

Ontario Cup



January 20 – 22, 2012

At University of Toronto

Hosted by: Toronto Swim Club



Swim Ontario would like to thank all of its sponsors for their generosity and support in the sport of swimming



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OMNI SWIM



Ontario Cup – 2012



General Information

- Date:** January 20– 22, 2012
- Host:** Toronto Swim Club
- Location:** University of Toronto
55 Harbord St.
Toronto, ON
M5S 2W6
- Sanctioned by:** Swim Ontario
- Qualifying period:** Post September 1, 2010
- Meet Referee:** Ron Riley – Ron.Riley@nbf.ca
- Meet Manager:** Viviane Nowotny – vnowotny@rogers.com
- Coach Liaison:** Linda Kiefer – 416-978-0569 and linda.kiefer@utoronto.ca
- Entry Deadline:** **Friday January 13th, 2012 - 12 midnight**
- Scratch Deadline:** **Tuesday, January 17th, 2012, 12 midnight. Total entry fee per club will be calculated at this time, and will not change.**
- Entry Fees:** All fees include HST (13% at time of publication).
Make cheque payable to: Toronto Swim Club
- | | | |
|---------------------|--------|------------------------|
| Individual event(s) | \$9.04 | (All fees include HST) |
| Splash fee | \$5.65 | |
- Ontario University Fees:** Swimmers representing an Ontario University registered with SNC and SO will be charged (including HST):
- | | |
|-------------------|--------|
| Individual events | \$3.95 |
| Splash fee | \$5.65 |
- Pre-Meet Training:** Contact Byron MacDonald byron.macdonald@utoronto.ca if arrangements are required.

- Registration:** Daily Heat Sheets will be available to teams who have paid meet fees, on deck at least one hour prior to the start of the first event each day. Psych sheets will be available on the Toronto Swim Club web site (www.torontoswimclub.ca) by Tuesday January 17th, 2012.
- Coach's Meeting:** A coach's meeting will be held on Saturday, January 21, 2012, at 9:15am on deck.
- CSCTA Registration:** To help with the enforcement of CSCTA/OSCA 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.
- Meet Results:** The meet will run on Hy-Tek Meet Manager. Live Hy-Tek Results will be posted on the TSC website. A link to this will be available from the Toronto Swim Club web site at www.torontoswimclub.com
Results will be available for downloading from www.swimmeet.ca

Entry and Eligibility

- Qualifying Standards:** 2009-2012 Senior Provincial Qualifying standards will be in effect. **All entries should be in long course metres. Conversions are accepted as long as LC Senior Provincial Standards are met.**
- Entry Limitations and Bonus Swims:** Swimmers may enter any event in which they have attained the qualifying standard. Swimmers who qualify for a 100m event may enter in the same stroke 50m event. (note: enter 50's with 50 times, NOT 100 times).
- Swimmers qualifying in 1 event will be eligible for 3 bonus swims; if qualified in 2 events they will be eligible for 2 bonus swims; if qualified in 3 or more events they are eligible for 1 bonus swim.
- All bonus swims should be indicated by checking the box in the "Bonus" column in Team Manager. All bonus swim entries should show the swimmers provable time, for seeding purposes. Only swimmers without a provable time for their bonus swim event(s) should be entered as NT.
- PARA Qualifying:** Swimmers are eligible for their Paralympic events as per the Provincial Championship Time Standards. Para swimmers will be eligible for the same number of bonus swims as able-bodied swimmers.
- Entry Procedure:** The Hy-Tek Meet Manager events file will be available for download from www.swimmeet.ca and the Toronto Swim Club web sites, at <http://www.torontoswimclub.com>

Entries must be submitted electronically to SNC website

Awards and Scoring

Awards: There will be no awards

Scoring: There will be no scoring

Meet Rules

Rules: Current SNC rules will apply. **WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.** Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of athletes during the competition and especially during session breaks.

Format: **All events are LC time finals. Event format please see order of events.**

Positive Check In: **Positive check-in required for events 400m and up** (400 IM, 400 Free, 800/1500 Free).
• 800/1500 Free by 4:15pm on Friday January 20th
• All 400 IM positive check-in by 9:15am Saturday January 21st
• All 400 Free positive check-in by 10:15am Sunday January 22nd

Relays: No Relays

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.

