



Western Ontario Swimming Association

2014 13 & Over Regional Long Course Championships

June 6th – 8th, 2014 - Brock University
Hosted by Brock Niagara Aquatics

Date: Friday June 6th, 2014 - Sunday June 8th, 2014

Location: Eleanor Misener Aquatic Centre, Brock University. Directions and parking information available at <http://www.brocku.ca/brockswimming/homemeets.php>.

Meet Officials:

- *Meet Manager:* Angela Taylor sacmtaylor@gmail.com
Carmela Maddalena cmaddalena26@gmail.com
- *Meet Referee:* Marg Galbraith galbrth@rogers.com
- *Officials:* Chris Grover cgrover38@yahoo.ca
- *Entries:* Ann Harrison ann.harrison@dsbn.org

Eligibility:

- All swimmers must be registered in good standing with a WOSA club.
- There are no prerequisite standards for this meet.
- AGE-UP: Swimmers who turn 13 between June 6th and June 14th may swim as a 13 year-old, but all swims will be considered exhibition at WOSA LC and coaches should flag these swims accordingly in Hy-Tek. Coaches must also identify these swimmers to meet management when submitting their club entries so the swimmer's status and entry information can be confirmed.

Qualification:

- WOSA qualifying standards are published at the end of this package, and are available here: <http://www.wosa.ca/docs/WOSA%20SC-LC%202013-2014.pdf>. Swimmers may qualify with either SCM or LCM times. Please do not convert entry times.
- For PARA events, qualifying times are the PARA Provincial "B" standards (10% slower than attached 2012-2013 Ontario PARA SCM or LCM times).
- There are NO De-Qualifying standards.

Entry Information & Limitations:

- No limitation on number of events entered provided qualifying criteria have been met.
- Entries must be submitted through www.swimming.ca/meetlist.aspx.
- Please do not convert entry times. Seeding will be as follows: LCM qualifying times, followed by SCM qualifying times, followed by bonus swims.

Bonus Swims:

- Any swimmer qualifying with only one qualifying standard may enter two additional bonus swims. A swimmer qualifying in two events may add one bonus swim. There are no bonus swims for swimmers qualifying in three or more events.
- The 400 Free, 400 IM, 800 Free, and 1500 Free may not be used as bonus swims.
- All bonus swims must be entered with the 'B' indicator checked in the entry file. Please enter an actual time for each bonus swim, and do not enter as NT.

Age Groups:

- **For Individual Events:**
13, 14, 15, 16 & Over for both Female and Male
- **For Relay Events:**
13-14, 15 & Over for both Female and Male
- The swimmer's age shall be calculated on the first day of the meet, June 6th, 2014.

Relays:

- "Relay-Only" swimmers are permitted. The remaining three members of the relay team must be properly qualified for the meet in an individual event. The relay-only swimmer's name must appear in the team entry file (roster) with no individual entries.
- A maximum of two 13/14 swimmers may move up to swim on 15 & Over relays.
- Coaches must have relay cards filled in and returned to the Clerk of Course no later than 30 minutes prior to the start of the relay event

PARA Entries:

- Paralympic events are as follows:
50 Free S1-S14, 100 Free S1-S14, 200 Free S1-S14, 400 Free S6-S14
100 Back S1-S14
100 Breast SB1-S14
50 Fly S1-S7, 100 Fly S8-S14
150 IM SM1-SM4, 200 IM SM5-S14
- PARA athletes may enter other events in which they meet the Regional time standard, but there will not be separate PARA awards for these events.
- There will be no bonus swims for PARA for distances greater than 100m.
- All PARA swimmers will be grouped into a single 13 & Over age group.
- In PARA swimming events with five or more entries, PARA athletes will compete in able-bodied heats during preliminaries, seeded by time, then compete in a separate PARA event during the finals session.
- In PARA swimming events with fewer than five entries, the event(s) will be PARA-swimmer only timed finals during the preliminary session.
- PARA athletes that have the Able Bodied standard in any event may enter that event as Able Bodied. A PARA athlete may swim as either Able Bodied or PARA in any event they qualify for, but not both. Coaches must indicate each PARA classification with their entries.
- PARA will be swum under IPC Swimming Rules for Canadian records only.

