

# 2010 TOP CUP

May 14<sup>th</sup> – 16<sup>th</sup>

At the  
ETOBICOKE OLYMPIUM

Presented by



*Where our Tiny Olympic Prospects Begin*



## **SWIMMING/NATATION CANADA 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 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.**

# Entry Procedures

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

*~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 within 24 hours of the completion of the meet.

# 2010 TOP CUP

- Date:** May 14 - 16, 2010
- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium  
590 Rathburn Road  
Toronto, Ontario
- Facility:** Two 8-Lane 25 metre competition pools with Omega electronic timing.
- Sanctioned By:** Swim Ontario. All current SNC rules will be followed.
- Qualifying:** No qualifying standards for SC meet. Please submit SC times for seeding purposes.
- Qualifying Standards for the LC meet are 3 year average of 16<sup>th</sup> place at TOP CUP LC Finals for Individual Events and 8<sup>th</sup> place for Relay Events. Please submit LC times. Hy-tek Conversions accepted.
- Session Times:**
- |                     |                  |               |
|---------------------|------------------|---------------|
| Friday              | Warm-up 4:30pm   | Start 5:15pm  |
| Saturday Morning    | Warm-up: 8:00am  | Start: 8:45am |
| Saturday Afternoon  | Warm-up: 12:30pm | Start: 1:15pm |
| Saturday Evening LC | Warm-up: 4:15pm  | Start: 5:00pm |
| Sunday Morning      | Warm-up: 8:00pm  | Start: 8:45am |
| Sunday Afternoon    | Warm-up: 12:45pm | Start: 1:30pm |
| Sunday Afternoon LC | Warm-up 5:15pm   | Start: 6:00pm |
- Entry Deadline:** **Tuesday May 4, 2010.** Changes accepted until May 12<sup>th</sup>.  
All entries must include valid SNC registration numbers.  
Deck entries will be accepted, if lanes are available, as EXHIBITION swims only.
- Entry Fees:** \$7.50 per individual SC event. \$8.00 per SC relay event.  
\$1.00 per individual LC event. \$2.00 per LC relay event.  
All costs include GST #125328625.  
Please make cheques payable to ETOBICOKE SWIMMING.
- 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                 |
- Meet Referee:** Steve Goodwin 416-622-0154
- Pre-Requisites:** **Swimmers must have completed both a 100 IM and a 200 Free to enter the meet.**
- Meet Notes:** **Please enter SC events AND the corresponding LC event if qualified**

This is both a short course and long course meet for 10 & Under swimmers.  
All events are Time Finals. Separate age groups for 10 years, 9 years and 8 & Under.  
All scratches to be made on the posted Heat Sheets without penalty.

# 2010 TOP CUP

## Order of Events

### FRIDAY, MAY 14<sup>th</sup>, 2010

*EVENING – SHORT COURSE*

**Warm-up: 4:30 pm**

**Start: 5:15 pm**

Event		10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
200 I.M.	TIME FINALS	1	2	3	4	5	6
400 FREE		7	8	7	8	7	8

### SATURDAY, MAY 15<sup>th</sup>, 2010

*MORNING – SHORT COURSE*

**Warm-up: 8:00 am**

**Start: 8:45 am**

Event		10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
100 FREE	TIME FINALS	9	10	11	12		
200 BACK		13	14	15	16		
50 FLY		17	18	19	20		
100 BREAST		21	22	23	24		
50 BACK		25	26	27	28		
4x50 F. R.		29	30	31	32		

### SATURDAY, MAY 15<sup>th</sup>, 2010

*AFTERNOON – SHORT COURSE*

**Warm-up: 12:30 pm**

**Start: 1:15 pm**

Event		10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
100 FREE	TIME FINALS					33	34
200 BACK						35	36
50 FLY						37	38
100 BREAST						39	40
50 BACK						41	42
4x50 F. R.						43	44

# SATURDAY, MAY 15<sup>th</sup>, 2010

## *EVENING – LONG COURSE*

*Qualifying Times Listed Under Event Number*

**Warm-up: 4:15 pm**

**Start: 5:00 pm**

Event		10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
200 I.M.	TIME FINALS	45 <b>3:16.0</b>	46 <b>3:25.00</b>	47 <b>3:45.0</b>	48 <b>3:55.0</b>		
50 BREAST		49 <b>51.0</b>	50 <b>55.0</b>	51 <b>1:00.0</b>	52 <b>1:00.0</b>		
100 BACK		53 <b>1:34.0</b>	54 <b>1:36.0</b>	55 <b>1:45.0</b>	56 <b>1:50.0</b>		
100 FLY		57 <b>1:45.0</b>	58 <b>1:53.0</b>	59 <b>2:00.0</b>	60 <b>2:10.0</b>		
50 FREE		61 <b>38.0</b>	62 <b>38.0</b>	63 <b>43.0</b>	64 <b>44.0</b>		
4x50 M. R.		65 <b>3:05.0</b>	66 <b>3:05.0</b>	67 <b>3:30.0</b>	68 <b>3:30.0</b>		

# SUNDAY, MAY 16<sup>th</sup>, 2010

## *MORNING – SHORT COURSE*

**Warm-up: 8:00 am**

**Start: 8:45 am**

Event		10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
200 FREE	TIME FINALS	69	70	71	72		
50 BREAST		73	74	75	76		
100 BACK		77	78	79	80		
200 BREAST		81	82	83	84		
100 FLY		85	86	87	88		
50 FREE.		89	90	91	92		
4x50 M. R.		93	94	95	96		

# SUNDAY, MAY 16<sup>th</sup>, 2010

## *AFTERNOON – SHORT COURSE*

**Warm-up: 12:45 pm**

**Start: 1:30 pm**

Event		10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
200 FREE	TIME FINALS					97	98
50 BREAST						99	100
100 BACK						101	102
200 BREAST						103	104
100 FLY						105	106
50 FREE.						107	108
4x50 M. R.						109	110

**SUNDAY, MAY 16<sup>th</sup>, 2010**  
***EVENING – LONG COURSE***  
***Qualifying Times Listed Under Event Number***

		<b>Warm-up: 5:15 pm</b>		<b>Start: 6:00 pm</b>			
Event		10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
100 FREE	TIME FINALS	111 <b>1:21.0</b>	112 <b>1:24.0</b>	113 <b>1:32.0</b>	114 <b>1:34.0</b>		
50 FLY		115 <b>45.0</b>	116 <b>48.0</b>	117 <b>52.0</b>	118 <b>57.0</b>		
100 BREAST		119 <b>1:48.0</b>	120 <b>1:50.0</b>	121 <b>1:58.0</b>	122 <b>2:08.0</b>		
50 BACK		123 <b>47.0</b>	124 <b>47.0</b>	125 <b>50.0</b>	126 <b>52.0</b>		
4x50 F. R.		127 <b>2:40.0</b>	128 <b>2:43.0</b>	129 <b>3:05.0</b>	130 <b>3:10.0</b>		



**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.**