

# 2012 Short Course Junior Provincial Championships

For Able Bodied & PARA

## March 1-4, 2012

At the  
**Nepean Sportsplex**  
Nepean , Ontario



Hosted by

Officially sanctioned by



Proudly supported by



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Exclusive Team Dealer of Swim  
Ontario





## **RISK MANAGEMENT / WARM-UP PROCEDURES 2010-11**

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.**

SNC Board Approved



## **SNC Swim Suit Policy – September 2009**

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

**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.

### **SWON/SNC**

**Record Policy:**                      **Required for ALL New National and Provincial records**

#### **National and Provincial Record forms to include:**

*Referees must sign the new record application form confirming that a swimmer was wearing a legal suit when a record was created. Coaches will be notified that (record) swimmers must report to the session referee (meet referee) for suit verification. Referees must carry a signoff sheet and list of FINA approved suits (see SNC website). Record applications will not be accepted unless form is properly completed.*

# Junior Provincial Championships SC 2012



## General Information

- Date** March 1 to March 4, 2012
- Hosted by** Nepean Kanata Barracudas
- Location:** Nepean Sportsplex  
1701 Woodroffe Ave  
Nepean, Ontario
- Facility:** 8 lane 50m competition pool, with electronic timing; Limited availability of the warm down pool
- Meet Referee:** Dave Roza [droza7492@rogers.com](mailto:droza7492@rogers.com)
- Meet Manager:** Simon Davis [simncyn@sympatico.ca](mailto:simncyn@sympatico.ca) 613-723-2278  
All entry files will be handled through [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx)
- Qualifying** **Period –** As of September 1, 2011  
**Standards -** 2009 -12 Ontario Jr. Provincial SC & LC Qualifying Standards  
**Pre-requisites –** As of September 1, 2011. Required for the appropriate age categories.
- Entry Deadline:** **Wednesday February 22, 2012.**
- Psych Sheets: competition** **Psych Sheets will be posted on line at [www.swimnkb.com](http://www.swimnkb.com) 5 days prior to the**
- Payment:** **Please** make cheques payable to NKB and bring to the meet.
- Entry Fees:** Individual event(s) \$ 8.00 plus HST - \$ 9.04 (HST # R103378279)  
Relay(s) \$12.00 plus HST - \$13.56  
Splash fee \$ 5.00 plus HST - \$ 5.65 (per swimmer including “relay only”)
- Pre-Meet Training:** Wednesday February 29th, 2012 from 2:30pm to 5:30pm. Meet management will post a team allocation for pre-meet training times on the NKB website within 48 hours of the entry deadline. This pre-meet training team allocation will also be posted on the SWON website.
- Registration:** Wednesday February 29th, 2012 from 2:30pm to 6:30pm  
Thursday March, 1<sup>st</sup>, 2012 from 7:30am to 11:00am
- Coaches' Meeting:** Thursday, March 1st, 2012 at 7:50AM on deck of patio pool. 12&under coaches meeting Thursday March 1st at 12:50pm on deck of patio pool
- CSCTA Reg:** To help with the enforcement of CSCTA/OSCA/SNC and Swim Ontario policy and to maintain the strength of the Insurance on this event, all coaches will be asked to prove membership in CSCTA (ID cards etc.) before receiving Heat Sheets.
- OSOA Policy:** Only Competitors, Certified Coaches and Officials are allowed on deck. NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager or Swim Ontario.
- Sportsplex Policy:** The Nepean Sportsplex has a 50m pool/deck capacity of 450 and a spectator capacity of 560. To meet these regulations meet management will post a team allocation for the competition within 48 hours of the entry deadline. This team allocation will also be posted on the SWON website. Teams will be allocated to the deck or the stands for the duration of the competition in order to comply with the health and safety pool/deck/spectator capacity policy

## Entry and Eligibility

**Eligibility:** Swimmers must be registered as **competitive** with Swim Ontario, SNC and/or FINA recognized organizations in order to compete in the Ontario SC Junior Provincials.

**Swimmers' Age:** As of **March 1st, 2012** (first day of the competition)

**To Qualify:** All swimmers must achieve at least 1 (one) Jr. Provincial Qualifying Standard and meet the Provincial Pre-requisite event time standards.

**Coaches and Club presidents are required to sign and submit the proof of times certification agreement found in this document when they submit their entries. Entries submitted without the proof of times certification agreement will not be accepted. Entries found not to be in compliance with entry requirements may result in the individual swimmer and club being ineligible for entry into the competition.**

**Pre-requisites:** Able-bodied girls 10 yrs & under / boys 11 yrs & under

- Must achieve the pre-requisite standards in both 400 FR and the 200 IM.