Awards:

- Able Bodied Individual Events: Medals 1st to 3rd, ribbons 4th-8th by age group.
- Relays: Medals for winning team only, ribbons for 2nd and 3rd by age group.
- PARA Events: Medals will be awarded in IPC-eligible events only using the SNC Performance Calculator, and shall be awarded on a "mixed gender" basis to the top 3 swimmers in each event. In order to award gold there must be at least 2 competitors, to award silver there must be at least 3 competitors and for bronze there must be at least 4 competitors in the event.

Meet Rules:

- The only meet package which shall be considered as valid will be the most current version found at the SNC website <https://www.swimming.ca/meetlist.aspx>.
- SNC 2013-2014 Rules will govern the meet. The FINA "ONE START" rule will be in effect. SNC Swimsuit rules are in effect.
- SNC warm-up procedures are in effect. Coaches are responsible for the supervision of their swimmers during warm up. Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence of these rules and to discipline the athletes' behaviour if necessary.
- Meet Officials will provide a safe environment and an organized competition. Meet Officials are not responsible for the supervision of athletes during the competition and during session breaks.
- During preliminaries all events will be senior-seeded by gender, and results will be separated into designated age groups for Finals. The top-8 swimmers from preliminaries from each age category will qualify for Finals.
- There is an A Final only in all age groups except 16 & Over, where a B Final will be added in events where there are more than 30 entries.
- The 400 Free, 400 IM, 800 Free, and 1500 Free will be conducted as Timed Final events.
- Swimmers may enter only one of the 800 or 1500 Freestyle events. These events will be senior-seeded by gender and swam fastest to slowest, alternating heats of W800/M800/W1500/M1500.
- Meet Management reserves the right to swim two per lane, in these Timed Final events if time requires.
- All Relay events will be conducted as Timed Finals.
- No Exhibition swims or Deck Entries are permitted.
- No photography is permitted in the facility without prior permission.

Scoring: Only times meeting the WOSA LC qualifying times are eligible to score points. Individual and Relay events will be scored from 1st - 8th place, on a scale of 9-7-6-5-4-3-2-1. PARA scoring will be based on number of entrants. If there are 8 or more entrants in an event, it will be scored the same as Able Bodied swimmers. If there are fewer than 8 entrants, the event will be "reverse-scored". (For example, if there are three entrants, the event will be scored 3-2-1.

Scratch Rules:

- The initial scratch deadline for finals sessions will be 30 minutes after the conclusion of the preliminary session.
- The final scratch deadline is 30 minutes prior to the start of the finals session. Any scratches not reported by the initial scratch deadline will be accepted during the first 30 minutes of finals warm up. Coaches are requested to complete the Scratch Form supplied by Meet Management and notify the Clerk of Course or Meet Office of these last-minute scratches.
- Any scratches or no shows after this time will be considered a "Late Scratch" and the offending Club will be fined a late scratch fee of \$50.00 payable to "Western Ontario Swimming Association", which must be paid to the Clerk of Course immediately to avoid further discipline. In the event that the fine is not paid, no entrant from the offending Club will be permitted to swim for the balance of the meet or until the fine is paid in full to the Clerk of Course.

Split Times: 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 in question.

Entry Fees:

- Individual events \$9.00 each, including Regional Levy and OSOA officials levy.
- Relay events \$12.00 each, including Regional fee.
- Swimmer surcharge \$5.00 per swimmer, including relay-only swimmers.
- Please submit one cheque for all entry fees. Cheque to be provided by Friday, June 6th.
- Cheques payable to "Brock University".

Entry Deadline: TUESDAY, MAY 27th, 2014.

Officials: The host club welcomes officiating help from visiting teams. Hospitality will be provided. Officials may register online through www.osoa.ca.

Results: Real-time results will be posted to www.brocku.ca/brockswimming/results. Final meet results will be posted on the Swimming Canada website at the conclusion of the meet.

Water Bottles: All participants, including swimmers, coaches, and officials, are asked to please bring their own refillable water bottle for use during the competition. Water stations will be provided.

Accommodations: Information regarding staying on campus in the University residences is available at <http://www.brocku.ca/conference-services/wosa-accommodations-on-campus>. Hotel information is available at <http://www.brocku.ca/brockswimming/homemeets.php>.