Request for Officials: **TSC welcomes volunteer meet officials. Please contact Ron Riley by email at Ron.Riley@nbf.ca to indicate availability and preferred position(s).**

Hotels: **Holiday Inn** 280 Bloor St.; 416-968-0010; \$129.99/night.
- **Rooms must be booked by Jan 6th.**
- **Quote "Ontario Cup Swim Meet"**
Howard Johnson 89 Avenue Road; 416-964-1220
Courtyard Marriott 475 Yonge Street; 416-934-5588
The Sutton Place Hotel 955 Bay Street; 416-924-9221



RISK MANAGEMENT / WARM-UP PROCEDURES 2010

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 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 Bkstrokers & SWAD the right of way for safety.
- 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. Lanes 2 & 7 (sprint); Lanes 1 & 8 (pace)
- Outside Lanes should be designated as Sprint Lanes• Only ‘one-way’ swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, & 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.

SWIM WEAR:

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.

**ONTARIO CUP
Order of Events**

****Note**** Positive check-in required for events 400m and up (400 IM, 400 Free, 800/1500 Free)

- 800/1500 Free by 4:15pm on Friday
- All 400 IM positive check-in by 9:15am Saturday
- * All 400 Free positive check-in by 10:15 am Sunday

SESSION I

Friday January 20—Warm-up 4:30pm; Start 6:00pm

01/02 W/M 800/1500 (alternating fastest 800, fastest 1500 and down)

#Lanes 1-6 will be used for racing, lane 7 will be left open and lane 8 will be used as warm-up/down lane

SESSION II

Saturday January 21—Warm-up 8:30am; Start 10:00am

03/04 W/M 100 Breast

05/06 W/M 200 Free

*10 Minute Break

07/08 W/M 50 Fly

09/10 W/M 50 Back

11/12 W/M 400 IM (Fastest 3 heats of women & men; swum fastest to slowest)

*10 Minute Break

11/12 W/M 400 IM (Remaining heats swum fastest to slowest)

SESSION III

Saturday January 21—Warm-up 4:30pm; Start 6:00pm

13/14 W/M 200 Back

15/16 W/M 100 Free

* 10 Minute Break

17/18 W/M 200 Breast

19/20 W/M 200 Fly

SESSION IV

Sunday January 22—Warm-up 9:30am; Start 11:00am

21/22 W/M 100 Back

23/24 W/M 200 IM

*10 Minute Break

25/26 W/M 50 Breast

27/28 W/M 100 Fly

29/30 W/M 400 Free (Fastest 3 heats of women & men; swum fastest to slowest)

31/32 W/M 50 Free

*10 Minute Break

29/30 W/M 400 Free (Remaining heats swum fastest to slowest)

**NOTE: THERE WILL BE A MANDATORY MEETING OF ALL
ONTARIO CARDED SWIMMERS 12:30pm following Session II
SAT JAN 21st LOCATION WILL BE POSTED**



2009-2012 SC SNR PROV STANDARDS

EVENTS	FEMALE	MALE
50 FR	00:28.19	00:25.55
100 FR	01:00.66	00:55.79
200 FR	02:10.49	02:01.44
400 FR	04:35.96	04:20.82
800 FR	09:33.07	09:04.95
1500 FR	18:33.12	17:33.04
100 BK	01:07.97	01:03.21
200 BK	02:25.19	02:16.59
100 BR	01:17.43	01:12.39
200 BR	02:46.31	02:39.14
100 FL	01:07.74	01:01.86
200 FL	02:31.68	02:20.71
200 IM	02:28.46	02:17.20
400 IM	05:14.35	04:47.85

2009-2012 LC SNR PROV STANDARDS

EVENTS	FEMALE	MALE
50 FR	00:28.89	00:26.19
100 FR	01:02.17	00:57.18
200 FR	02:13.75	02:04.48
400 FR	04:42.86	04:27.34
800 FR	09:47.40	09:18.57
1500 FR	19:00.95	17:59.37
100 BK	01:09.67	01:04.79
200 BK	02:28.82	02:20.01
100 BR	01:19.36	01:14.20
200 BR	02:50.47	02:43.12
100 FL	01:09.43	01:03.41
200 FL	02:35.47	02:24.22
200 IM	02:32.17	02:20.63
400 IM	05:22.21	04:55.05