

***2017***  
***ETOBICOKE***  
***A/B MEET***

***January 13-15, 2017***

***At the***  
***ETOBICOKE OLYMPIUM***

***A/B Meet Format***

***Presented by***





# COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

## GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

## EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

## VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

## SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

## PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**

# 2017 A/B Meet

- Date:** January 13-15, 2017
- Hosted By:** **Etobicoke Swimming**
- Location:** Etobicoke Olympium  
590 Rathburn Road  
Toronto, Ontario
- Facility:** Two 8-Lane 25 metre competition pools with Omega electronic timing.
- Meet Package:** The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)
- Competition Rules:** Sanctioned by Swim Ontario.  
All current Swimming/Natation Canada (SNC) rules will be followed.  
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred  
Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).
- Eligibility:** All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.
- Qualifying Stds:** **A swimmer with two 'A Meet' times must swim all events in the 'A' meet.**  
**A swimmer with less than two 'A Meet' times must swim all events in the 'B' meet.**  
**Swimmers do not swim in both 'A' and 'B' meets.**  
Please submit SCM times for seeding purposes.  
Please use standard Hy-tek conversions for LCM and Yards times.  
'A Meet' Standards 12&U are 2016 Festival "C", 13&O are 2016 Provincial "B"  
Qualifying Period starts Sept 1, 2015.
- Session Times:** As in the Order of Events. Meet management reserves the right to adjust session times.
- Entry Deadline:** All entries must be received by Tuesday, January 3, 2017.  
Changes accepted until Tuesday, January 10, 2017.  
Entries accepted on a first come first served basis.  
Please submit entries using [www.swimming.ca](http://www.swimming.ca) No entries will be accepted directly by meet management.
- Entry Fees:** \$10.00 per event. All costs include HST #125328625 and Gold Bonus.  
Please make cheques payable to ETOBICOKE SWIMMING.
- Awards:** Ribbons will be awarded to the top eight swimmers in each event.
- Meet Manager:** Steve Goodwin 647-393-9369 [sdg9@rogers.com](mailto:sdg9@rogers.com)
- Comp Coordinator:** Janice Charles 416-622-0154
- Live Results:** [www.eswim.ca](http://www.eswim.ca)

# ***2017 A/B Meet***

- Meet Notes:** All age groups will be seeded together.  
No scratch penalty shall be imposed for late or day of scratches.  
Please use the posted heat sheets to indicate scratches as information only.
- All events 200m and shorter are Time Finals, swum slowest to fastest.
- All 400m, 800m, and 1500m events are Time Finals, swum fastest to slowest, alternating Female/Male, seeded by time only. Results scored by meet age groups.
- 10&U swimmers do not swim the 400 IM, 800 Free, or 1500 Free.
- Coach's Registration:** Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.
- Time Splits:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice. Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.
- Meet Results:** Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)
- Safety & Liability:** Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- Recording Event:** Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.

# ***2017 A/B Meet***

## **Order of Events**

### **FRIDAY AFTERNOON – 11&Over**

Warm-up: 3:00 pm  
Start: 4:00 pm

<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
<u>'A' Event No.</u>	<u>Age</u>	<u>'A Meet' Standard</u>	<u>'B' Event No.</u>		<u>'A' Event No.</u>		<u>'A Meet' Standard</u>	<u>'B' Event No.</u>
1			101	<b>800 FREE</b>	4	16&O	9:32.20	104
	15&O	10:01.72				15	9:45.69	
	14	10:12.10				14	9:55.04	
	13	10:25.14				13	10:19.75	
	12	12:02.53				12	11:55.08	
	11	12:43.16				11	12:43.16	
3			103	<b>1500 FREE</b>	2	16&O	18:25.69	102
	15&O	19:28.78				15	18:51.77	
	14	19:42.80				14	19:09.83	
	13	20:08.00				13	20:08.00	
	12					12		
	11					11		

**NOTE:** Events 1 and 2 will alternate heats. Events 3 and 4 will alternate heats.  
Events 101 and 102 will alternate heats. Events 103 and 104 will alternate heats.