Session Times:

- | | | | | |
|---------------------------|---------|-----------------------|-------|---------|
| • Friday Afternoon | Warm-up | 12:00 Noon - 12:50 PM | Start | 1:00 PM |
| • Friday Evening | Warm-up | 5:00 PM - 5:50 PM | Start | 6:00 PM |
| • Saturday/Sunday Morning | Warm-up | 7:30 PM - 8:20 AM | Start | 8:30 AM |
| • Saturday/Sunday Finals | Warm-up | 5:00 PM - 5:50 PM | Start | 6:00 PM |

Order of Events**Friday June 6th, 2014 Session 1**

Warm-up: 12:00 Noon Start: 1:00 PM

#	WOMEN	EVENT		MEN	#
1	13 & Over	800 Free	Timed Final	13 & Over	2
3	13 & Over	1500 Free	Timed Final	13 & Over	4

Friday June 6th, 2014 Session 2

Warm-up: 5:00 PM Start: 6:00 PM

#	WOMEN	EVENT		MEN	#
5	13 & Over	50 Back	Prelims	13 & Over	6
7	13 & Over	50 Breast	Prelims	13 & Over	8
9	13 & Over	50 Fly	Prelims	13 & Over	10
11	13 & Over	200 IM	Prelims	13 & Over	12

Saturday, June 7th, 2014 Session 3
Warm-up: 7:30 AM Start: 8:30 AM

#	WOMEN	EVENT		MEN	#
401	13 & Over	200 Free PARA S1-S14	Timed Final	13 & Over	401
13	13 & Over	200 Free	Prelims	13 & Over	14
402	13 & Over	100 Breast PARA SB1-S14	Timed Final	13 & Over	402
15	13 & Over	100 Breast	Prelims	13 & Over	16
403	13 & Over	50 Free PARA S1-S14	Timed Final	13 & Over	403
17	13 & Over	50 Free	Prelims	13 & Over	18
19	13 & Over	200 Back	Prelims	13 & Over	20
404	13 & Over	100 Fly PARA S8-S14	Timed Final	13 & Over	404
21	13 & Over	100 Fly	Prelims	13 & Over	22
405	13 & Over	150 IM PARA SM1-SM4	Timed Final	13 & Over	405
406	13 & Over	200 IM PARA SM5-S14	Timed Final	13 & Over	406
23	13 & Over	400 IM	Timed Final	13 & Over	24
301	15 & Over	200 Medley Relay	Timed Final	15 & Over	302
303	13/14	200 Medley Relay	Timed Final	13/14	304

Saturday, June 7th, 2014 Session 4
Warm-up: 5:00 PM Start: 6:00 PM

#	WOMEN	EVENT	MEN	#
13	13	200 Free	13	14
	14	200 Free	14	
	15	200 Free	15	
	16 & Over	200 Free	16 & Over	
15	13	100 Breast	13	16
	14	100 Breast	14	
	15	100 Breast	15	
	16 & Over	100 Breast	16 & Over	
17	13	50 Free	13	18
	14	50 Free	14	
	15	50 Free	15	
	16 & Over	50 Free	16 & Over	
19	13	200 Back	13	20
	14	200 Back	14	
	15	200 Back	15	
	16 & Over	200 Back	16 & Over	
21	13	100 Fly	13	22
	14	100 Fly	14	
	15	100 Fly	15	
	16 & Over	100 Fly	16 & Over	
11	13	200 IM	13	12
	14	200 IM	14	
	15	200 IM	15	
	16 & Over	200 IM	16 & Over	
5	13	50 Back	13	6
	14	50 Back	14	
	15	50 Back	15	
	16 & Over	50 Back	16 & Over	

Sunday, June 8th, 2014 Session 5

Warm-up: 7:30 AM Start: 8:30 AM

#	WOMEN	EVENT		MEN	#
407	13 & Over	100 Free PARA S1-S14	Timed Final	13 & Over	407
25	13 & Over	100 Free	Prelims	13 & Over	26
408	13 & Over	50 Fly PARA S1-S7	Timed Final	13 & Over	408
27	13 & Over	200 Fly	Prelims	13 & Over	28
409	13 & Over	100 Back PARA S1-S14	Timed Final	13 & Over	409
29	13 & Over	100 Back	Prelims	13 & Over	30
31	13 & Over	200 Breast	Prelims	13 & Over	32
410	13 & Over	400 Free PARA S6-S14	Timed Final	13 & Over	410
33	13 & Over	400 Free	Timed Final	13 & Over	34
305	15 & Over	200 Free Relay	Timed Final	15 & Over	306
307	13/14	200 Free Relay	Timed Final	13/14	308