Able-bodied girls 11 yrs / boys 12 yrs

- Must achieve the pre-requisite standards in both 800 FR and the 200 IM.

Able bodied girls 12, 13 & 14 yrs / boys 13, 14 & 15 yrs

- Must achieve the pre-requisite standards in both the 800 FR and 400 IM.
- “Relay only” swimmers must achieve the pre-requisite standards for their particular age category. Swimmers who qualify and enter a Jr. Provincial event that is a pre-requisite event are exempt from having to prove the pre-requisite standard for that event.
- Swimmers who qualify and enter the 1500 FR are exempt from having to prove the 800 FR pre-requisite.

**Out-Of-Province:** Please be advised that Ontario teams are given priority. Space permitting out of province teams will be served on a first come first serve basis. All out-of-province teams must be FINA affiliated. Only meter times will be accepted in SC or LC form with no exceptions.

**Entry Procedure:** All entries received shall be **unconverted**. No converted times will be accepted. Only SC or LC actual times that meet the qualifying standard will be accepted. While exporting entries from Team Manager, you will be prompted to indicate that you would like the times to be **unconverted**, if LC times are being submitted.



## PROOF OF TIMES CERTIFICATION AGREEMENT FOR ALL ENTRIES (Pre-requisites and events)

This document must be submitted to the Host Club via email:

Host Club: Host Club: NKB  
Meet Manager – Simon Davis  
- simncyn@sympatico.ca

**All swimmers must achieve at least one (1) Jr. Provincial Qualifying Standard and meet the Provincial Pre-requisite events time standards.**

- Coaches and Club presidents are required to sign and submit the proof of times certification agreement found in this document.
- Entries submitted without the proof of times certification agreement will not be accepted.
- Entries found not to be in compliance with entry requirements may result in the individual swimmer and/or club being ineligible for entry into the competition.
- Entries found not to be in compliance may be subject to disciplinary action as per Swim Ontario by-laws, policies and procedure.

We certify that all entries submitted for swimmers representing \_\_\_\_\_  
(Club Name)

at the 2012 Ontario Junior Provincial Short Course Championship are entered with times that have been performed at a FINA sanctioned competition. In addition all female swimmers aged 14 and under, and all male swimmers aged 15 and under have met the Ontario Junior Provincial pre-requisite time standards in the required events in their respective age group as per the 2009 – 2012 Provincial Time standards, as identified in the Swim Ontario Long Term Athlete Development Strategy.

\_\_\_\_\_  
Head Coach Signature

\_\_\_\_\_  
Club President Signature

\_\_\_\_\_  
Head Coach Name (Please Print)

\_\_\_\_\_  
Club President Name (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

## Entry and Eligibility (cont'd)

### To submit entries:

1. All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via [www.swimmeet.ca](http://www.swimmeet.ca). No entries will be accepted directly by meet management.
2. Please ensure all entries contain valid 9 digit Swim Ontario ID registration numbers.
3. **~You will be sent confirmation of receipt of your entries~ HOWEVER please NOTE** - A successful entry file upload is only the validation of membership entry information against the national membership database and is not a guarantee of entry acceptance. All files will appear to Meet Management at this point as "Pending". Passing the membership and entry validation DOES NOT guarantee a club entry will be accepted by meet management. Accepted or Rejected entries will be identified with a second notification from Meet Management. Meet management may reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.

### Meet Results: Meet results will be provided in the following manner:

1. **Live Results** will be available on our web site [www.swimnkb.com](http://www.swimnkb.com) each day through a link on the front page.
2. Results will be forwarded to [www.swimmeet.ca](http://www.swimmeet.ca) within 48 hours of the completion of the meet.

### Bonus Swims:

Swimmers qualifying at the 2009-12 Ontario SC or LC Jr. Provincial Standards will receive up to a maximum of 3 bonus swims (i.e. qualify in 1 event, receive 3; qualify in 2 events, receive 2; qualify in **3 or more** events, receive 1 - up to the **maximum of 7** individual events).

Swimmers entering the 400 free, 800 free, 1500 free or 400 IM as BONUS swims MUST prove that they have performed an "A" standard in these events within the qualification period (September 1<sup>st</sup>, 2011 to February 22<sup>nd</sup>, 2012).

Enter all bonus swims with best times and the Hy-tek "Bonus" box checked.

### **ABSOLUTELY NO DECK ENTRIES WILL BE PERMITTED**

### Entry Limitation:

Maximum of 7 individual events per swimmer **INCLUSIVE of BONUS and Non-Scoring swims**. Please ensure that all entries include the **coach's name, phone # and/or e-mail address**. This applies for any entry format.

