

SANCTIONED BY Swim Ontario

FACILITY 50 meter, 8 lane competition pool

TIMING Electronic/Manual

Meet Management reserves the right to change start times for sessions

SESSION TIMES	Warm Up	Start
<u>Friday, May 07</u> (All age groups)	4:00 p.m.	5:30 p.m.
<u>Saturday, May 08</u> <u>Sunday May 09</u>		
Preliminaries/Time Finals		
13 & 14, 15 & Over	7:30 a.m.	9:00 a.m.
10 & U, 11 & 12	12:30 p.m.	1:30 p.m.
Finals		
13 & 14, 15 & Over	5:30 p.m	6:30 p.m.

TIME FINALS All 12 & Under events
All Relays
800/1500 Free
400 Free
400 IM

RELAYS All relays will be swum during the preliminary sessions

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ENTRY LIMITATIONS:

Eligibility	Swimmers must be registered as competitive swimmers with Swim Ontario.
Age	Swimmers shall be the correct age as of the first day of the meet.
Number of entries	Swimmers will be limited to 8 events, plus relays.
Deck entries	Deck entries will be allowed provided there are empty lanes only for swimmers already submitted and validated in the entries file, at a charge of \$10.00 per event payable to SLSC, cash or cheque. Deck entries must be made 30 minutes prior to the start of the session and will be recorded as EXHIBITION ONLY. Swimmers that were not in the entries file submitted to www.swimmeet.ca cannot be deck entered.
Scratches	Scratches for Preliminaries must be made at least 30 minutes prior to the start of the session, and must be submitted to the Computer Room. Scratches for Finals must be made no more than 30 minutes after the conclusion of the preliminary session and must be submitted to the Computer Room.
800/1500 Free 400 Free, 400 IM	These events will be limited to 3 heats of the fastest 24 qualifiers. Seeding will be as an open event according to entry times. Swimmers entering any of these events must designate an alternate event that they may swim if they fail to achieve entry to these events. The alternate event must be clearly identified.
200 Fly 13 and over	Combined for prelims- one heat of each age group to finals 13-14 and 15 & over
1500 Free, 200 Fly 400 IM, 400 Free	These events are not open to the 10 & under age group
1500 Free	This event is not open to the 11 and under age group

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MEET FORMAT Current SNC rules shall apply, as qualified above.
One – start
SNC Warm-up procedures will be in effect

SCORING: Team Individual in Finals
20-17-16-15-14-13-12-11-9-8-7-6-5-4-3-2
Top **sixteen** in prelims will advance to finals.

Relays
18-14-12-10-8-6-4-2

Individual High Point Age Group Finals 5-2-1

Awards Individual Final events Medals: 1st, 2nd, 3rd
Ribbons: 4th through 8th

Relays Medals: 1st
Ribbons: 2nd, 3rd

High Point Age Group Male and Female in each Age group

Team Trophy Sudbury East Side Mario's Trophy for club with highest team total

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ENTRY FEES	Individual swim	\$ 7.50 per individual entry
	Relays	\$ 8.50 per relay team
	Deck Fee	\$ 6.00 per Swimmer \$ 6.00 per Coach

ENTRY DEADLINE 5:00 p.m., Thursday
April 22, 2010

Cheques payable to SLSC must be delivered to Meet Manager prior to the start of the meet.

OVERSUBSCRIPTION: SLSC reserves the right to limit the entries based on the order of registrations for the meet on a first registered, first accepted basis. Please ensure that your entries are received by the above deadline. If the meet is oversubscribed, affected clubs will be notified promptly.

MEET MANAGERS Laura Young leyoung@sympatico.ca
Maureen McKinty maureenmckinty15@bell.net

ASST. MEET MANAGER Wayne Toner slscmeetmanager@sympatico.ca

MEET ENTRY COORDINATOR Patti Commito commito@sympatico.ca
705-522-5812

MEET REFEREE JEAN TURGEON bmaturgeon@shaw.ca
(705) 949-8867

OFFICIAL'S CHAIRPERSON Rob Whipple/John MacLean
rwhipple@sympatico.ca or
jmac44@personainternet.ca

SEND FEES TO: Patti Commito,
MEET ENTRY COORDINATOR,
Sudbury ESM LC Invitational
146 Pond Hollow Drive
SUDBURY
Ontario P3E 6L2

Upload entries to
www.swimmmeet.ca

Telephone: 705-522-5812

We will not accept faxed entries

<p>*</p> <p>Clubs using Hy-Tek can request an events file from: Upload from www.swimmmeet.ca</p>

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WARM UP PROCEDURES

1. SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.
2. Coaches are to provide adequate supervision to ensure the safety of the swimmers at all warm up sessions.
3. All Participants are to comply with these procedures.
4. Meet management has responsibility to make arrangements to ensure that the procedures are followed,

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9th ANNUAL DIEHARD ELIMINATOR

800 METRES --8 WILL START-- TWO WILL FINISH -- ONE WILL WIN

\$100.00 SEARS GIFT CARD

RULES:

800 METRE ELIMINATION RACE-- LAST PERSON TO MAKE CONTACT WITH THE WALL AT THE 200 METRE MARK WILL BE THE FIRST TO BE ELIMINATED

SWIMMERS WILL THEN BE ELIMINATED AT EACH 100 METRE INTERVAL UNTIL TWO SWIMMERS REMAIN TO SWIM THE LAST 100 METRES

FIRST TO MAKE CONTACT WITH THE WALL IS THE WINNER.

