



# **Bennett Capital May Money Meet**

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

**May 3 & 4, 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  
BENNETT CAPITAL - MAY MONEY MEET**

**DATE:** Saturday May 3 & Sunday May 4, 2014

**LOCATION:** Wilfrid Laurier University Athletic Complex  
Corner of King St. and University Ave., Waterloo, Ontario

**MEET MANAGER:** Leanne Shearer, [meetmanager@rowswimming.ca](mailto:meetmanager@rowswimming.ca)  
**MEET REFEREE:** Angus Cunningham, [acunningham@printer.com](mailto:acunningham@printer.com)  
**OFFICIALS COORDINATOR:** Tam Nguyen [72tnquyen@gmail.com](mailto:72tnquyen@gmail.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 separate age and gender. 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:** Four Sessions. All events Timed Finals, seeded by time. 400m heats fastest to slowest, all others slowest to fastest.

**AWARDS:**

<b>10 &amp; Under, 11/12, 13 Cash awards all events</b>	<b>14 &amp; Over Cash awards all events</b>
Performance Cash Awards as below First place \$5.00 Second Place \$2.00 Third Place \$1.00	Performance Cash Awards as below First place \$30.00 Second Place \$20.00 Third Place \$10.00

**ENTRY FEES:** \$9.00 per event (includes 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.**

**ENTRIES:**

**Entry Deadline: Entries must be received by 5:00 p.m. Friday April 18, 2014.**  
In keeping with the new SNC process, all entries must be in Hy-tek format and submitted electronically via [www.swimming.ca](http://www.swimming.ca). No entries will be accepted directly by Meet Management. Meet Management reserves the right to close the entry deadline before April 18, 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.  
No deck entries permitted.

**RESULTS:**

Unofficial results will be available during the meet at [www.rowswimming.ca](http://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](http://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  
MORTGAGE INTELLIGENCE - MAY "MORE" MONEY MEET**

**Saturday May 3, 2014**

**Session 1 – 13 & Over**

**Warm-up: 7:00 AM**

**Start: 8:00 AM**

<b>Female Event Number</b>	<b>Age Group</b>	<b>Event</b>	<b>Male Event Number</b>
1	14 & over	200 Fly	2
3	13	200 Fly	4
5	14 & over	100 Back	6
7	13	100 Back	8
9	14 & over	200 Free	10
11	13	200 Free	12
13	14 & over	100 Breast	14
15	13	100 Breast	16
17	14 & over	200 IM	18
19	13	200 IM	20
21	13 & over	400 Free*	22

**Session 2 – 12 & Under**

**Warm-up: 12:30 PM**

**Start: 1:15 PM**

<b>Female Event Number</b>	<b>Age Group</b>	<b>Event</b>	<b>Male Event Number</b>
23	11 – 12	200 IM	24
25	10 & under	50 Fly	26
27	11 – 12	100 Back	28
29	10 & under	100 Back	30
31	11 – 12	200 Free	32
22	10 & under	200 Free	34
35	11 – 12	100 Breast	36
37	10 & under	100 Breast	38
39	11 – 12	200 Fly	40
41	11 – 12	50 Free	42
43	10 & under	50 Free	44
45	12 & under	400 Free*	46

**\*Note: The 400 Free will be swum fastest to slowest, regardless of age, and alternating 1 female heat, 1 male heat. Meet Management reserves the right to limit the number of entries to the 400 Freestyle based upon time constraints. Meet Management reserves the right to swim the 400 Freestyle with two swimmers per lane.**

Sunday May 4, 2014

**Session 3 – 13 & Over**

Warm-up: 7:00 AM

Start: 8:00 AM

<b>Female Event Number</b>	<b>Age Group</b>	<b>Event</b>	<b>Male Event Number</b>
47	14 & over	100 Free	48
49	13	100 Free	50
51	14 & over	200 Back	52
53	13	200 Back	54
55	14 & over	100 Fly	56
57	13	100 Fly	58
59	14 & over	200 Breast	60
61	13	200 Breast	62
63	14 & over	50 Free	64
65	13	50 Free	66
67	13 & over	400 IM *	68

**Session 4 – 12 & Under**

Warm-up: 12:30 PM

Start: 1:15 PM

<b>Female Event Number</b>	<b>Age Group</b>	<b>Event</b>	<b>Male Event Number</b>
69	11 – 12	200 Back	70
71	10 & under	200 Back	72
73	10 & under	50 Back	74
75	11 – 12	100 Free	76
77	10 & under	100 Free	78
79	11 – 12	200 Breast	80
81	10 & under	200 Breast	82
83	10 & under	50 Breast	84
85	11 – 12	100 Fly	86
87	10 & under	100 Fly	88
89	11 – 12	400 IM *	90
91	10 & under	200 IM	92

**\* NOTE: The 400 IM will be swum fastest to slowest, regardless of age, and alternating 1 female heat, 1 male heat. Meet Management reserves the right to limit the number of entries to the 400 IM based upon time constraints.**