# **Meet Rules**

## **General**

**Seeding:** Short Course entries will be seeded first, Long Course entries denoted with an "L" will be seeded without conversion second, and "Bonus" swims will be seeded last.

**Event Numbering:** Events 1-44:

- Able-bodied women 13 to 17 yrs
- Able-bodied men 14 to 17 yrs

Events in 100's:

- PARA
- Open

Events in 200's:

- Able-bodied girls 12 yrs & younger
- Able-bodied boys 13 yrs & younger

## **Girls 13 – 17 / Boys 14 - 17**

1. There is no penalty for swimmers who do not show up for a heat swim.
2. All heats for girls aged 13-17 yrs will be swum together and circle seeded. All heats for boys aged 14-17 yrs will be swum together and circle seeded.
3. The fastest eight (8) girls and fastest eight (8) boys will advance to finals in their particular age category.
4. There will be A finals for girls 13, 14, 15 and 16-17 yrs and boys 14, 15, 16 and 17 yrs.
5. All 800's & 1500's are time final events, swum fastest to slowest, with the fastest 8 seeded swimmers competing at night (regardless of age).
6. The Scratch Deadline for Finals shall be 30 minutes following the posting of results after each preliminary event. A swimmer may make a declaration of 'INTENT TO SCRATCH' within 30 minutes after the posting of each preliminary event results - with the final decision to scratch or not scratch to be reported back to the Clerk of Course within 30 minutes after the completion of the swimmer's last individual preliminary event of that session. A swimmer failing to return to the Clerk of Course to make a final decision on the intent to scratch from that event in Finals, will be seeded into the final for that event.
7. The Scratch Deadline for the Time Final distance events shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. The fastest seeded heat in Time Final events shall have the full complement of swimmers with no empty lanes.
8. Failure to participate in an Individual Final, Leg of a Relay Final, or in a Distance Time Final event (800/1500 FR) without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario.
9. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.
10. 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.

## **Girls 12 & Under / Boys 13 & Under**

1. All individual events and relays events for girls 12 yrs & under and boys 13 yrs & under are time final, swum slowest to fastest in their assigned age category.
2. All girls 12 yrs & under and all boys 13 yrs & under may move up to swim on older relays, in both heats and finals.
3. The 50 Butterfly, 50 Backstroke, 50 Breaststroke and 100 IM are bonus events for the 10 yrs and under girls and 11 yrs and under boys only, and considered part of the maximum 7 event entry limit. **However, they are not events that are eligible for scoring purposes.** They are only open to girls 10 yrs & under and boys 11 yrs & under. Please enter your swimmers best time for seeding purposes.
4. The scratch deadline is 30min before the start of each session. Those swimmers seeded in the fastest heat of each individual event who fail to participate will be fined \$100 payable to Swim Ontario.
5. Failure to participate in a leg of a relay final, or in a distance time final event (800/) without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario.
6. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.

## **Swimmers with A Disability (PARA) Meet Rules**

1. All Para Swimmers (S1-S13) must be licensed by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and Classification information is available at [www.swimming.ca/ParaswimmingClassification](http://www.swimming.ca/ParaswimmingClassification).
2. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
3. Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
4. Classes eligible for competition are S1-S10; S11-13 and S14. All classifications will be verified by an SNC classification officer.
5. There are no pre-requisite standards.
6. Para Swimming events are Open Age Group - no age restrictions.
7. All Para Swimmer entries must include the swimmers classification numbers (i.e. S4SB3SM5).
8. The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events. Ranking will be from highest to lowest point score.
9. Swimmers will compete in integrated format heats and dedicated Para Swimming finals.
11. Swimmers classified as S5 and under may only enter the 200 free and not the 400 free.
12. Whenever possible, events will be run independently from able-bodied events, and will immediately precede the corresponding able-bodied event for girls. Meet management reserves the right to combine Para Swimming events with able-bodied events should it be deemed necessary.
13. Para swimmers qualifying in an able-bodied event in their age category may choose to swim in that event, but cannot swim in the corresponding Para Swimming event.
14. Para swimming events with 9 or more participants shall be run as preliminaries and finals; events with 8 or fewer participants shall be run as timed finals during the preliminaries.
15. Para swimmers may compete in able-bodied relay events provided they meet the appropriate age criteria.

