

Evening in Brantford

- A SC Development Series Hosted by the BRANTFORD AQUATIC CLUB -

Meet Outline

**** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca**

FACILITIES: 8 LANE, 25m pool and 15m warm down section.

LOCATION: Wayne Gretzky Sports Centre, (519)756-9900
North Park St., Brantford, ON

MEET: Saturday, January 11, 2014
Warm Up: 5:45 – 6:25 p.m.
Start: 6:30 p.m.

Meet Manager: Suzanne Paulins
Meet Referee: John Vallee
Entries: Jocelyn Jay

EVENTS:

| | | |
|---------------|----------------|---------------|
| 1. 400 I.M. | 7. 200 I.M. | 13. 400 FREE |
| 2. 200 FREE | 8. 100 FREE | 14. 800 FREE |
| 3. 100 BACK | 9. 200 BACK | 15. 1500 FREE |
| 4. 50 FREE | 10. 100 FLY | |
| 5. 200 FLY | 11. 200 BREAST | |
| 6. 100 BREAST | 12. 100 I.M. | |

**** swimmers will only be permitted to swim one of the 400/800/1500 free, these events may be swum 2 per lane as needed and may be limited to the number of heats depending on time restraints.****

ENTRY FEES: \$10.00 PER SWIM. Please bring payment to the meet. Payment must be received prior to the start of warm up.

PROCEDURES: The events file for Hy-Tek Team Manager will be available on the www.swimming.ca website. All entries must be received via swimming.ca. Manual entries will not be accepted. PLEASE, confirm your attendance ASAP, to avoid disappointment. All results will be posted on the BRANT website and on www.swimming.ca

“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.”

RULES: All events are time finals and will be senior seeded swum mixed fastest to slowest. Results will be broken into the following age categories, 10&under, 11&12, 13&14, 15&over. The meet is time final events only. There are no qualifying standards for entry to the meet. The FINA one start rule is in effect. Swim Ontario safety procedures apply. SNC warm up procedures will be followed. **Meet Officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition and especially, during session breaks. Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. GLASS CONTAINERS** are strictly prohibited from the deck area as are outdoor footwear. Shoe coverlets will be provided if necessary. FINA swimsuit rules do apply. The meet will be seeded as short course only, converted times will not be used.

Awards/Scoring: There will be no scoring or awards for this meet.

Scratch Rule: A simple NS at the event is permitted and there will be no penalty imposed.

Results: Will be posted to the Swimming Canada website within 2 days of completion of the meet.

SNC LTAD:

All events will be swum age and sex combined.

No session will be longer than 4.5 hours in length

DEADLINE: Saturday January 4, 2014

Send entries to: www.swimming.ca

BRANT online: www.brantfordaquaticclub.ca



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

ALL swimmers participating in a SNC designated meet or provincially sanctioned meets shall be required to comply with swimwear rule GR 5 as follows:

GR 5 – Swimwear

GR 5.1 *The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.*

GR 5.2 *All swimsuits shall be non transparent.*

CGR 5.2.1.1 *A swimmer may wear only one swimsuit in competition, and shall observe all FINA regulations related to swimwear as stated in the FINA Bylaws and Rules*

GR 5.3 *The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.*

GR 5.4 *Before any swimwear of new design, construction or material is used in competition, the manufacturer of such swimwear must submit the swimwear to FINA and obtain approval of FINA.*

FINA BL 8.3 *From January 1, 2010 swimwear for men shall not exceed above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.*

SNC has made the following interpretations for GR 5:

- * All swimwear used in competition in Canada must appear on the FINA approved list with the following exception;
- * Where a swimwear manufacturer has not submitted swimwear to FINA for approval due to the swimwear no longer being in production, SNC reserves the right to allow such swimwear where it can be confirmed that the swimwear conforms to the shape, design and material conditions outline in FINA BL 8.3 (above).
- * Under GR 5.3 wherein it is stated “*the competitor must wear a swimsuit in one or two pieces...*” SNC interprets this to mean a swimmer is limited to wearing a single suit only and where the suit is “two pieces” that the pieces do not overlap each other and are distinct units (ie/ bikini style).
- * All Canadian Record applications will be reviewed to ensure compliance with GR 5. A Declaration of Swimwear must be submitted with the application to ensure compliance.
- * All foreign swimmers competing in Canada will be required to comply with GR 5
- * Any swimmer not complying with GR 5 shall be disqualified.

July 13, 2011