Sunday, June 8th, 2014 Session 6

Warm-up: 5:00 PM Start: 6:00 PM

#	WOMEN	EVENT	MEN	#
25	13	100 Free	13	26
	14	100 Free	14	
	15	100 Free	15	
	16 & Over	100 Free	16 & Over	
7	13	50 Breast	13	8
	14	50 Breast	14	
	15	50 Breast	15	
	16 & Over	50 Breast	16 & Over	
27	13	200 Fly	13	28
	14	200 Fly	14	
	15	200 Fly	15	
	16 & Over	200 Fly	16 & Over	
29	13	100 Back	13	30
	14	100 Back	14	
	15	100 Back	15	
	16 & Over	100 Back	16 & Over	
31	13	200 Breast	13	32
	14	200 Breast	14	
	15	200 Breast	15	
	16 & Over	200 Breast	16 & Over	
9	13	50 Fly	13	10
	14	50 Fly	14	
	15	50 Fly	15	
	16 & Over	50 Fly	16 & Over	

**WOSA SC/LC REGIONAL CHAMPIONSHIP TIME STANDARDS
2013-2014**

	10/U B		10/U G		11 B		11 G		12 B		12 G		13 B		13 G		14 B		14 G		15 B		15 G		16/O B		16/O G		
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
50FR	39.76	40.06	38.83	38.44	37.06	38.58	35.00	36.20	33.80	38.81	33.02	35.69	32.81	33.24	50FR	31.73	32.87	30.57	31.97	31.08	32.06	29.23	30.74	30.17	30.81	27.18	28.22	28.85	29.72
100FR	1:30.79	1:30.39	1:27.24	1:25.66	1:23.25	1:26.73	1:18.62	1:20.98	1:15.26	1:20.78	1:11.61	1:14.79	1:13.98	1:12.64	100FR	1:09.08	1:11.99	1:06.06	1:08.50	1:08.61	1:10.05	1:05.37	1:06.96	1:05.86	1:07.87	97.59	98.89	1:02.51	1:04.14
200FR	3:26.78	3:26.15	3:18.74	3:11.76	3:09.90	3:18.31	2:55.03	2:58.17	2:46.01	2:56.73	2:40.40	2:44.55	2:45.45	2:51.11	200FR	2:32.90	2:40.74	2:31.4	2:43.95	2:31.85	2:37.41	2:26.00	2:33.33	2:27.85	2:31.03	2:09.35	2:10.21	2:18.29	2:20.71
400FR	6:46.07	6:45.23	6:37.64	6:36.73	6:15.82	6:26.06	6:25.66	6:31.83	5:58.57	6:06.91	5:44.85	5:51.02	5:43.05	5:51.55	400FR	5:54.79	5:40.56	5:19.16	5:18.88	5:29.57	5:34.51	5:09.23	5:18.62	5:14.83	5:19.06	4:39.54	4:46.31	4:57.78	5:09.23
800FR							12:14.44	12:30.44	11:16.24	11:56.41	11:50.48	11:58.66	11:00.84	11:32.33	800FR	11:13.99	11:35.88	10:46.98	10:56.63	11:10.39	11:19.28	10:21.18	10:45.87	10:58.74	11:02.22	10:53.83	10:14.14	10:22.20	10:37.97
1500 FR															1500 FR	21:47.30		20:31.84		21:30.05		20:06.41		21:03.03		19:53.62		20:48.90	
50BK	46.98	46.82	45.06	48.27	45.00	48.39	42.95	43.86	43.29	48.33	40.67	41.95	41.67	43.28	50BK	38.06	39.71	38.06	41.95	38.94	38.98	36.58	37.77	37.83	37.82	33.25	34.00	35.76	36.64