## Relays

1. Girls relays will be 10 & under, 11-12 (time finals) and 13-14, 15-17 (heats and finals)
2. Boys relays will be 11 & under, 12-13, (time finals) 14-15, 16-17 (heats and finals)
3. Clubs may enter any number of relay teams per event, but only their top two teams may qualify for finals.
4. When a club enters only one relay team, at least three members of the team must be properly entered in an individual event, and the fourth swimmer's name must appear on the entry grid as a "relay only" (subject to pre-requisite standards).
5. When a club enters more than one relay team, every member of every team must be properly entered in the meet in at least one individual event.
6. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
7. Coaches must have relay cards filled in and returned to the Clerk of Course 30 minutes prior to the start of the relay event.

## Awards and Scoring

<b>Event Awards:</b>	Medals:	1st through 3rd	Individual / Relays
	Ribbons:	4th through 8th	Individual Only

<b>Medal Criteria:</b>	3 swimmers in a final:	Gold medal only	(individual events only)
	4 swimmers in a final:	Gold & Silver only.	"
	5 swimmers in a final:	Gold, Silver and Bronze.	"

### Individual Awards: **Iron Swimmer Awards**

#### ***Girls 10 Yrs & under / Boys 11 Yrs & under:***

- highest combined FINA score for 200 IM / 400 FR

#### ***Girls 11 Yrs / Boys 12 Yrs:***

- highest combined FINA score for 200 IM / 800 FR

#### ***Girls 12 Yrs / Boys 13 Yrs:***

- highest combined FINA score for 400 IM / 800 FR

#### ***Girls 13 Yrs / Girls 14 Yrs / Girls 15 – 17 Yrs:***

- highest combined FINA score for 400 IM / 800 FR or 1500 FR

#### ***Boys 14 Yrs / Boys 15 Yrs / Boys 16 – 17 Yrs:***

- highest combined FINA score for 400 IM / 800 FR or 1500 FR

#### **PARA High Point Award:**

Male & Female PARA with the single highest-scoring swim in the meet using the SNC PARA performance Charts.

**Team Awards:**

High Point Team-Overall Award

Small Team Award: To the highest scoring team having 50 or fewer Ontario registered swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition - Wednesday February 29th, 2012 - 12noon.

Best Performing Team Award (BPTA) - (The Best Pound for Pound!)  
The highest scoring team based on the following formula;  
Only medals count for scoring  
[Gold – 5 points; Silver – 2 points; and Bronze – 1 point ]  
÷  
Total number of swimmers entered into the meet per team.

(Able bodied swimmer scoring only for BPTA. SWAD and SO swimmer scoring is excluded in this award)

**Event Scoring:**

1. Only the top eight (8) individual events and relays score: 30-25-20-15-14-13-12-11
2. Both able-bodied and PARA contribute to team scoring.
3. Only times that meet the provincial qualifying standard count towards team scoring
4. Reverse scoring will be in effect for any able-bodied or PARA event in which there are less than 8 finalists, i.e.,
 

8 swimmers per final:	30-25-20-15-14-13-12-11	(individual events only)
7 swimmers per final:	25-20-15-14-13-12-11	“ “
6 swimmers per final:	20-15-14-13-12-11	“ “
5 swimmers per final:	15-14-13-12-11	“ “
4 swimmers per final:	14-13-12-11	“ “
3 swimmers per final:	13-12-11	“ “
2 swimmers per final:	12-11	“ “
1 swimmer per final:	11	“ “

## ACCOMMODATIONS

### **Best Western Plus Barons Hotel Nepean Ottawa**

3700 Richmond Road, Nepean  
Ottawa, ON K2H 5B8 613-828-2741

### **Days Inn Nepean Ottawa**

350 Moodie Drive, Nepean  
Ottawa, ON K2H 8G3 613-726-1717

### **Holiday Inn Express & Suites Nepean**

45 Robertson Road, Nepean  
Ottawa, ON K2H 5Y9 613-690-0100

### **Brookstreet Hotel Ottawa**

525 Legget Drive, Kanata  
Ottawa, ON K2K 2W2 613-271-3582

### **Comfort Inn Ottawa West-Kanata Ottawa**

222 Hearst Way, Kanata  
Ottawa, ON K2L 3A2 613-592-2200

### **Country Inn & Suites by Carlson Ottawa**

578 Terry Fox Drive, Kanata  
Ottawa, ON K2L 4G8 613-599-7767

### **Holiday Inn Hotel & Suites Ottawa**

101 Kanata Avenue, Kanata  
Ottawa, ON K2T 1E6 613-271-3057

### **Days Inn Ottawa Airport**

366 Hunt Club Road  
Ottawa, ON K1V 1C1 613-739-7555

### **Monterey Inn Resort Ottawa**

2259 Prince of Wales Drive  
Ottawa, ON K2E 6Z8 613-288-3515

**ORDER OF HEATS & FINALS**  
**WOMEN 13, 14, 15-17 AND MEN 14, 15, 16-17, & PARA**  
**ALL HEATS WILL BE COMBINED BUT DIVIDED BY GENDER**