### **SATURDAY MORNING – 11-12**

Warm-up: 7:30 am  
Start: 8:15 am

<b>GIRLS</b>			<b>EVENTS</b>	<b>BOYS</b>		
<u>'A' Event No.</u>	<u>'A Meet' Standard</u>	<u>'B' Event No.</u>		<u>'A' Event No.</u>	<u>'A Meet' Standard</u>	<u>'B' Event No.</u>
63	3:05.51	163	<b>12 – 200 I.M.</b>	64	3:04.72	164
	3:17.42		<b>11 – 200 I.M.</b>		3:21.47	
65		165	<b>12 – 50 FLY</b>	66		166
			<b>11 – 50 FLY</b>			
67	1:15.93	167	<b>12 – 100 FREE</b>	68	1:14.86	168
	1:19.66		<b>11 – 100 FREE</b>		1:21.27	
69	1:36.93	169	<b>12 – 100 BREAST</b>	70	1:36.83	170
	1:44.36		<b>11 – 100 BREAST</b>		1:48.50	
71	3:20.86	171	<b>12 – 200 FLY</b>	72	3:21.46	172
	3:37.11		<b>11 – 200 FLY</b>		3:37.11	
73	1:25.48	173	<b>12 – 100 BACK</b>	74	1:25.96	174
	1:30.88		<b>11 – 100 BACK</b>		1:32.92	
75	5:46.06	175	<b>12 – 400 FREE</b>	76	5:45.45	176
	6:08.68		<b>11 – 400 FREE</b>		6:13.49	

# ***2017 A/B Meet***

## ***Order of Events***

### **SATURDAY MIDDAY – 10&Under**

Warm-up: 12:15 am  
Start: 1:00 pm

<b><u>GIRLS</u></b>			<b><u>EVENTS</u></b>	<b><u>BOYS</u></b>		
<b><u>'A'</u> Event No.</b>	<b><u>'A Meet'</u> Standard</b>	<b><u>'B'</u> Event No.</b>		<b><u>'A'</u> Event No.</b>	<b><u>'A Meet'</u> Standard</b>	<b><u>'B'</u> Event No.</b>
41	3:31.11	141	<b>10 &amp; Under – 200 I.M.</b>	42	3:31.11	142
43		143	<b>10 &amp; Under – 50 FLY</b>	44		144
45	1:26.19	145	<b>10 &amp; Under – 100 FREE</b>	46	1:26.19	146
47	1:50.42	147	<b>10 &amp; Under – 100 BREAST</b>	48	1:50.42	148
49	1:39.04	149	<b>10 &amp; Under – 100 BACK</b>	50	1:39.04	150
51	6:37.64	151	<b>10 &amp; Under – 400 FREE</b>	52	6:37.64	152

### **SATURDAY AFTERNOON – 13&Over**

Warm-up: 3:30 pm  
Start: 4:30 pm

<b><u>WOMEN</u></b>				<b><u>EVENTS</u></b>	<b><u>MEN</u></b>			
<b><u>'A'</u> Event No.</b>	<b><u>Age</u></b>	<b><u>'A Meet'</u> Standard</b>	<b><u>'B'</u> Event No.</b>		<b><u>'A'</u> Event No.</b>	<b><u>Age</u></b>	<b><u>'A Meet'</u> Standard</b>	<b><u>'B'</u> Event No.</b>
5			105	<b>200 I.M.</b>	6	16&O	2:24.06	106
	15&O	2:35.88				15	2:30.58	
	14	2:39.15				14	2:33.35	
	13	2:44.20				13	2:39.77	
7			107	<b>50 FLY</b>	8	16&O		108
	15&O					15		
	14					14		
	13					13		
9			109	<b>100 FREE</b>	10	16&O	58.58	110
	15&O	1:03.69				15	1:00.60	
	14	1:05.05				14	1:01.70	
	13	1:07.24				13	1:05.11	
11			111	<b>100 BREAST</b>	12	16&O	1:16.01	112
	15&O	1:21.30				15	1:19.29	
	14	1:22.98				14	1:20.05	
	13	1:26.55				13	1:24.46	
13			113	<b>200 FLY</b>	14	16&O	2:27.75	114
	15&O	2:39.26				15	2:34.14	
	14	2:46.62				14	2:39.81	
	13	2:48.17				13	2:46.44	
15			115	<b>100 BACK</b>	16	16&O	1:06.37	116
	15&O	1:11.37				15	1:09.41	
	14	1:13.76				14	1:10.13	
	13	1:14.95				13	1:14.31	
17			117	<b>50 BREAST</b>	18	16&O		118
	15&O					15		
	14					14		
	13					13		
19			119	<b>400 FREE</b>	20	16&O	4:33.86	120
	15&O	4:49.76				15	4:42.94	
	14	4:55.70				14	4:47.46	
	13	5:02.00				13	4:59.40	

