



Spring Turbo Charge Meet

**Hosted By
THE REGION OF WATERLOO SWIM CLUB**

April 4, 5 & 6, 2014

**Wilfrid Laurier University
Waterloo, Ontario**

Warm Up Procedures

SWIMMING/NATATION CANADA RISK MANAGEMENT/WARM-UP PROCEDURES 2009

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 and PARA 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 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".

"Only Competitors, Certified Coaches and Officials are allowed on deck. NO OTHER PERSONS ARE PERMITTED ON DECK unless expressly authorized by Meet Management."

EQUIPMENT:

- FLUTTER BOARDS AND PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005.

**REGION OF WATERLOO SWIM CLUB
SPRING TURBO CHARGE MEET**

- DATE:** Friday April 4, Saturday April 5 & Sunday April 6, 2014
- LOCATION:** Wilfrid Laurier University Athletic Complex
Corner of King St. and University Ave., Waterloo, Ontario
- MEET MANAGER:** Tam Nguyen, 72tnghuyen@gmail.com
MEET REFEREE: Angus Cunningham, acunningham@printer.com
- FACILITY:** 6 lane, 50 meter pool with Omega OSB11 starting blocks
Omega Ares 21 Timing system with 6 lane score clock
Recently updated air quality and filtration systems
Concessions
Free parking in 'White Permit' areas only
- STANDARD:** All events will be swum 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.
- FORMAT:** Five Sessions; 13&Over swimmers will swim together in their own sessions; 12&Under swimmers will swim together in their own sessions. The long distance (800 & 1500) session will be for all age groups. All events are Timed Finals and seeded by time. 400m, 800m & 1500m heats fastest to slowest; all others slowest to fastest.
- AWARDS:** 10 and under, 11/12, 13/14, 15 and over
Medals – 1st to 3rd for individual events
Ribbons – 4th to 6th for individual events
- ENTRY FEES:** \$9.00 per event – 50, 100, 200, 400 m
\$10.25 per event – 800, 1500 m
(entry fees include HST # R128627452)

Please make cheques payable to: **"Region of Waterloo Swim Club"**

Cheques must be given to the Meet Manager at the first session the day of the meet **BEFORE** swimmers enter the water for warm-ups. **Full payment required for scratches after entry deadline.**

ENTRY LIMITATIONS:

Based upon time constraints, Meet Management reserves the right:

- To limit 3 events per swimmer per session.
- To limit the number of entries to any events.
- To limit the number of swimmers in the 400m Freestyle, 800 m Freestyle, 1500m Freestyle and 400 IM events.

ENTRIES:

Entry Deadline: Entries must be received by 5:00 p.m. Friday, March 21, 2014.

All entries must be in Hy-tek format and submitted electronically via www.swimming.ca No entries will be accepted directly by meet management. Meet management reserves the right to close the entry deadline before March 21, 2014 if the meet is oversubscribed. All entries must include valid 9 digit Swimming Canada registration numbers and birthdates. Entries are not considered accepted until confirmed by meet management. Meet Management reserves the right to make changes to session times and/or event order

based on subscription. All non LC entry times will be converted to LC times using the default conversion factors in Hy-Tek Meet Manager.

Deck entries may be accepted to fill empty lanes at the discretion of meet management.

RESULTS:

Unofficial results will be available during the meet at www.rowswimming.ca or can be viewed live during the meet on MEET MOBILE by i-pad, i-phone, i-pod with internet connection.

Results will be posted at www.swimming.ca following the meet.

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.

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.

BODY TAPING RULE:

Prior to the start of a session, any kind of tape on the body of a swimmer must be presented to the session Referee. The Referee will determine whether or not the taping is acceptable according to SW 10.8 rule. The Referee, in consultation with Meet Management, may allow body taping for valid and properly documented medical reasons. Failure to bring any body taping to the attention of the session Referee prior to the session start will result in a disqualification.

SAME GENDER RACING RULE FOR RECORD ATTEMPT:

As per Swim Ontario’s Swimming Development Committee meeting held on January 5, 2010, Swim Ontario permits mixed gender events in its sanctioned meets. However, the ranking must be separated by gender prior to the reporting and uploading of the results. In spite of this recent interpretation and Swim Ontario rule amendment, any swimmer who attempts to achieve a record time at any level (club, regional, provincial, national etc. whether age-group or open) must compete with competitors of the same gender in his/her heat. Otherwise, the record time will not be recognized. The coach is responsible for informing the Referee of the possibility of a record being broken prior to the start of the session. The Referee and Meet Manager will then ensure that the swimmer competes with the competitors of the same gender for his/her heat.

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.

**REGION OF WATERLOO SWIM CLUB
SPRING TURBO CHARGE MEET**

Session 1 – Long distance*

Friday April 4th, 2014

Warm-up: 6:00 PM

Start: 6:45 PM

- | | | |
|----|------|------|
| 1. | 800 | Free |
| 2. | 1500 | Free |

* Meet Management reserves the right, if necessary, to have ROW swimmers only to swim the 800 and 1500 events in this section. Swimmers from visiting clubs will swim the 800 and the 1500 events in Session 3.

- Alternating heats of 800 and 1500.
- Meet Management reserves the right to swim the 800 and 1500 Freestyle with two swimmers per lane.

Session 2 – 12 and Under

Saturday April 5th, 2014

Warm-up: 7:00 AM

Start: 7:45 AM

- | | | |
|-----|------|--------|
| 5. | 200 | IM |
| 6. | 100 | Breast |
| 7. | 200 | Back |
| 8. | 100 | Free |
| 9. | 200 | Fly |
| 10. | 50 | Fly |
| 11. | 50 | Back |
| 12. | 400* | Free |

* Meet Management reserves the right to swim the 400 Freestyle with two swimmers per lane.

Session 3 – Long Distance for All Age Groups

Saturday, April 5th, 2014

Warm-up: 12:30 PM

Start: 1:15 PM

- | | | |
|----|------|------|
| 3. | 800 | Free |
| 4. | 1500 | Free |

- Alternating heats of 800 and 1500.
- Meet Management reserves the right to swim the 800 and 1500 Freestyle with two swimmers per lane.

Session 4 – 13 and Over

Saturday April 5th, 2014

Warm-up: 4:15 PM

Start: 5:00 PM

13.	200	IM
14.	100	Breast
15.	200	Back
16.	100	Free
17.	200	Fly
18.	50	Fly
19.	50	Back
20.	400*	Free

* Meet Management reserves the right to swim the 400 Freestyle with two swimmers per lane.

Session 5 – 12 and Under

Sunday April 6th, 2014

Warm-up: 7:00 AM

Start: 7:45 AM

21.	100	Fly
22.	200	Free
23.	100	Back
24.	200	Breast
25.	50	Breast
26.	50	Free
27.	400	IM

Session 6 – 13 and Over

Sunday April 6th, 2014

Warm-up: 12:30 PM

Start: 1:15 PM

28.	100	Fly
29.	200	Free
30.	100	Back
31.	200	Breast
32.	50	Breast
33.	50	Free
34.	400	IM

ACCOMMODATION

Radisson Hotel Kitchener Waterloo

2960 King St E

Kitchener On

N2A 1A9

Phone: 519 894-9500

www.radisson.com/kitchenerca

Please ask for the ROW rate (110.00 per night) which comes with full hot breakfast