**\*WARM-UPS – PRELIMS:** 7:25 am to 8:55 am    **Start 9:00 am**                      **WARM-UPS – FINALS:** 5:00 pm to 5:55 pm    **Start 6:00 pm**  
**For the preliminary warm-up, teams will be divided into two 45 minute warm-up blocks – 7:25-8:10 and 8:10-8:55am.** Meet management will post the preliminary warm-up team allocation within 48 hours of the entry deadline both on the NKB website, as well as on the SWON website.

THURSDAY – DAY 1				FRIDAY – DAY 2				SATURDAY DAY 3				SUNDAY – DAY 4			
				PARA(F)	OPEN	100 BK	101	PARA(F)	OPEN	50 FL	123	PARA(M)	OPEN	50 FL	134
WOMEN	13	100 BK	1	PARA(M)	OPEN	100 BK	102	WOMEN	13	200 FL	23	MEN	14	200 FL	34
WOMEN	14	100 BK	1	MEN	14	100 BK	12	WOMEN	14	200 FL	23	MEN	15	200 FL	34
WOMEN	15	100 BK	1	MEN	15	100 BK	12	WOMEN	15	200 FL	23	MEN	16	200 FL	34
WOMEN	16-17	100 BK	1	MEN	16	100 BK	12	WOMEN	16-17	200 FL	23	MEN	17	200 FL	34
MEN	14	50 FR	2	MEN	17	100 BK	12	PARA(M)	OPEN	100 FR	124	PARA(F)	OPEN	100 FR	135
MEN	15	50 FR	2	PARA(F)	OPEN	50 FR	103	MEN	14	100 FR	24	WOMEN	13	100 FR	35
MEN	16	50 FR	2	PARA(M)	OPEN	50 FR	104	MEN	15	100 FR	24	WOMEN	14	100 FR	35
MEN	17	50 FR	2	WOMEN	13	50 FR	13	MEN	16	100 FR	24	WOMEN	15	100 FR	35
WOMEN	13	200 BR	3	WOMEN	14	50 FR	13	MEN	17	100 FR	24	WOMEN	16-17	100 FR	35
WOMEN	14	200 BR	3	WOMEN	15	50 FR	13	PARA(F)	OPEN	100 BR	125	PARA(M)	OPEN	100 BR	136
WOMEN	15	200 BR	3	WOMEN	16-17	50 FR	13	WOMEN	13	100 BR	25	MEN	14	100 BR	36
WOMEN	16-17	200 BR	3	PARA(F)	OPEN	50 BR	105	WOMEN	14	100 BR	25	MEN	15	100 BR	36
MEN	14	400 IM	4	PARA(M)	OPEN	50 BR	106	WOMEN	15	100 BR	25	MEN	16	100 BR	36
MEN	15	400 IM	4	MEN	14	200 BR	14	WOMEN	16-17	100 BR	25	MEN	17	100 BR	36
MEN	16	400 IM	4	MEN	15	200 BR	14	PARA(M)	OPEN	150/200IM	126	PARA(F)	OPEN	150/200IM	137
MEN	17	400 IM	4	MEN	16	200 BR	14	MEN	14	200 IM	26	WOMEN	13	200 IM	37
WOMEN	13	100 FL	5	MEN	17	200 BR	14	MEN	15	200 IM	26	WOMEN	14	200 IM	37
WOMEN	14	100 FL	5	WOMEN	13	400 IM	15	MEN	16	200 IM	26	WOMEN	15	200 IM	37
WOMEN	15	100 FL	5	WOMEN	14	400 IM	15	MEN	17	200 IM	26	WOMEN	16-17	200 IM	37
WOMEN	16-17	100 FL	5	WOMEN	15	400 IM	15	PARA(F)	OPEN	50 BK	127	PARA(M)	OPEN	50 BK	138
MEN	14	200 FR	6	WOMEN	16-17	400 IM	15	WOMEN	13	200 BK	27	MEN	14	200 BK	38
MEN	15	200 FR	6	PARA(F)	OPEN	100 FL	107	WOMEN	14	200 BK	27	MEN	15	200 BK	38
MEN	16	200 FR	6	PARA(M)	OPEN	100 FL	108	WOMEN	15	200 BK	27	MEN	16	200 BK	38
MEN	17	200 FR	6	MEN	14	100 FL	16	WOMEN	16-17	200 BK	27	MEN	17	200 BK	38
WOMEN	13-17	1500 FR	7	MEN	15	100 FL	16	PARA(M)	OPEN	400 FR	128	PARA(F)	OPEN	400 FR	139
MEN	14-15	4X50 M.R.	8	MEN	16	100 FL	16	MEN	14	400 FR	28	WOMEN	13	400 FR	39
WOMEN	13-14	4X50 M.R.	9	MEN	17	100 FL	16	MEN	15	400 FR	28	WOMEN	14	400 FR	39
MEN	16-17	4X50 M.R.	10	PARA(F)	OPEN	200 FR	109	MEN	16	400 FR	28	WOMEN	15	400 FR	39
WOMEN	15-17	4X50 M.R.	11	PARA(M)	OPEN	200 FR	110	MEN	17	400 FR	28	WOMEN	16-17	400 FR	39
				WOMEN	13	200 FR	17	WOMEN	13-17	800 FR	29	MEN	14-17	800 FR	40
				WOMEN	14	200 FR	17	MEN	14-15	4X100 M.R.	30	WOMEN	13-14	4X100 F.R.	41
				WOMEN	15	200 FR	17	WOMEN	13-14	4X100 M.R.	31	MEN	14-15	4X100 F.R.	42
				WOMEN	16-17	200 FR	17	MEN	16-17	4X100 M.R.	32	WOMEN	15-17	4X100 F.R.	43
				MEN	14-17	1500 FR	18	WOMEN	15-17	4X100 M.R.	33	MEN	16-17	4X100 F.R.	44
				WOMEN	13-14	4X50F.R.	19								

