

# 2010 AGE GROUP INTERNATIONAL

June 3 - June 6

At the  
ETOBICOKE OLYMPIUM

Presented by





## **SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2005**

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 6, 2005

# Entry Procedures

## Canadian Teams

1. Please use [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx) to submit all entries.

## International Teams

1. Please use our web site [www.eswim.ca](http://www.eswim.ca) Click on "Etobicoke Hosted Meets" or the meet link posted on the front page to download the Hy-Tek Events file for the meet.
2. Send entries to [sdg9@rogers.com](mailto:sdg9@rogers.com) Please ensure all entries contain valid registration numbers.

*~You will be sent confirmation of receipt of your entries~*

# Meet Results

**Meet results will be provided in the following manner:**

1. **Live Results** will be available on our web site each day through a link on the front page.
2. At the conclusion of the meet Full Publication Order results and a Hy-tek results file will be posted on the front page and through the "Meet Results" link.
3. Results will be forwarded to [swimming.ca](http://swimming.ca) within 24 hours of the completion of the meet.

# 2010 AGE GROUP INTERNATIONAL

- Date:** June 3 – 6, 2010
- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium  
590 Rathburn Road  
Toronto, Ontario
- Facility:** 8-Lane 50 metre competition pool with electronic timing.
- Entry Guidelines:** **Spaces will be held for teams participating last year until May 1<sup>st</sup>.**  
Remaining spaces will be allotted on a first come, first served basis.  
All entries must include valid SNC or International registration numbers.
- Entry Fees:** \$9.00 per event and \$12.00 per relay event. All costs include 5% GST #125328625.  
Please make cheques payable to ETOBICOKE SWIMMING.
- Sanctioned By:** Swim Ontario. All current SNC rules will be followed.
- Meet Referee:** Steve Goodwin 416-622-0154
- Eligibility:** Swimmers must be registered with Swim Ontario, SNC and/or FINA recognized organizations.  
The swimmers' age will be computed as of the first day of the meet (June 3, 2010)
- Entry Limitation:** Swimmers must adhere to qualifying times. Entries for all events must be in Long Course Metre times, actual or converted. Swimmers are limited to 4 events each day plus a distance event on Thursday. Meet Management reserves the right to limit heats by scratching swimmers. Notification of scratches will be made within 7 days of the meet
- Pre-Requisites:** **All swimmers must have achieved the Swim Ontario Division 1 Pre-Req standards.**
- Relays** All relays will be time finals and swum during prelims. There are no qualifying times for relays.  
Please submit times for seeding purposes.
- 800/1500 Free** The 800 is an open event for women and the 1500 is an open event for men. Swimmers must meet the time standard appropriate to their age group. Heats will be swum fastest to slowest and will alternate between 800 and 1500. Results will be scored by age group
- 400 IM and Free** **400s will swim as Time Finals with the fastest heats at Finals**
- Deck Entries:** If empty lanes are available and as exhibition swims only.
- Meet Notes:** Age groups will be 17 & Over, 15-16, 13-14 and 11-12.  
All 11-12 events are Time Finals.  
Finals and Consols for 13-14 and 15-16 and Finals only for 17 & Over  
Consols may be eliminated for any event having fewer than 32 entries.  
Finals/Consols will be swum youngest to oldest. Warm-up at 5:30pm, Start 6:30pm  
The warm-up pool will be available for Finals on Saturday and Sunday.  
The meet will be run single ended depending on the number of entries.  
Scratches from Preliminaries and Time Finals made on the posted Heat Sheets without penalty.  
Scratches from Finals accepted until 30 minutes after the preliminary session without penalty.
- Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> and ribbons for 4<sup>th</sup> through 8<sup>th</sup> for all individual events.  
Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for all relay events  
Individual High Points for each age group  
Top Team and Small Team (1-10 swimmers)
- Scoring**
- |                                       |   |
|---------------------------------------|---|
| Individual High Point                 | 5-2-1                                   |
| Team High Point for Individual Events | 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1 |
| Team High Point for Relay Events      | 30-25-20-15-14-13-12-11                 |

