



**Presents H.O.B.B.
HAC @ HHBF**

- Date:** December 4 2011
- Location:** Georgetown Indoor Pool
70 Guelph Street, Georgetown (Behind Georgetown District High School)
- Facility:** 6 lanes, 25 meters, Manual timing
- Eligibility:** Novice, Pre-competitive level swimmers, working towards regional times
Note: Pre competitive swimmers must be registered with Swim Ontario and Will swim as exhibition only. These swimmers are limited to compete once During the swim season as per Swim Ontario guidelines.
- Entry Fees:** HAC \$7.00 per swimmer
- Please make cheques payable to:
- HALTON HILLS BLUE FINS**
C/o Robert Copeland
33 Norton Cres
Georgetown, Ontario L7G 1M9
E-mail: robmcpeland@yahoo.ca
- Awards:** Ribbons from 1st to 6th for age groups 10 & under, 11,12,13,14 and 15 & over.
- Entry:** This HOBB meet is held with HHBF & HAC
- Entry Deadline:** **Wednesday November 30, 2011**
- Information:** If there are any questions, please call:
Meet Manager: Robert Copeland @416-543-0952
- Results:** Results will be posted on www.swimmeet.ca as soon as possible. Awards will be available for pick up following the meet from the office.
- Rules:** SNC rules will apply. The FINA 1 start rule will be in effect.
- Scoring:** No Scoring at this meet



- Age Groupings:** Boys 8 and under, 9&10, 11&12, 13&14, 15 and over
Girls 8 and under 9&10, 11&12, 13&14, 15 and over
- Scratches:** Coaches are advised to make scratches known to the clerk of course 30 minutes prior to the start of the session. There is no penalty for late scratches.
- Seeding:** Seeding will be via Hy-Tek slowest to fastest. Conversion times (LC to SC) if necessary, will be done via Hy-Tek default conversion factor..
- Split Times:** Meet Management acknowledges the SO policy 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.
- Meet Referee:** Gord Bassett – Level 5
- Safety:** All swimmers with ear length hair should wear swim caps.
SNC warm up procedures will be in effect at this meet.
Coaches please review Safety Procedure Rule with your swimmers.
Meet management reserves the right to change the warm-up and start times. We will contact you if any changes are required.
- Events:**
1. 4 x 50 medley relay (11 and over)
 2. 4 x 25 medley relay (10 and under)
 3. 100 free
 4. 50 free
 5. 50 breast
 6. 50 back
 7. 25 butterfly
 8. 25 back
 9. 25 free
 10. 25 breast
 11. 100 IM
 12. 4 x 50 free relay (11 and over)
 13. 4 x 25 free relay (10 and under)

Warm up 1:00pm to 1:55pm **start time** 2:00pm



SWIMMING / NATATION CANADA

*Providing opportunities for fitness and excellence in swimming
L'occasion d'atteindre la bonne forme et l'excellence en natation*

SWIMMING/NATATION CANADA WARM UP PROCEDURES

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.

Revision 5 01/10/2005