				<b>MEN</b>	<b>14-15</b>	<b>4X50F.R.</b>	<b>20</b>								
				<b>WOMEN</b>	<b>15-17</b>	<b>4X50F.R.</b>	<b>21</b>								
				<b>MEN</b>	<b>16-17</b>	<b>4X50F.R.</b>	<b>22</b>								

**ORDER OF TIME FINAL EVENTS**

**GIRLS 10 & U, 11, 12 and BOYS 11 & U, 12, 13**

**ALL EVENTS (EXCEPT 800 FR) ARE TIME FINALS IN THE AFTERNOON SWUM SLOWEST TO FASTEST**

**WARM UPS - 1:00 pm to 1:55 pm      START 2:00 pm**

THURSDAY DAY 1					FRIDAY DAY 2				
EVENT	GIRLS	EVENT	BOYS	EVENT	EVENT	GIRLS	EVENT	BOYS	EVENT
201	10&U	100 BK	11&U	202	225	10&U	50 FR	11&U	226
203	11	100 BK	12	204	227	11	50 FR	12	228
205	12	100 BK	13	206	229	12	50 FR	13	230
207	10&U	50 BR	11&U	208	231	10&U	100 IM	11&U	232
209	11	200 BR	12	210	233	11	400 IM	12	234
211	12	200 BR	13	212	235	12	400 IM	13	236
213	10&U	100 FL	11&U	214	237	10&U	50 BK	11&U	238
215	11	100 FL	12	216	239	11	200 FR	12	240
217	12	100 FL	13	218	241	12	200 FR	13	242
219	11-12	800 FR	12-13	220	243	10&U	200 FR	11&U	244
221	10&U	4 X 50 M.R.	11&U	222	245	11-12	4 X 50 F.R.	12-13	246
223	11-12	4 X 50 M.R.	12-13	224	247	10 & U	4 X 50 F.R.	11&U	248

SATURDAY DAY 3					SUNDAY DAY 4				
EVENT	GIRLS	EVENT	BOYS	EVENT	EVENT	GIRLS	EVENT	BOYS	EVENT
249	10&U	50 FL	11&U	250	271	10 & U	200 BK	11 & U	272
251	11	200 FL	12	252	273	11	200 BK	12	274
253	12	200 FL	13	254	275	12	200 BK	13	276
255	10&U	100 FR	11&U	256	277	10&U	100 BR	11&U	278
257	11	100 FR	12	258	279	11	100 BR	12	280
259	12	100 FR	13	260	281	12	100 BR	13	282
261	10&U	200 IM	11&U	262	283	10&U	400 FR	11&U	284
263	11	200 IM	12	264	285	11	400 FR	12	286
265	12	200 IM	13	266	287	12	400 FR	13	288
267	10&U	4 X100 M.R.	11&U	268	289	10&U	4 X 100 F.R.	11&U	290
269	11-12	4 X 100 M.R.	12-13	270	291	11-12	4 X 100 F.R.	12-13	292

