



## SWIMMING

2012 GHAC Spring Long Course

Invitational

Long Course Meters

Hosted By

The Golden Horseshoe Aquatic Club

Saturday March 31 & Sunday April 1, 2012

At McMaster University Pool

Hamilton, Ontario

Sanctioned by:

Swim Ontario



## **RISK MANAGEMENT / WARM-UP PROCEDURES 2008**

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  
July 2, 2005.

**SWIM SUIT POLICY:**

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.

**Split Times**

“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.”



## SWIMMING

2012 Spring Invitational  
Long Course Meters  
Saturday March 31 & Sunday April 1, 2012  
At McMaster University Pool  
Hamilton Ontario

### Session One

Saturday March 31, 2012  
Warm - up 9:00am to 9:45am  
Start 9:45am  
Events

#### Mixed

- 1 200 IM 13 & Over
- 2 100 Fly 13 & Over
- 3 50 Breast 13 & Over
- 4 200 Back 13 & Over
- 5 100 Free 13 & Over
- 6 200 Breast 13 & Over
- 7 50 Back 13 & Over
- 8 800 Free 13 & Over

### Session Two

Saturday March 31, 2012  
Warm - up 1:00pm to 1:45pm  
Start 1:45pm  
Events

#### Mixed

- 9 200 IM 12 & Under
- 10 100 Fly 12 & Under
- 11 50 Breast 12 & Under
- 12 200 Back 12 & Under
- 13 100 Free 12 & Under
- 14 200 Breast 12 & Under
- 15 50 Back 12 & Under
- 16 800 Free 12 & Under

Session Three  
Sunday April 1, 2012  
Warm - up 9:00am to 9:45am  
Start 9:45am  
Events

Mixed

- |    |                         |
|----|-------------------------|
| 17 | 400 IM 13 & Over        |
| 18 | 50 Butterfly 13 & Over  |
| 19 | 200 Free 13 & Over      |
| 20 | 100 Back 13 & Over      |
| 21 | 50 Free 13 & Over       |
| 22 | 200 Butterfly 13 & Over |
| 23 | 100 Breast 13 & Over    |
| 24 | 400 Free 13 & Over      |

Session Four  
Sunday April 1, 2012  
Warm - up 1:00pm to 1:45pm  
Start 1:45pm  
Events

Mixed

- |    |                          |
|----|--------------------------|
| 25 | 400 IM 12 & Under        |
| 26 | 50 Butterfly 12 & Under  |
| 27 | 200 Free 12 & Under      |
| 28 | 100 Back 12 & Under      |
| 29 | 50 Free 12 & Under       |
| 30 | 200 Butterfly 12 & Under |
| 31 | 100 Breast 12 & Under    |
| 32 | 400 Free 12 & Under      |

Cost / event is \$9.00

**DATE:** Saturday March 31 & April 1, 2012

**LOCATION:** McMaster University Pool. Ivor Wynne Building  
1280 Main St West, Hamilton, Ontario L8S4L8

**MEET MANAGER:** Karen Zavitz and Jenn Nettleton, silverfair@hotmail.com

**MEET REFEREE:** Fran Fairley, silverfair@hotmail.com

**OFFICIALS COORDINATOR:** Jenn Nettleton, silverfair@hotmail.com

**FACILITY:** This invitational Meet will be held at the six lane 50m pool with Colorado electronic timing. There are bleachers for spectators and swimmers may sit on the deck.

**STANDARD:** **SNC LTAC:** All events will be age and sex combined. Results will be posted for individual age groups. No session will be longer than 4.5 hours in length. There are no qualifying or de-qualifying standards for this meet.

**Submit Times only – No “NT” entries allowed.**

**AWARDS:** 9 and under, 10, 11, 12, 13, 14, 15 and over  
Ribbons – 1<sup>st</sup> to 6<sup>th</sup> for individual events

**MEET RULES:**

- 1) Current SNC Rules will govern the meet. The FINA 1 start rule will be in effect.
- 2) Swimmers must be registered with an Amateur Aquatic Association recognized by FINA, and their registration number included on an entry grid or file
- 3) SNC warm up procedures will be in effect at this meet.
- 4) Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of athletes during the competition and/ or during session breaks.
- 5) Scratches must be made with the Clerk of Course at least 30 minutes prior to the start of each session. There will be no penalty for late scratches.
- 6) The only Meet Package that will be considered valid will be the most current version found on the Swim Canada website.
- 7) Deck Entries: Will only be accepted if there are empty lanes in existing heats. The cost of a deck entry is \$10 cash paid before the meet session starts
- 8) The meet management reserves the right to double up the lanes on the distance freestyle events (400 & 800) and reserves the right to limit entries in the distance events 400 and above.

**ENTRIES:** Final entries must be in by March 24, 2012. All entries must be entered by HyTek files uploaded thru swimming.ca

**ENTRY FEES:** \$9.00 per swim. Entry fees are due before the meet starts. Make cheque payable to: *Golden Horseshoe Aquatic Club*

**RESULTS:** Final results will be uploaded and available on swimming.ca