The race will be restarted after each interval. There will be a 30 second rest from the time that the last person has touched the wall in that interval.

**1 HEAT OF FEMALES WILL BE SWUM SATURDAY AT END OF FINALS
2009 Champion has automatic entry
REMAINING SWIMMERS WILL BE SELECTED RANDOMLY FROM ENTRIES
SUBMITTED FOR THE EVENT**

**1 HEAT OF MALES WILL BE SWUM SUNDAY AT END OF FINALS
2009 Champion has automatic entry
REMAINING SWIMMERS WILL BE SELECTED RANDOMLY FROM ENTRIES
SUBMITTED FOR THE EVENT**

THIS EVENT WILL NOT SCORE TEAM OR INDIVIDUAL POINTS AND WILL NOT COUNT TOWARDS INDIVIDUAL ENTRY LIMITS

**THIS EVENT IS RESTRICTED TO THOSE SWIMMERS
AGES 13 & OVER**

EXCITING TO SWIM – EXCITING TO WATCH

GIFT CERTIFICATES
TO BE WON

\$100.00 TO BE AWARDED

FREESTYLE TOP SWIMS

GIRLS 13 &14 AND 15 & OVER AGE GROUP

TOP SWIMS BASED ON COMBINED FINA POINTS FOR
200 FREE, 400 FREE AND (800 OR 1500 FREE)

BOYS 13 &14 AND 15 AND OVER AGE GROUP

TOP SWIMS BASED ON COMBINED FINA POINTS FOR
200 FREE, 400 FREE AND (1500 OR 800 FREE)

*SWIMMERS MUST BE ENTERED IN ALL 3
EVENTS TO BE CONSIDERED FOR AWARDS*

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GIFT CERTIFICATES
TO BE WON

\$50.00 TO BE AWARDED

SPRINT SPECIALISTS

13 &14 AND 15 & OVER AGE GROUP

TOP SWIMS BASED ON COMBINED FINA POINTS FOR
ANY TWO 50M events plus the 100 Metre free

13 &14 AND 15 AND OVER AGE GROUP

TOP SWIMS BASED ON COMBINED FINA POINTS FOR
ANY TWO 50M events plus the 100 Metre free

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Day One – Friday May 07

Session 1 – Preliminaries/Time Finals

Warm-ups: 4:00 p.m. Start: 5:30 p.m.

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 FLY 10 & U	1	2
50 FLY 11-12	3	4
50 FLY 13-14	5	6
50 FLY 15 & O	7	8
200 I.M. – 10 & Under (Time Final)	9	10
200 I.M. 11 & 12 (Time Final)	11	12
200 I.M. 13 & 14	13	14
200 I.M. 15 & over	15	16
Mixed 11 & over 800 Free TF	17	17
Mixed 12 & over 1500 Free TF	18	18

Day Two – Saturday May 08

Session 2 – Preliminaries/Time Finals

Warm-ups: 7:30 a.m. Start: 8:30 a.m.

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Free – 13 & 14	19	20
50 Free – 15 & over	21	22
200 Back – 13 & 14	23	24
200 Back – 15 & over	25	26
100 Fly – 13 & 14	27	28
100 Fly – 15 & over	29	30
200 Free – 13 & 14	31	32
200 Free – 15 & over	33	34
100 Breast– 13 & 14	35	36
100 Breast – 15 & over	37	38
400 I.M. –(Open Time Final)	39	40
400 M. R. 13 & 14 (Time Final)	41	42
400 M. R. 15 & over (Time Final)	43	44

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Day Two – Saturday May 08

Session 3 – Preliminaries/Time Finals

Warm-ups: 12:30p.m. Start:1:30 p.m.

EVENT –ALL TIMED FINALS	GIRLS EVENT NO.	BOYS EVENT NO.
50 Free 11 & 12	45	46
50 Free 10 & Under	46	48
200 Back 11 & 12	49	50
200 Back 10 & Under	51	52
100 Fly 11 & 12	53	54
100 Fly 10 & Under	55	56
100 Breast 11 & 12	57	58
100 Breast 10 & Under	59	60
200 Free 11 & 12	61	62
200 Free 10 & Under	63	64
400 IM 11-12	65	66
200 M.R. 11 & 12	67	68
200 M.R. 10 & under	69	70

Day Two –Saturday May 08

Session 4 – Finals Warm-ups: 5:30 p.m. Start: 6:30 p.m.