## Jr. Provincial **Short Course** Standards 2009-2012

EVENTS	Female					
	10 & U	11	12	13	14	15-17 & Senior
50 FR	00:33.52	00:31.78	00:30.07	00:29.36	00:28.74	00:28.19
100 FR	01:14.95	01:09.27	01:06.03	01:04.04	01:01.95	01:00.66
200 FR	02:44.17	02:32.13	02:22.50	02:17.36	02:14.27	02:10.49
400 FR	05:45.77	05:20.59	05:00.92	04:47.62	04:41.62	04:35.96
800 FR	None	11:03.62	10:28.29	09:55.37	09:42.95	09:33.07
1500 FR	None	None	None	19:10.48	18:46.48	18:33.12
100 BK	01:26.12	01:19.03	01:14.33	01:11.38	01:10.25	01:07.97
200 BK	03:05.92	02:49.71	02:39.02	02:33.04	02:30.38	02:25.19
100 BR	01:36.02	01:30.75	01:24.29	01:22.43	01:19.03	01:17.43
200 BR	None	03:13.45	03:00.58	02:55.40	02:50.69	02:46.31
100 FL	01:34.20	01:21.68	01:16.74	01:11.72	01:10.93	01:07.74
200 FL	None	03:08.79	02:54.66	02:40.16	02:38.69	02:31.68
200 IM	03:03.57	02:51.67	02:41.31	02:36.38	02:31.57	02:28.46
400 IM	None	06:12.09	05:44.58	05:30.82	05:23.35	05:14.35

**PREREQUISITES (formula = Prov. STD + 9%)**

400 FR	06:16.89					
IM	03:20.09					
800 FR		12:03.35	11:24.84	10:48.95	10:35.42	None
IM		03:07.12	06:15.59	06:00.59	05:52.45	None

EVENTS	Male					
	11&U	12	13	14	15	16/17 & Senior
50 FR	00:32.02	00:29.62	00:28.23	00:26.75	00:26.37	00:25.55
100 FR	1:10.67	01:05.10	01:02.01	00:58.76	00:57.71	00:55.79
200 FR	2:32.69	02:21.93	02:14.00	02:08.60	02:05.34	02:01.44
400 FR	5:24.77	05:00.39	04:45.14	04:33.77	04:29.47	04:20.82
800 FR	None	10:21.81	09:50.24	09:26.70	09:17.80	09:04.95
1500 FR	None	None	None	18:15.08	17:57.88	17:33.04
100 BK	1:20.80	01:14.75	01:10.77	01:06.79	01:06.10	01:03.21
200 BK	2:51.21	02:39.19	02:31.34	02:23.13	02:22.24	02:16.59
100 BR	1:34.35	01:24.20	01:20.44	01:16.24	01:15.51	01:12.39
200 BR	None	03:00.66	02:51.85	02:45.83	02:44.05	02:39.14
100 FL	1:25.29	01:15.96	01:10.36	01:06.00	01:05.14	01:01.86
200 FL	None	02:55.18	02:38.51	02:32.20	02:26.80	02:20.71
200 IM	2:55.19	02:40.63	02:32.16	02:26.05	02:23.41	02:17.20
400 IM	None	05:48.24	05:20.78	05:12.61	05:04.21	04:47.85

**PRE-REQUISITES (formula = Prov. STD + 9%)**

400 FR	05:54.00					
IM	03:10.96					
800 FR		11:17.77	10:43.36	10:17.70	10:08.00	None
IM		02:55.09	05:49.65	05:40.74	05:31.59	None

**SWIM**  
ONTARIO**Jr. Provincial Standards 2009-2012****Long Course****Female**

<b>EVENTS</b>	<b>10 &amp; U</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15-17 &amp; Senior</b>
50 FR	00:34.36	00:32.57	00:30.82	00:30.09	00:29.46	00:28.89
100 FR	01:16.82	01:11.00	01:07.68	01:05.64	01:03.50	01:02.17
200 FR	02:48.27	02:35.93	02:26.06	02:20.79	02:17.63	02:13.75
400 FR	05:54.41	05:28.60	05:08.44	04:54.81	04:48.66	04:42.86
800 FR	None	11:20.21	10:44.00	10:10.25	09:57.52	09:47.40
1500 FR	None	None	None	19:39.24	19:14.64	19:00.95
100 BK	01:28.27	01:21.01	01:16.19	01:13.16	01:12.01	01:09.67
200 BK	03:10.57	02:53.95	02:43.00	02:36.87	02:34.14	02:28.82
100 BR	01:38.42	01:33.02	01:26.40	01:24.49	01:21.01	01:19.36
200 BR	None	03:18.29	03:05.09	02:59.78	02:54.96	02:50.47
100 FL	01:36.56	01:23.72	01:18.66	01:13.51	01:12.70	01:09.43
200 FL	None	03:13.51	02:59.03	02:44.16	02:42.66	02:35.47
200 IM	03:08.16	02:55.96	02:45.34	02:40.29	02:35.36	02:32.17
400 IM	None	06:21.39	05:53.19	05:39.09	05:31.43	05:22.21
<b>PREREQUISITES (formula = Prov. STD + 9%)</b>						
400 FR	06:26.45					
IM	03:25.09					
800 FR		12:21.43	11:41.96	11:05.17	10:51.30	None
IM		03:11.80	06:24.98	06:09.61	06:01.26	None

