



## **The 3<sup>rd</sup> Annual Halton Cup**

**Hosted by The Halton Hills Blue Fins**

**This meet is intended to create excitement and rivalry between the Milton Marlins Swim Team and the Halton Hills Blue Fins. The team with the highest score at the end of the meet will be awarded the HALTON CUP.**

**Date:** Saturday February 18<sup>th</sup>, 2011

**Times:** Session 1: 12 - 14  
Warm up: 7:00 am Start: 7:30 am  
Session 2: 11 and Under  
Warm up: 10: 00 am Start: 10:30 am

**Location:** Georgetown District High School

**Facility:** 6 lanes, 25 meters, manual timing

**Eligibility:** Age Group: 14 and under  
All registered competitive swimmers only. Swimmers with a provincial standard time are over qualified for this meet.

**SNC LTAD:** Pre-requisites for swimmers 14 & Under now exist. Coaches are to ensure that all 14 and under swimmers meet the following time pre-requisites in order to be entered in the meet: 200IM – 5:00.00

**Entry Fees:** flat fee \$20/ swimmer. No deck entries will be permitted.

**Awards:** Ribbons from 1st to 6th for age groups 8 & under, 9,10,11,12,13,and 14  
Relays: Ribbons for 1st to 6th place teams.

**Scoring:** 1<sup>st</sup> place: 50pts      4<sup>th</sup>: 10pts  
2<sup>nd</sup>: 30 pts              5<sup>th</sup>: 5pts  
3<sup>rd</sup>: 20pts                6<sup>th</sup>: 1pt

**\*max 4 scoring athletes from each team/event. \* Relays are worth double points**

**Entry:** This meet is reserved for MMST and HHBF swimmers only. Please hy-tek your entries through [www.swimming.ca](http://www.swimming.ca) and make your cheques payable to:

**HALTON HILLS BLUE FINS**

c/o Michael Zuraw  
192 Eaton St.  
Georgetown, Ont. L7G 5X8  
mzuraw@zurawtech.ca

**Entry Deadline:** Monday February 13<sup>th</sup>, 2011

**Information:** If there are any questions, please call: Michael Zuraw @ 519-853-0249

**Results:** Results will be posted on [www.swimming.ca](http://www.swimming.ca) as soon as possible.

**Referee:** Gord Bassett (level 5)

**Officials:** It would be appreciated if each club would provide some officials to help with our meet. Please contact: Michael Zuraw, Officials Chairperson (519) 853-0249.

**Seeding (Rule CSW 3.1.3.2) /Time Conversion**

Seeding will be via Hy-Tek slowest to fastest. All events are timed finals. 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.

**Scratch (Rule CSW 3.6)**

The entry deadline is February 21st, 2011. No changes will be accepted after that date. All fees will be charged based on entries submitted to the entry deadline, regardless of whether the swimmer competes or not (or other). Swimmers who fail to swim will not be subject to a scratch penalty.

**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.

**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.

# 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

# Event List

Halton Hills Blue Fins

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## Halton Cup - Session 1 - 26/02/2011

### Event List-By Event Number

Event #	Event Name	Event #	Event Name
1	Mixed 10 & Under 200 Freestyle Relay	40	Boys 13-14 200 IM
2	Mixed 11 Year Olds 200 Freestyle Relay	41	Mixed 10 & Under 200 Medley Relay
2A	Mixed 12 Year Olds 200 Freestyle Relay	42	Mixed 11 Year Olds 200 Medley Relay
3	Mixed 13-14 200 Freestyle Relay	42A	Mixed 12 Year Olds 200 Medley Relay
5	Girls 10 & Under 200 Freestyle	43	Mixed 13-14 200 Medley Relay
6	Boys 10 & Under 200 Freestyle		
7	Girls 11 Year Olds 200 Freestyle		
7A	Girls 12 Year Olds 200 Freestyle		
8	Boys 11 Year Olds 200 Freestyle		
8A	Boys 12 Year Olds 200 Freestyle		
9	Girls 13-14 200 Freestyle		
10	Boys 13-14 200 Freestyle		
11	Girls 10 & Under 50 Butterfly		
12	Boys 10 & Under 50 Butterfly		
13	Girls 11 Year Olds 50 Butterfly		
13A	Girls 12 Year Olds 50 Butterfly		
14	Boys 11 Year Olds 50 Butterfly		
14A	Boys 12 Year Olds 50 Butterfly		
15	Girls 13-14 50 Butterfly		
16	Boys 13-14 50 Butterfly		
17	Girls 10 & Under 50 Backstroke		
18	Boys 10 & Under 50 Backstroke		
19	Girls 11 Year Olds 50 Backstroke		
19A	Girls 12 Year Olds 50 Backstroke		
20	Boys 11 Year Olds 50 Backstroke		
20A	Boys 12 Year Olds 50 Backstroke		
21	Girls 13-14 50 Backstroke		
22	Boys 13-14 50 Backstroke		
23	Girls 10 & Under 50 Breaststroke		
24	Boys 10 & Under 50 Breaststroke		
25	Girls 11 Year Olds 50 Breaststroke		
25A	Girls 12 Year Olds 50 Breaststroke		
26	Boys 11 Year Olds 50 Breaststroke		
26A	Boys 12 Year Olds 50 Breaststroke		
27	Girls 13-14 50 Breaststroke		
28	Boys 13-14 50 Breaststroke		
29	Girls 10 & Under 50 Freestyle		
30	Boys 10 & Under 50 Freestyle		
31	Girls 11 Year Olds 50 Freestyle		
31A	Girls 12 Year Olds 50 Freestyle		
32	Boys 11 Year Olds 50 Freestyle		
32A	Boys 12 Year Olds 50 Freestyle		
33	Girls 13-14 50 Freestyle		
34	Boys 13-14 50 Freestyle		
35	Girls 10 & Under 200 IM		
36	Boys 10 & Under 200 IM		
37	Girls 11 Year Olds 200 IM		
37A	Girls 12 Year Olds 200 IM		
38	Boys 11 Year Olds 200 IM		
38A	Boys 12 Year Olds 200 IM		
39	Girls 13-14 200 IM		