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 I.M. 13 & 14	13	14
200 I.M. 15 & over	15	16
50 Free – 13 & 14	19	20
50 Free – 15 & over	21	22
200 Back – 13 & 14	23	24
200 Back – 15 & over	25	26
100 Fly – 13 & 14	27	28
100 Fly – 15 & over	29	30
200 Free – 13 & 14	31	32
200 Free – 15 & over	33	34
100 Breast– 13 & 14	35	36
100 Breast – 15 & over	37	38
800 Sears Diehard Eliminator	127	

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Day Three – Sunday May 09

Session 5 – Preliminaries

Warm-ups: 7:30 a.m. Start: 8:30 a.m.

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Back 13 & 14	71	72
50 Back 15 & over	73	74
50 Breast 13 & 14	75	76
50 Breast 15 & over	77	78
100 Free 13 & 14	79	80
100 Free 15 & over	81	82
200 Fly Open	83	84
100 Back 13 & 14	85	86
100 Back 15 & over	87	88
400 Free Open (Time Final)	89	90
200 Breast 13 & 14	91	92
200 Breast 15 & over	93	94
400 F.R. 13 & 14 (Time Final)	95	96
400 F.R. 15 & over (Time Final)	97	98

Day Three – Sunday May 09

Session 6 – Preliminaries/Time Finals

Warm-ups: 12:30 p.m. Start: 1:30 p.m.

EVENT –ALL TIMED FINALS	GIRLS EVENT NO.	BOYS EVENT NO.
50 Back 10 & Under	99	100
50 Back 11 & 12	101	102
100 Free 10 & Under	107	108
100 Free 11 & 12	109	110
50 Breast 10 & Under	103	104
50 Breast 11 & 12	105	106
200 Fly 11&12	111	112
100 Back 10 & Under	113	114
100 Back 11 & 12	115	116
400 Free 11 & 12	117	118
200 Breast 10 & Under	119	120
200 Breast 11 & 12	121	122
200 F.R. 10 & Under	123	124
200 F.R. 11 & 12	125	126

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Day Three – Sunday May 09

Session 7 – Finals

Warm-ups: 5:30 p.m.

Start 6:30 p.m.

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
800 Sears Diehard Eliminator		128
50 Back 13 & 14	71	72
50 Back 15 & over	73	74
200 Breast 13 & 14	91	92
200 Breast 15 & over	93	94
100 Free 13 & 14	79	80
100 Free 15 & over	81	82
200 Fly 13-14,15 & over	83	84
50 Breast 13 & 14	75	76
50 Breast 15 & over	77	78
100 Back 13 & 14	85	86
100 Back 15 & over	87	88
50 Fly 13 & 14	5	6
50 Fly 13&14	7	8

SWIMMERS 14 AND UNDER MUST HAVE MET THE PRE-REQUISITE STANDARDS IN THE FOLLOWING CHART TO ALLOW ADMISSION TO THE MEET.

PLEASE USE EVENTS 200-219 TO ENTER TIMES FOR VERIFICATION PURPOSES

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Time Standards

Attached are the LC PRE-REQUISITE standards by age for East Side Mario's Invitational.

Girls	200 IM	400 IM	200 Free	400 Free	800 Free
10 & U	3:55.20		3:30.34		
11	3:39.95			6:50.76	
12		7:21.49			13:25.00
13		7:03.86			12:42.82
14		6:54.29			12:26.90

Boys	200 IM	400 IM	200 Free	400 Free	800 Free
10 & U	3:55.00		3:55.00		
11	3:44.46			6:56.11	
12	3:25.81				13:16.69
13		6:51.00			12:36.24
14		6:40.53			12:06.08

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

APPENDIX F

MUST BE INCLUDED IN ALL MEET PACKAGES AND POSTED ON DECK

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 SW2.1.1.

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-up. 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 the starting blocks to prevent diving during the general warm-up period.
- 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 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 the 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

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CLUB INFORMATION AND CHAPERONE SHEET

CLUB NAME: _____

EMAIL ADDRESS: _____

MAILING ADDRESS: _____

POSTAL CODE: _____

TELEPHONE: _____ FAX: _____

ENTRY FEE CALCULATION

TOTAL NUMBER OF INDIVIDUAL SWIMS _____ @\$7.50 _____

TOTAL NUMBER OF RELAYS _____ @\$8.50 _____

TOTAL NUMBER OF SWIMMERS _____ @\$6.00 _____

TOTAL NUMBER OF COACHES _____ @\$6.00 _____

TOTAL AMOUNT OF CHEQUE ENCLOSED _____

CLUB CONTACT PERSON: _____

TELEPHONE NUMBER: _____

COACHES ATTENDING MEET _____

CHAPERONES ATTENDING MEET _____

**SUDBURY EAST SIDE MARIO'S
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 REQUEST FOR OFFICIALS**

CLUB NAME: _____

OFFICIALS CHAIRPERSON: _____

DAYTIME PHONE NO. _____ **EVENING PHONE NO.** _____

FAX NO. _____ **e-mail:** _____

Official's Name	Level of Certification	Sessions Available	Desired Position(s)	*

***Please indicate here if an Evaluation for certification is requested ↑**

Comments:

Return this form promptly Rob Whipple/John Maclean at
rwhipple@sympatico.ca or jmac44@personainternet.ca
 Or use the official's sign up sheet at www.sudburyswimming.ca
 Or fax to Wayne Toner at 705-675-0902