



# *2011 Fall Dash4Cash*

## *November 5<sup>th</sup> and 6<sup>th</sup>, 2011*

- Date:** Saturday November 5<sup>th</sup> and Sunday November 6<sup>th</sup>, 2011
- Hosted By:** Milton Marlin Swim Team
- Location:** Milton Sports Centre,  
605 Santa Maria Blvd,  
MILTON, ON.
- Facility:** Milton Sports Centre, 8 lane, 25 meter pool  
Colorado Electronic Touch Pad Timing System  
FINA Approved Sprint Track Start Blocks
- Meet Referee:** Sue Morris, Level 3.
- Meet Manager:** Reese Lewis  
Phone: 416-371-1596  
Email: [officialschair@miltonmarlins.ca](mailto:officialschair@miltonmarlins.ca)
- Officials:** Any volunteers for officiating duties would be greatly appreciated. Please email qualifications and desired positions to the Meet Manager.
- Rules:** SNC rules will apply. The FINA 1-start rule will be in effect.  
This meet is sanctioned by Swim Ontario, and all times are Official.  
FINA Rules regarding acceptable swim suits will be in effect.
- Eligibility:** Entrants must be registered competitive swimmers with Swim Ontario / SNC.
- Entry Fees:** A \$300 deposit is required to reserve a visiting Team's place.  
Individual entries are \$9.25 each (including HST).  
800m events are \$13.00 each (including HST).  
Please make cheque payable to Milton Marlin Swim Team.
- Entry Deadline:** Electronic entries must be received by Saturday October 29, 2011.  
Entries should be converted to Short Course using a 2.5% conversion factor.  
Hy-Tek files are available on the Swim Canada site or <http://www.miltonmarlins.ca>  
Entries should be uploaded via [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx)

**Warm-Ups:** During the last 15 minutes of warm-up, Lanes 1 & 8 will be designated as dive and sprint lanes; after the dive, swimmers must swim the length and exit the lane. MMST will verify warm-up times with clubs in advance of the meet.

**Scratches:** No scratch penalty shall be imposed for late or day of scratches. All scratches should be reported to the Meet Manager during warm-ups prior to each session. Positive Check-in is required for the 400m & 800m Freestyle and 400 Individual Medley events.

**Sessions:**

Sess No.	Warm-Up	Start-Finish	Age	Gender
#1	7:30am – 8:20am	8:30am – 10:30am	13yrs & Over	Male & Female
#2	10:30am – 11:20am	11:20am – 2:30pm	All Ages	Male & Female
#3	2:30pm – 3:20pm	3:30pm – 5:30pm	12yrs & Under	Male & Female
#4	7:30am – 8:20am	8:30am – 12:00pm	13yrs & Over	Male & Female
#5	12:30pm – 1:20pm	1:30 – 5:30pm	12yrs & Under	Male & Female

- Meet management reserves the right to adjust session times.
- All events are Timed Finals, and will be swum as Mixed Open.
- In some heats due to a small number of participants a mixed gender heat will be swum to provide better competition for each athlete.
- Results will be posted in separate genders and age groups as per the 'Awards' section of the meet package.
- Meet management reserves the right to limit heats and/or swim two per lane in the 400m FR and 800m FR

**Deck Entries:** Deck entries will be accepted into existing heats with fees payable to the Clerk of Course at \$12.00 per event (\$15.00 per event for 800m). Swimmers entered as Deck Entries will be recorded as Exhibition swims only and are not eligible for awards.

**Limitations:** Swimmers are limited to 7 individual swims.

**Seeding:** All entries times will be converted to Short Course (SC) times, using the default conversion factors in Hy-Tek Meet manager (2.5%). They will then be seeded accordingly. Non conforming times (yards, etc) will be seeded last.

**Awards:** Individual Medals for 1<sup>st</sup>-3<sup>rd</sup> place, scored by age group and gender. Relays are not eligible for awards.

**Age Groups** FEMALES & MALES

**For Scoring:**  
11 & Under  
12  
13  
14  
15 & Over

**Results:** Results will be uploaded to [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx)

**Relays:** Relays are Open events. Therefore, relays may be composition of any age and any gender.

## **Special Events:**

### **Sunday – 50 Free Eliminator - \$1,000 in prize money**

The top 8 finishers in Saturdays 50 Free will swim a 5 race Eliminator. At the end of each race swimmers will be eliminated until we have a winner. There will be approximately 5 minutes between swims.

Eliminations will be as follows:

Round 1:                2 Swimmers Eliminated  
Round 2:                2 Swimmers Eliminated  
Round 3, 4 & 5        1 Swimmer Eliminated

This event is only for 13 and over age groups. Prize money for Girls and Boys in the 13, 14 and 15 & Over age groups will be: 1<sup>st</sup> place will be awarded \$50, 2<sup>nd</sup> place \$30, 3<sup>rd</sup> place \$20.

Due to the LTADS there will be no eliminator for the 12 & Under age group. Prize money will be awarded to the top 3 finishers for the 50 Free on Saturday. Prize money for Girls and Boys 11 & Under and 12 age groups will be: 1<sup>st</sup> place will be awarded \$50, 2<sup>nd</sup> place \$30, 3<sup>rd</sup> place \$20.

## **Split Times:**

Meet Management acknowledged the SO policy with banning the future use of split times as official times and 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. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.

## **Mixed Gender Events:**

Notwithstanding Rule SW10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances:

5. Where due to facilities or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender. Results will be separated by gender for results reporting and uploading of results.

**Refreshments:** Food and beverages will be available throughout the meet from the concession stand.

INQUIRIES:                Jamie Brough (Head Coach)  
                                  [jabrough77@hotmail.com](mailto:jabrough77@hotmail.com)  
                                  Tel: 905-299-1389

Reese Lewis (Meet Manager)  
[officialschair@miltonmarlins.ca](mailto:officialschair@miltonmarlins.ca)  
Tel: 416-371-1596



## *Program of Events*

### ***Saturday's Events***

#### **Session #1 (7:30 Warm-up)**

100m Butterfly  
50m Backstroke  
100m Breaststroke  
50m Freestyle  
200m Individual Medley  
Open 200 Medley Relay

#### **Session #2 Distance (10:30 Warm-up)**

400m Freestyle (10&U Girls, 11&U Boys)  
800m Freestyle (11&O Girls, 12&O Boys)

#### **Session #3 (2:30 Warm-up)**

100m Butterfly  
50m Backstroke  
100m Breaststroke  
50m Freestyle  
200m Individual Medley  
Open 200 Medley Relay

### ***Sunday's Events***

#### **Session #4 (7:30 Warm-up)**

400m Individual Medley  
200m Freestyle  
50m Butterfly  
100m Backstroke  
50m Breaststroke  
100m Freestyle  
5 x 50 Free Eliminator

#### **Session #5 (12:30 Warm-up)**

400m Individual Medley  
200m Freestyle  
50m Butterfly  
100m Backstroke  
50m Breaststroke  
100m Freestyle



## **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. Noncompliance 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." (C SW 2.13.1.5)

### **GENERAL WARM-UP RULES:**

- Swimmers shall enter the water FEETFIRST 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:**

- FLUTTERBOARDS and PULLBUOYS are allowed.
- HANDPADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved  
July 6, 2005