**Male**

<b>EVENTS</b>	<b>11&amp;U</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16/17 &amp; Senior</b>
50 FR	00:32.82	00:30.36	00:28.94	00:27.42	00:27.03	00:26.19
100 FR	01:12.44	01:06.73	01:03.56	01:00.23	00:59.16	00:57.18
200 FR	02:36.51	02:25.48	02:17.35	02:11.82	02:08.47	02:04.48
400 FR	05:32.89	05:07.90	04:52.27	04:40.61	04:36.21	04:27.34
800 FR	None	10:37.36	10:05.00	09:40.87	09:31.75	09:18.57
1500 FR	None	None	None	18:42.46	18:24.83	17:59.37
100 BK	01:22.82	01:16.62	01:12.54	01:08.46	01:07.75	01:04.79
200 BK	02:55.49	02:43.17	02:35.12	02:26.71	02:25.80	02:20.01
100 BR	01:36.71	01:26.30	01:22.45	01:18.15	01:17.40	01:14.20
200 BR	None	03:05.18	02:56.15	02:49.98	02:48.15	02:43.12
100 FL	01:27.42	01:17.86	01:12.12	01:07.65	01:06.77	01:03.41
200 FL	None	02:59.56	02:42.47	02:36.00	02:30.47	02:24.22
200 IM	02:59.57	02:44.65	02:35.96	02:29.70	02:27.00	02:20.63
400 IM	None	05:56.95	05:28.80	05:20.43	05:11.82	04:55.05
<b>PRE-REQUISITES (formula = Prov. STD + 9%)</b>						
400 FR	06:02.85					
IM	03:15.73					
800 FR		11:34.72	10:59.45	10:33.15	10:23.21	None
IM		02:59.47	05:58.39	05:49.27	05:39.88	None



## Swim Ontario - Club Information Sheet

Coaches: Please fill out this form and return with entries.

Club \_\_\_\_\_

Club Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Club Phone Number (\_\_\_\_) \_\_\_\_\_ FAX (\_\_\_\_) \_\_\_\_\_

Club e-mail Address \_\_\_\_\_

Club Contact Person \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Head Coach \_\_\_\_\_ CSCTA# \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Coaches Attending the Meet

\_\_\_\_\_ CSCTA# \_\_\_\_\_

\_\_\_\_\_ CSCTA# \_\_\_\_\_

\_\_\_\_\_ CSCTA# \_\_\_\_\_

\_\_\_\_\_ CSCTA# \_\_\_\_\_

Cell Phone \_\_\_\_\_

Chaperone(s) \_\_\_\_\_

\_\_\_\_\_

Hotel \_\_\_\_\_

Phone Number \_\_\_\_\_



## **NEPEAN SPORTSPLEX AQUATIC EVENT PROCEDURES**

### **FOR MEET MANAGERS, OFFICIALS AND COACHES**

- 1. The Nepean Sportsplex Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.**
- 2. Absolutely no food on the pool deck with the exception of refreshments provided for the officials working during the event.**
- 3. No running on the deck, stands or on the bleachers.**
- 4. No climbing across the railing between the stands and the bleachers.**
- 5. No climbing over the gate from the pool deck to the lobby in the deep end.**
- 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 Nepean Sportsplex.**
- 11. Access to the 25m pool will be limited to periods where swimming lessons and aquafit classes will not be affected and numbers will be strictly enforced.**
- 12. Maximum numbers allowed on deck and in the water at one time – 450 (this is the 50m pool maximum). All others must sit in the stands. Clubs will be given a designated area either on the deck or in the stands and this will be strictly enforced. Space will be set aside in the stands for spectators.**
- 13. Area behind the timers in shallow end is to remain clear of swimmers as this is an access route for Sportsplex program participants.**