

HOBB Hamilton @ Burlington

December 6, 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.

HOBB Meet @ Burlington
hosted by
Burlington Aquatic Devilrays

December 6, 2009

Times: Session Warm-up Start
 Sunday AM 1 7:30 am 8:15 am

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

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

Awards: Best time ribbons (based on entry times). All NT entries will receive a best time ribbon.

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

Refreshments: Will be available throughout the meet.

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

Age Groups: 8 and under; 9 and 10; 11 and over;
Individual events will be seeded and mixed from fastest to slowest within age groups. Scored by age group and gender. 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: Provincial C times or slower. There is a MAXIMUM of 4 swims per swimmer per session. BAD reserves the right to make further limitations if necessary. Clubs will be contacted before we exercise any limitations.

Entry Fees: Cost per individual event is \$2.00 per swimmer.

Deck Entries: No deck entries unless approved by marshalling 30 minutes prior to session start. Positive check-in will apply.

Sanctioned by: Swim Ontario

Entry Deadline: Entries must be received by 5:00 p.m. Monday, November 23, 2009.
In keeping with the new SNC process, all entries must be in Hy-tek format and submitted electronically via www.swimmeet.ca No entries will be accepted directly by meet management. 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: Friday November 27, 2009.

Meet Package: The official meet package is the most current version found on www.swimmeet.ca

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

MEET PROGRAM

Sunday December 6, 2009AM

Boys and girls mixed

Event Number	Age group	Event
1	Open	100 free
2	9 and over	25 free
3	8 and under	25 free
4	11 and over	50 free
5	9-10	50 free
6	8 and under	50 free
7	Open	100 Breast
8	9 and over	25 breast
9	8 and under	25 breast
10	11 and over	50 breast
11	9-10	50 breast
12	8 and under	50 breast
13	Open	100 back
14	9 and over	25 back
15	8 and under	25 back
16	11 and over	50 back
17	9-10	50 back
18	8 and under	50 back
19	11 and over	25 fly
20	9-10	25 fly
21	8 and under	25 fly
22	Open	50 fly