100BK	1:45.65	1:44.09	1:41.80	1:37.27	1:41.42	1:42.87	1:31.82	1:32.82	1:30.83	1:34.82	1:24.28	1:28.57	1:27.88	1:26.50	100BK	1:20.85	1:26.08	1:24.32	1:25.48	1:21.06	1:24.30	1:19.13	1:21.77	1:19.79	1:20.44	1:07.31	1:09.83	1:12.89	1:14.51
200BK	3:58.03	3:50.89	3:48.05	3:34.44	3:37.43	3:45.16	3:28.16	3:23.36	3:25.34	3:28.33	3:07.15	3:11.40	3:12.40	3:18.36	200BK	2:58.48	3:10.50	2:52.73	2:57.20	2:55.83	3:09.88	2:46.77	2:53.44	2:49.06	3:03.76	2:36.84	2:45.91	2:35.06	2:43.66
50BR	55.50	56.99	52.10	53.95	52.94	55.04	48.89	48.89	48.33	53.53	45.44	46.14	48.23	46.98	50BR	44.47	48.12	43.97	46.73	44.27	45.40	41.28	43.20	42.21	43.65	38.04	38.62	40.95	42.35
100BR	2:06.77	2:06.82	1:58.03	1:53.35	2:00.06	2:03.44	1:44.88	1:47.10	1:41.96	1:49.27	1:38.17	1:41.67	1:35.94	1:37.15	100BR	1:33.82	1:37.72	1:27.35	1:32.50	1:33.32	1:36.81	1:25.11	1:31.78	1:28.88	1:34.72	1:18.15	1:22.79	1:28.58	1:31.84
200BR	4:14.16	4:24.77	4:02.48	4:06.31	3:53.91	4:03.67	3:52.38	3:50.86	3:24.00	3:43.55	3:32.40	3:37.27	3:21.94	3:31.17	200BR	3:25.68	3:28.27	3:12.73	3:21.40	3:17.74	3:21.82	3:02.59	3:11.64	3:13.76	3:17.85	2:57.83	3:06.80	3:10.73	3:13.47
50FL	48.73	54.22	45.44	48.41	45.70	49.21	42.89	43.51	42.30	45.92	39.88	41.84	39.84	41.89	50FL	36.62	39.39	36.62	37.80	35.86	36.84	33.09	34.95	35.81	35.01	29.89	31.00	32.40	33.31
100FL	2:05.83	2:06.72	1:53.03	1:50.99	1:46.67	1:54.90	1:47.11	1:43.12	1:34.58	1:45.35	1:31.83	1:34.37	1:27.81	1:34.85	100FL	1:25.77	1:31.05	1:16.37	1:24.92	1:27.09	1:28.82	1:19.17	1:16.21	1:21.41	1:22.33	1:04.24	1:06.57	1:12.16	1:15.08
200FL							3:42.10	3:59.01	3:31.78	3:22.37	3:30.90	3:32.60	3:18.10	3:14.70	200FL	3:25.88	3:09.81	2:56.08	2:58.97	3:17.66	3:23.12	2:51.58	2:51.28	3:10.41	3:12.92	2:37.09	2:46.31	3:08.54	3:09.95
200IM	3:49.39	3:51.70	3:36.37	3:38.77	3:36.99	3:41.49	3:15.42	3:22.28	3:11.09	3:21.01	3:02.98	3:09.15	2:59.55	3:05.87	200IM	2:56.32	3:05.29	2:47.96	3:03.15	2:53.03	2:59.28	2:42.73	2:48.21	2:48.34	2:56.85	2:27.97	2:29.17	2:39.57	2:46.28
400IM							6:56.43	7:09.19	6:30.48	6:33.38	6:32.57	6:44.08	6:04.90	6:28.51	400IM	6:17.82	6:21.12	5:58.50	6:07.77	6:00.40	6:16.38	5:50.28	5:51.50	6:01.96	6:03.31	5:09.72	5:24.25	5:40.97	5:54.85