# 2010 AGE GROUP INTERNATIONAL

## Order of Events

<b><u>THURSDAY, June 3<sup>rd</sup>, 2010</u></b>				
Warm-up: 4:00 pm Start: 5:00 pm				
<b><u>EVENTS</u></b>		<b><u>QUALIFYING TIMES</u></b>		
<u>No.</u>	<u>Description</u>	<u>15 &amp; Over</u>	<u>13-14</u>	<u>11-12</u>
1 (Women)	800 Free	10:00.00	10:15.00	11:15.00
2 (Men)	1500 Free	18:30.00	19:30.00	20:30.00

**NOTE: Events 1 and 2 will alternate heats.**

<b><u>FRIDAY, JUNE 4<sup>th</sup>, 2010</u></b>										
Warm-up: 7:30am Start: 8:30am					Warm-up: 12:00pm Start: 1:00pm					
<u>Age</u>	<u>Women</u>		<u>Men</u>		<u>Event</u>	<u>Age</u>	<u>Girls</u>		<u>Boys</u>	
17 & O	3	2:20.44	4	2:12.45	200 FREE	13-14	23	2:24.51	24	2:18.41
15 - 16							11-12	25	2:33.37	26
17 & O	5	35.00	6	31.00	50 BACK	13-14	27	36.00	28	34.00
15 - 16							11-12	29	38.00	30
17 & O	7	1:23.66	8	1:19.20	100 BRST	13-14	31	1:25.06	32	1:22.05
15 - 16							11-12	33	1:30.72	34
17 & O	9	2:40.07	10	2:28.97	200 I.M.	13-14	35	2:43.13	36	2:37.19
15 - 16							11-12	37	2:53.61	38
17 & O	11	2:43.24	12	2:33.75	200 FLY	13-14	39	2:50.79	40	2:43.81
15 - 16							11-12	41	3:11.71	42

**Finals: Friday Evening: Warm-up 5:30pm; Start 6:30pm**

# 2010 AGE GROUP INTERNATIONAL

## Order of Events

### SATURDAY, JUNE 5<sup>th</sup>, 2010

Warm-up: 7:30am Start: 8:30am					Event	Warm-up: 12:00pm Start: 1:00pm				
Age	Women		Men			Age	Girls		Boys	
17 & O	43	30.33	44	27.50	50 FREE	13-14	67	30.93	68	28.79
15 - 16							11-12	69	32.36	70
17 & O	45	2:37.91	46	2:29.41	200 BACK	13-14	71	2:41.85	72	2:34.04
15 - 16							11-12	73	2:51.15	74
17 & O	47	1:13.10	48	1:07.17	100 FLY	13-14	75	1:16.34	76	1:11.03
15 - 16							11-12	77	1:22.59	78
17 & O	49	40.00	50	35.00	50 BRST	13-14	79	41.00	80	37.00
15 - 16							11-12	81	44.00	82
15 & O	51	-	52	-	4 x 100 FREE	13-14	83	-	84	-
							11-12	85	-	86
17 & O	53	5:30.00	54	5:00.00	400 I.M.	13-14	87	5:40.00	88	5:30.00
15 - 16	55					56		11-12	89	6:15.00

### SUNDAY, JUNE 6<sup>th</sup>, 2010

Warm-up: 7:30am Start: 8:30am					Event	Warm-up: 12:00pm Start: 1:00pm				
Age	Women		Men			Age	Girls		Boys	
17 & O	91	1:05.36	92	1:00.04	100 FREE	13-14	115	1:06.67	116	1:03.24
15 - 16							11-12	117	1:11.06	118
17 & O	93	2:59.91	94	2:55.57	200 BRST	13-14	119	3:03.71	120	2:58.47
15 - 16							11-12	121	3:14.35	122
17 & O	95	1:13.55	96	1:09.14	100 BACK	13-14	123	1:15.61	124	1:11.88
15 - 16							11-12	125	1:20.00	126
17 & O	97	35.00	98	32.00	50 FLY	13-14	127	36.00	128	34.00
15 - 16							11-12	129	38.00	130
15 & O	99	-	100	-	4 x 100 M.R.	13-14	131	-	132	-
							11-12	133	-	134
17 & O	101	4:50.00	102	4:40.00	400 FREE	13-14	135	5:00.00	136	4:55.00
15 - 16	103					104		11-12	137	5:25.00

**Finals:**      **Saturday Evening: Warm-up 5:30pm; Start 6:30pm**  
**Sunday Evening: Warm-up 5:30pm; Start 6:30pm**



## **ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES**

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
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 Etobicoke Olympium.**