

2012
CENTRAL REGION
Short Course
CHAMPIONSHIPS

February 9th-12th, 2012

At the
ETOBICOKE OLYMPIUM

Hosted by





RISK MANAGEMENT / WARM-UP PROCEDURES 2012

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.**

2012 CENTRAL REGION SHORT COURSE CHAMPIONSHIPS

- DATE: February 9th - 12th, 2012
- HOSTED BY: Etobicoke Swim Club
- LOCATION: Etobicoke Olympium
590 Rathburn Road
Etobicoke, Ontario
- FACILITY: Two eight lane 25 metre competition pools. Omega electronic timing.
- SAFETY PROC: SNC Safety Procedures Apply. Coaches are responsible to inform their swimmers of the SNC Safety Rules and to ensure their adherence to them and are responsible for their athlete's discipline and behaviour.
- Coaches may be requested to show evidence of their CSCTA membership.
- ELIGIBILITY: All competitive swimmers currently registered with Swim Ontario and a Central Region Club who meet age and 2011-2012 qualifying standards. **Swimmers may swim a maximum of 6 individual events.** Please submit Best Times. Times must be an Official time and provable. **No bonus swims will be accepted. Exhibition swims only for swimmers that age up between Central Region Champs and Provincials.**
- COMPETITION: Sanctioned by Swim Ontario. All current SNC rules and warm up procedures will be followed. The age groups will be 10&U, 11, 12, 13, 14, 15&O Girls; 11&U, 12, 13, 14, 15, 16&O Boys. All 12&U Girls and 13&U Boys swims will be Time Finals. All 400, 800, and 1500 events will be Time Finals and will be swum fastest to slowest. All Relays will be Time Finals and swum during the Preliminary Sessions. All other events will have Preliminaries and A Finals.
- QUALIFYING : De-qualifying times are the 2011 Swim Ontario Junior Provincial Age Group Championship standards (SCM). Qualifying times are Ontario Age Group "B" Times. Qualifying period starts Sept. 1, 2011.
- 10 & Under Girls and 11 & Under Boys (50 Br, 50 Fly, 100 IM) are qualified for by the 100 Br, 100 Fly, and 200 IM.
- Swimmers who have qualified in 4 or more individual events for the 2012 Junior Provincial Age Group Championships may not swim in any individual or relay events in this competition.**
- A swimmer earning a Provincial Time AFTER the entry deadline, for an event already entered in this meet, may still swim the event. It will NOT be marked exhibition.
- Any swimmer who qualifies to enter this meet may swim any leg of a relay.
- SEEDING: Entries must pass SNC Entry Validation. Seeding will be in the following order:
Entries with qualifying SCM times. There will be no conversion of entry time.
- SPLIT TIMES: "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 event in question."

SCRATCH RULES: Scratches from Prelims shall be made on the posted heat sheets without penalty.

All scratches from Finals must be made within 30 minutes of the conclusion of Preliminary events to allow proper seeding and notification of alternates.

Scratching from Finals after the final scratch deadline, or failure to participate in an individual final, relay event, or distance time final will result in a \$100.00 fine for each offence – payable to Central Region.

Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.

Positive check in with the Clerk of Course is required for all 800's and 1500's at least 30 minutes prior to the start of the session.

Scratches on the posted heat sheets are required for all Relay and 400 time finals at least 30 minutes before the start of the session.

MEET ETHICS: Clubs and coaches are responsible for the accuracy of the entry of their swimmers in a meet. All Meet Ethics considerations will be dealt with by Meet Management and as required, with consultation of the Central Region Board members present during the meet. Please be prepared to prove entry times if requested.

On discovery, all violations will be dealt with promptly and be subject to a fine, payable to Central Region before the end of the day.

- a) If a swimmer is overqualified for the meet, the fine is \$50 per event entered and **all** swims for the particular swimmer will be marked exhibition. Upon discovery, the swimmer will immediately be scratched from the remainder of the meet;*
- b) If a swimmer is overqualified for up to 3 individual swims entered, the fine is \$100 per violation and these swims will be marked as exhibition.*

ENTRY FEES:	Individual event(s)	\$ 8.00 plus HST - \$ 9.04	(HST # R103378279)
	Relay(s)	\$12.00 plus HST - \$13.56	
	OSOA support	\$ 1.00 per swimmer	

Please bring cheque made payable to Etobicoke Swimming on the first day on the meet. Swimmers will not compete until fees are paid.