2012-2013 PARA Provincial Time Standards - LCM

FEMALE														
	S1S815M1	S2S8M25B2	S3S8M35B3	S4S8M45B4	S5S8M55B5	S6S8M65B6	S7S8M75B7	S8S8M85B8	S9S8M95B9	S10S8M10	S11	S12	S13	S14
50FR	3:59.80	2:36.20	2:13.10	1:36.80	1:24.70	1:06.55	54.45	49.61	43.56	42.35	54.45	47.19	43.56	43.56
100FR	7:15.60	5:13.60	4:26.20	3:25.70	3:01.50	2:13.10	1:54.95	1:48.90	1:36.80	1:30.75	2:01.00	1:48.90	1:42.85	1:36.80
200FR	14:09.20	9:26.50	8:26.00	7:18.90	6:03.00									
400FR						9:38.60	9:04.50	8:52.40	7:51.90	7:27.70	9:04.50	8:28.20	8:04.00	8:01.80
50BK	3:37.80	2:37.30	2:25.20	1:48.90	1:36.80	1:13.15	1:06.00	1:02.15	55.00	48.95	1:07.10	1:02.15	55.00	55.00
100BK	6:36.60	5:25.60	5:01.40	3:48.80	3:24.60	2:37.30	2:25.00	2:13.10	2:01.00	1:48.90	2:25.00	2:13.10	2:01.00	2:01.00
50BR	4:14.10	3:13.60	2:25.20	1:43.40	1:37.35	1:31.30	1:19.20	1:07.10	1:01.05		1:19.20	1:07.10	1:01.05	1:01.05
100BR	8:39.20	6:38.20	5:01.40	3:47.80	3:25.70	3:13.60	2:49.40	2:25.20	2:13.10		2:49.40	2:25.20	2:13.10	2:13.10
50FL	3:01.50	2:49.40	2:25.20	2:13.10	2:01.00	1:30.75	1:12.60	1:07.10	1:01.05	55:00	1:07.10	1:01.05	55:00	1:01.05
100FL	6:14.00	5:44.30	4:55.90	4:30.60	4:07.50	3:12.50	2:30.70	2:25.20	2:13.10	2:01.00	2:25.20	2:13.10	2:01.00	2:13.10
150IM	7:51.90	7:33.40	7:15.60	6:03.00										
200IM					7:15.60	6:03.00	5:14.60	4:50.40	4:02.00	3:49.90	4:50.40	4:38.30	4:24.10	4:02.00

MALE														
	S1S815M1	S2S8M25B2	S3S8M35B3	S4S8M45B4	S5S8M55B5	S6S8M65B6	S7S8M75B7	S8S8M85B8	S9S8M95B9	S10S8M10	S11	S12	S13	S14
50FR	3:13.60	2:01.00	1:36.80	1:24.70	1:06.55	54.45	43.56	42.35	38.72	37.51	48.40	42.35	38.72	38.72
100FR	6:03.00	4:14.10	3:37.80	3:01.50	2:25.2	1:54.95	1:42.85	1:36.8	1:24.70	1:19.86	1:36.80	1:30.75	1:24.70	1:24.70
200FR	12:06.00	8:26.00	7:29.40	6:03.00	5:38.80									
400FR						8:28.20	8:04.00	7:51.90	7:15.60	7:03.50	8:08.20	7:39.80	7:18.90	7:15.60
50BK	3:13.60	2:25.20	2:01.00	1:36.80	1:12.60	1:01.05	55.00	51.96	42.90	41.69	1:01.05	55.00	48.95	42.90
100BK	6:32.70	4:55.90	4:07.50	3:19.10	2:30.70	2:13.10	2:01.00	1:54.40	1:36.80	1:33.50	2:13.10	2:01.00	1:48.90	1:36.80
50BR	3:59.80	2:25.20	2:01.00	1:19.2	1:16.18	1:13.15	1:07.10	55.00	46.53		1:07.10	55.00	48.95	46.53
100BR	8:10.60	5:01.40	3:50.00	2:49.40	2:43.35	2:37.30	2:25.20	2:01.00	1:44.06		2:25.20	2:01.00	1:48.90	1:44.06
50FL	2:25.20	2:13.10	1:48.90	1:36.80	1:24.70	1:06.55	54.45	51.98	42.90	39.60	55.00	45.93	42.90	42.90
100FL	5:01.40	4:37.20	3:48.80	3:24.60	3:00.40	2:24.10	1:59.90	1:54.95	1:36.80	1:30.20	2:01.00	1:42.85	1:36.80	1:36.80
150IM	7:15.60	6:39.3	6:03.00	4:50.40										
200IM					6:03.00	4:50.40	4:14.10	4:02.00	3:37.18	3:25.70	4:24.20	4:02.00	3:37.18	3:37.18

