

HOBBS

Hamilton @ Oakville



Hosted by:
OAKVILLE AQUATIC CLUB

Date:
Saturday, April 17, 2010

HOBB's Hamilton @ Oakville

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Saturday	All Ages	Warm Up: 3:00 pm	Start: 3:30pm	Finish: 7:00pm
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Session Length: Session will be no longer than 4 hours in length.

Meet Referee: David Lawson

Meet Manager: Lisa Cowan
Phone: (905) 827-2588 Email: lisa_cowan@cogeco.ca

Location: Iroquois Ridge Community Centre (Map Enclosed)
1151 Glenashton Drive, Oakville

Facility: 8 lane 25metre pool
Electronic timing with scoreboard
Health and Safety regulations require no food or drink on deck except water
Ample parking

Meet: The meet is sanctioned by Swim Ontario. SNC Safety Rules and Procedures will be in effect during the warm-up and meet. Coaches are reminded to review the procedures with their athletes. Coaches are reminded that all swimmers must be registered with Swim Ontario. The meet will be ONE START rule.

Eligibility: All swimmers must be registered as a competitive swimmer with Swim Ontario or any other amateur swimming organization recognized by FINA. Ages submitted are to be as of the start date of the swim meet. Meet management reserves the right to delete a swimmer from an entry or result file for an incorrect or absent 9 digit ID number and/or an incorrect date of birth. Dequalifying times: Provincial C times
There is no qualifying time standard for any individual event for this meet.

Entry Fees: Cost per swimmer is \$2.00

Entry Deadline: Friday April 9th, 2010. Changes will be accepted Wednesday April 14th, 2010.

Electronic Entry: All entries must be in Hy-tek format and submitted via www.swimmeet.ca
No entries will be accepted directly by meet management.

Entries: Entries are closed to Oakville and Hamilton.
Athletes may swim a maximum of 4 events per session.
This meet has no time standard, but meet management requests that all swimmers be entered with best available entry time to allow for proper seeding of the meet.
Deck entries will be permitted only if approved by marshalling 15 minutes prior to the start of the session.

Seeding: All entries times will be converted to SC times, using the default conversion factors in Hy-Tek Meet manager, and then seeded accordingly. Non-conforming times (yards, etc) will be seeded last

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

Scoring: No scoring.

SNC LTAD: Pre-requisites exist for 12&under and 13&over. Coaches are to ensure their swimmers meet the following prerequisites to be entered into the meet.

12&under 200 I.M. 6:00.00, 200 Free 5:00.00

13&over 200 I.M. 6:00.00, 400 Free 10:00.00

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 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 & 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 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

Swimwear Rules:

This past summer, Fina, the governing body for International competitive swimming, announced new guidelines for competitive swimwear. The ruling came during the 2009 World Championships in Rome, Italy and includes the following specifications:

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.

A full list of Swimming Canada sanctioned competitions can be found at : www.swimming.ca/MeetList.aspx

ORDER OF EVENTS

Saturday April 17th 2010
Boys and Girls Mixed

Event Number	Age group	Event
1	Open	100 Free
2	12 and over	50 Free
3	9-11	50 Free
4	8 and under	50 Free
5	9-11	25 Free
6	8 and under	25 Free
7	Open	100 Back
8	12 and over	50 Back
9	9-11	50 Back
10	8 and under	50 Back
11	9 - 11	25 Back
12	8 and under	25 Back
13	Open	100 Breast
14	12 and over	50 Breast
15	9-11	50 Breast
16	8 and under	50 Breast
17	9-11	25 Breast
18	8 and under	25 Breast
19	12 and over	50 Fly
20	9-11	50 Fly
21	8 and under	50 Fly
22	9-11	25 Fly
23	8 and under	25 Fly
24	Open	100 IM