ENTRY DEADLINE: The entry deadline is Thursday, February 2, 2012 at 6pm.
Submit entries using www.swimming.ca/meetlist.aspx

LIVE RESULTS: www.eswim.ca

MEET RESULTS: www.swimming.ca/meetlist.aspx

MEET REFEREE: Jeff Holmes jeff.holmes@otffeo.on.ca

MEET MANAGER: Steve Goodwin sdg9@rogers.com

AWARDS: Medals 1st, 2nd, 3rd
Ribbons 4th - 8th

SCORING: Individual High Point 5-2-1
Team Points 15-11-7-5-4-3-2-1

CENTRAL REGION SHORT COURSE CHAMPIONSHIPS

Order of Events and Time Standards

THURSDAY EVENING

Warm-up: 4:30 pm

Start: 5:30 pm

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
1	11	11:03.62	12:09.98	800 FREE	2	12	10:21.81	11:23.99
	12	10:28.29	11:31.12			13	9:50.24	10:49.26
	13	9:55.37	10:54.91			14	9:26.70	10:23.37
	14	9:42.95	10:41.25			15	9:17.80	10:13.58
	15&O	9:33.07	10:30.38			16&O	9:04.95	9:59.45

FRIDAY EVENING

Warm-up: 4:30 pm

Start: 5:30 pm

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
3	13	2:36.38	2:52.02	200 IM	4	14	2:26.05	2:40.65
	14	2:31.57	2:46.73			15	2:23.41	2:37.75
	15&O	2:28.46	2:43.31			16&O	2:17.20	2:30.92
5	10&U	5:45.77	6:20.35	400 FREE	6	11&U	5:24.77	5:57.25
	11	5:20.59	5:52.65			12	5:00.39	5:30.43
	12	5:00.92	5:31.01			13	4:45.14	5:13.65
7	13	4:47.62	5:16.38	400 FREE	8	14	4:33.77	5:01.15
	14	4:41.62	5:09.78			15	4:29.47	4:56.42
	15&O	4:35.96	5:03.56			16&O	4:20.82	4:46.90

SATURDAY MORNING

Warm-up: 8:00 am

Start: 9:00 am

<u>WOMEN</u>				<u>EVENTS</u>	<u>MEN</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
9	13	1:04.04	1:10.44	100 FREE	10	14	58.76	1:04.64
	14	1:01.95	1:08.15			15	57.71	1:03.48
	15&O	1:00.66	1:06.73			16&O	55.79	1:01.37
11	13	2:55.40	3:12.94	200 BREAST	12	14	2:45.83	3:02.41
	14	2:50.69	3:07.76			15	2:44.05	3:00.46
	15&O	2:46.31	3:02.94			16&O	2:39.14	2:55.05
13	13	1:11.38	1:18.52	100 BACK	14	14	1:06.79	1:13.47
	14	1:10.25	1:17.28			15	1:06.10	1:12.71
	15&O	1:07.97	1:14.77			16&O	1:03.21	1:09.53
15	13	2:40.16	2:56.18	200 FLY	16	14	2:32.20	2:47.42
	14	2:38.69	2:54.56			15	2:26.80	2:41.48
	15&O	2:31.68	2:46.85			16&O	2:20.71	2:34.78
17	13-14			4x50 FREE	18	14-15		
19	15&O			4x50 FREE	20	16&O		
21	13	5:30.82	6:03.90	400 IM	22	14	5:12.61	5:43.87
	14	5:23.35	5:55.69			15	5:04.21	5:34.63
	15&O	5:14.35	5:45.79			16&O	4:47.85	5:16.64

SATURDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
23	10&U	3:03.57	3:21.93	200 IM	24	11&U	2:55.19	3:12.71
25	11	2:51.67	3:08.84	200 IM	26	12	2:40.63	2:56.69
	12	2:41.31	2:57.44			13	2:32.16	2:47.38
27	10&U	1:14.95	1:22.45	100 FREE	28	11&U	1:10.67	1:17.74
29	11	1:09.27	1:16.20	100 FREE	30	12	1:05.10	1:11.61
	12	1:06.03	1:12.63			13	1:02.01	1:08.21
31	10&U	(Use	100 Br)	50 BREAST	32	11&U	(Use	100 Br)
33	11	3:13.45	3:32.79	200 BREAST	34	12	3:00.66	3:18.73
	12	3:00.58	3:18.64			13	2:51.85	3:09.04
35	10&U	1:26.12	1:34.73	100 BACK	36	11&U	1:20.80	1:28.88
37	11	1:19.03	1:26.93	100 BACK	38	12	1:14.75	1:22.23
	12	1:14.33	1:21.76			13	1:10.77	1:17.85
39	10&U	1:34.20	1:43.62	100 FLY	40	11&U	1:25.29	1:33.82
41	11	3:08.79	3:27.67	200 FLY	42	12	2:55.18	3:12.70
	12	2:54.66	3:12.13			13	2:38.51	2:54.36
43	10&U			4x50 FREE	44	11&U		
45	11-12			4x50 FREE	46	12-13		