# ***2017 A/B Meet***

## **Order of Events**

<b><u>SUNDAY MORNING – 11-12</u></b>						
Warm-up: 7:30 am						
Start: 8:15 am						
<b><u>GIRLS</u></b>			<b><u>EVENTS</u></b>	<b><u>BOYS</u></b>		
<b><u>'A'</u> <u>Event</u> <u>No.</u></b>	<b><u>'A Meet'</u> <u>Standard</u></b>	<b><u>'B'</u> <u>Event</u> <u>No.</u></b>		<b><u>'A'</u> <u>Event</u> <u>No.</u></b>	<b><u>'A Meet'</u> <u>Standard</u></b>	<b><u>'B'</u> <u>Event No.</u></b>
77	2:43.87	177	<b>12 – 200 FREE</b>	78	2:43.22	178
	2:54.95		<b>11 – 200 FREE.</b>		2:55.59	
79		179	<b>12 – 50 BACK</b>	80		180
			<b>11 – 50 BACK</b>			
81	3:27.67	181	<b>12 – 200 BREAST</b>	82	3:27.76	182
	3:42.47		<b>11 – 200 BREAST</b>		3:42.47	
83	1:28.25	183	<b>12 – 100 FLY</b>	84	1:27.35	184
	1:33.93		<b>11–100 FLY</b>		1:38.08	
85	34.58	185	<b>12 – 50 FREE</b>	86	34.06	186
	36.55		<b>11 – 50 FREE</b>		36.82	
87	3:02.87	187	<b>12 – 200 BACK</b>	88	3:03.07	188
	3:15.17		<b>11 – 200 BACK</b>		3:16.89	
89		189	<b>12 – 50 BREAST</b>	90		190
			<b>11 – 50 BREAST</b>			
91	6:36.27	191	<b>12 – 400 I.M.</b>	92	6:40.48	192
	7:07.90		<b>11 – 400 I.M.</b>		7:07.90	

<b><u>SUNDAY MIDDAY – 10&amp;Under</u></b>						
Warm-up: 12:15 am						
Start: 1:00 pm						
<b><u>GIRLS</u></b>			<b><u>EVENTS</u></b>	<b><u>BOYS</u></b>		
<b><u>'A'</u> <u>Event No.</u></b>	<b><u>'A Meet'</u> <u>Standard</u></b>	<b><u>'B'</u> <u>Event</u> <u>No.</u></b>		<b><u>'A'</u> <u>Event</u> <u>No.</u></b>	<b><u>'A Meet'</u> <u>Standard</u></b>	<b><u>'B'</u> <u>Event No.</u></b>
53	3:08.80	153	<b>10 &amp; Under – 200 FREE</b>	54	3:08.80	154
55		155	<b>10 &amp; Under – 50 BACK</b>	56		156
57	1:48.33	157	<b>10 &amp; Under – 100 FLY</b>	58	1:48.33	158
59	38.55	159	<b>10&amp;Under–50 FREE</b>	60	38.55	160
61		161	<b>10 &amp; Under – 50 BREAST</b>	62		162



# ***2017 A/B Meet***

## ***Order of Events***

### **SUNDAY AFTERNOON – 13&Over**

Warm-up: 3:00 pm

Start: 4:00 pm

<b>WOMEN</b>				<b><u>EVENTS</u></b>	<b>MEN</b>			
<b><u>'A'</u></b> <b><u>Event No.</u></b>	<b><u>Age</u></b>	<b><u>'A Meet'</u></b> <b><u>Standard</u></b>	<b><u>'B'</u></b> <b><u>Event No.</u></b>		<b><u>'A'</u></b> <b><u>Event No.</u></b>	<b><u>Age</u></b>	<b><u>'A Meet'</u></b> <b><u>Standard</u></b>	<b><u>'B'</u></b> <b><u>Event No.</u></b>
21			121	<b>200 BACK</b>	22	16&O	2:23.42	122
	15&O	2:32.45				15	2:29.35	
	14	2:37.90				14	2:30.29	
	13	2:40.69				13	2:38.91	
23			123	<b>50 FREE</b>	24	16&O	26.83	124
	15&O	29.60				15	27.69	
	14	30.18				14	28.09	
	13	30.83				13	29.64	
25			125	<b>200 BREAST</b>	26	16&O	2:47.10	126
	15&O	2:54.63				15	2:52.25	
	14	2:59.22				14	2:54.12	
	13	3:04.17				13	3:00.44	
27			127	<b>50 BACK</b>	28	16&O		128
	15&O					15		
	14					14		
	13					13		
29			129	<b>100 FLY</b>	30	16&O	1:04.95	130
	15&O	1:11.13				15	1:08.40	
	14	1:14.48				14	1:09.30	
	13	1:15.31				13	1:13.88	
31			131	<b>200 FREE</b>	32	16&O	2:07.51	132
	15&O	2:17.01				15	2:11.61	
	14	2:20.98				14	2:15.03	
	13	2:24.23				13	2:20.70	
33			133	<b>400 I.M.</b>	34	16&O	5:02.24	134
	15&O	5:30.07				15	5:19.42	
	14	5:39.52				14	5:28.24	
	13	5:47.36				13	5:36.82	



## **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.**