SATURDAY FINALS

Warm-up: 4:00 pm
Start: 5:00 pm

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
3	13			200 IM	4	14		
	14					15		
	15&O					16&O		
9	13			100 FREE	10	14		
	14					15		
	15&O					16&O		
11	13			200 BREAST	12	14		
	14					15		
	15&O					16&O		
13	13			100 BACK	14	14		
	14					15		
	15&O					16&O		
15	13			200 FLY	16	14		
	14					15		
	15&O					16&O		

SUNDAY MORNING

Warm-up: 7:00 am
Start: 8:00 am

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
47	13	2:17.36	2:31.10	200 FREE	48	14	2:08.60	2:21.46
	14	2:14.27	2:27.70			15	2:05.34	2:17.87
	15&O	2:10.49	2:23.54			16&O	2:01.44	2:13.58
49	13	1:11.72	1:18.89	100 FLY	50	14	1:06.00	1:12.60
	14	1:10.93	1:18.02			15	1:05.14	1:11.65
	15&O	1:07.74	1:14.51			16&O	1:01.86	1:08.05
51	13	2:33.04	2:48.34	200 BACK	52	14	2:23.13	2:37.44
	14	2:30.38	2:45.42			15	2:22.24	2:36.46
	15&O	2:25.19	2:39.71			16&O	2:16.59	2:30.25
53	13	1:22.43	1:30.67	100 BREAST	54	14	1:16.24	1:23.86
	14	1:19.03	1:26.93			15	1:15.51	1:23.06
	15&O	1:17.43	1:25.17			16&O	1:12.39	1:19.63
55	13	29.36	32.30	50 FREE	56	14	26.75	29.43
	14	28.74	31.61			15	26.37	29.01
	15&O	28.19	31.01			16&O	25.55	28.11
57	13-14			4x50 MEDLEY	58	14-15		
59	15&O			4x50 MEDLEY	60	16&O		
61	13	19:10.48	21:05.53	1500 FREE	62	14	18:15.08	20:04.59
	14	18:46.48	20:39.13			15	17:57.88	19:45.67
	15&O	18:33.12	20:24.43			16&O	17:33.04	19:18.34

SUNDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
63	10&U	2:44.17	3:00.59	200 FREE	64	11&U	2:32.69	2:47.96
65	11	2:32.13	2:47.34	200 FREE	66	12	2:21.93	2:36.12
	12	2:22.50	2:36.75			13	2:14.00	2:27.40
67	10&U	(Use	100 Fly)	50 FLY	68	11&U	(Use	100 Fly)
69	11	1:21.68	1:29.85	100 FLY	70	12	1:15.96	1:23.56
	12	1:16.74	1:24.41			13	1:10.36	1:17.40
71	10&U	3:05.92	3:24.51	200 BACK	72	11&U	2:51.21	3:08.33
73	11	2:49.71	3:06.68	200 BACK	74	12	2:39.19	2:55.11
	12	2:39.02	2:54.92			13	2:31.34	2:46.47
75	10&U	1:36.02	1:45.62	100 BREAST	76	11&U	1:34.35	1:43.78
77	11	1:30.75	1:39.83	100 BREAST	78	12	1:24.20	1:32.62
	12	1:24.29	1:32.72			13	1:20.44	1:28.48
79	10&U	33.52	36.87	50 FREE	80	11&U	32.02	35.22
81	11	31.78	34.96	50 FREE	82	12	29.62	32.58
	12	30.07	33.08			13	28.23	31.05
83	10&U			4x50 MEDLEY	84	11&U		
85	11-12			4x50 MEDLEY	86	12-13		
87	10&U	(Use	200 IM)	100 IM	88	11&U	(Use	200 IM)
89	11	6:12.09	6:49.30	400 IM	90	12	5:48.24	6:23.06
	12	5:44.58	6:19.04			13	5:20.78	5:52.86

SUNDAY FINALS

Warm-up: 4:00 pm

Start: 5:00 pm

<u>WOMEN</u>				<u>EVENTS</u>	<u>MEN</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
47	13			200 FREE	48	14		
	14					15		
	15&O					16&O		
49	13			100 FLY	50	14		
	14					15		
	15&O					16&O		
51	13			200 BACK	52	14		
	14					15		
	15&O					16&O		
53	13			100 BREAST	54	14		
	14					15		
	15&O					16&O		
55	13			50 FREE	56	14		
	14					15		
	15&O					16&O		



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.**