2012-2013 PARA Provincial Time Standards - SCM

FEMALE														
	S1S815M1	S2S8M25B2	S3S8M35B3	S4S8M45B4	S5S8M55B5	S6S8M65B6	S7S8M75B7	S8S8M85B8	S9S8M95B9	S10S8M10	S11	S12	S13	S14
50FR	4:04.59	2:39.32	2:15.76	1:38.73	1:24.70	1:06.55	53.36	48.62	42.69	41.50	53.36	52.29	42.69	42.69
100FR	7:24.31	5:20.89	4:31.52	3:29.81	3:01.50	2:13.10	1:52.65	1:46.72	1:34.86	1:28.93	1:58.58	1:56.20	1:40.79	1:34.86
200FR	14:26.18	9:37.83	8:36.12	7:27.67	6:03.00									
400FR						9:38.60	8:53.61	8:41.75	7:42.46	7:18.74	8:53.61	8:42.94	7:54.32	7:42.46
50BK	3:42.15	2:40.44	2:28.10	1:51.07	1:36.80	1:13.15	1:05.75	1:00.90	53.90	47.97	1:05.75	1:04.43	53.90	53.90
100BK	7:35.53	5:32.11	5:07.42	3:53.37	3:24.60	2:37.30	2:22.29	2:10.43	1:58.58	1:46.72	2:22.29	2:19.44	1:58.58	1:58.58
50BR	4:19.18	3:17.47	2:28.10	1:45.46	1:37.35	1:31.30	1:17.61	1:05.75	59.82		1:17.61	1:16.06	59.82	59.82
100BR	8:49.58	6:46.16	5:07.42	3:42.15	3:25.70	3:13.60	2:46.01	2:22.29	2:10.43		2:46.01	2:42.69	2:10.43	2:10.43
50FL	3:05.13	2:52.78	2:28.10	2:15.76	2:01.00	1:30.75	1:11.14	1:05.75	59.82	53.90	1:05.75	1:04.43	53.90	59.82
100FL	7:31.48	5:51.18	5:01.81	4:36.01	4:07.50	3:12.50	2:27.68	2:22.29	2:10.43	1:58.58	2:22.29	2:19.44	1:58.58	2:10.43
150IM	8:01.33	7:42.82	7:24.31	6:10.26										
200IM					7:15.60	6:03.00	5:08.30	4:44.59	3:57.16	3:45.30	4:44.59	4:38.90	4:09.01	3:57.16

MALE														
	S1S815M1	S2S8M25B2	S3S8M35B3	S4S8M45B4	S5S8M55B5	S6S8M65B6	S7S8M75B7	S8S8M85B8	S9S8M95B9	S10S8M10	S11	S12	S13	S14
50FR	3:17.47	2:03.42	2:05.88	2:08.40	1:06.55	54:45	42.69	41.50	37.95	36.76	47.43	41.50	37.95	37.95
100FR	6:03.00	4:19.18	4:24.36	4:29.65	2:25.20	1:54.95	1:44.90	1:38.73	1:26.39	1:21.45	1:34.86	1:28.93	1:23.00	1:23.00
200FR	12:06.00	8:36.12	8:46.43	8:56.97	5:38.80									
400FR						8:28.20	8:13.68	8:01.33	7:24.31	7:11.97	8:18.03	7:30.60	7:10.12	7:06.88
50BK	3:13.60	2:28.10	2:31.06	2:34.08	1:12.60	1:01.05	56.10	53.00	43.75	42.52	59.82	53.90	47.97	42.04
100BK	6:32.70	5:01.81	5:07.85	5:14.00	2:30.70	2:13.10	2:03.42	1:57.24	1:38.73	1:35.37	2:10.43	1:58.58	1:46.72	1:34.86
50BR	3:59.80	2:28.10	2:31.06	2:34.08	1:16.17	1:13.15	1:08.44	56.10	47.46		1:05.75	53.90	47.97	45.59
100BR	8:10.60	5:07.42	5:13.57	5:19.84	2:43.35	2:37.30	2:28.10	2:03.42	1:46.13		2:22.29	1:58.58	1:46.72	1:41.98
50FL	2:25.20	2:15.76	2:18.47	2:21.25	1:24.70	1:06.55	55.53	53.00	43.75	40.39	53.90	45.01	42.04	42.04
100FL	5:01.40	4:42.74	4:48.39	4:54.16	3:00.40	2:24.10	2:02.29	1:57.24	1:38.73	1:32.00	1:58.58	1:40.79	1:34.86	1:34.86
150IM	7:15.60	6:47.28	6:55.43	7:03.74										
200IM					6:03.00	4:50.40	4:19.18	4:06.84	3:42.15	3:29.81	4:20.87	4:19.16	3:33.44	3:33.44



RISK MANAGEMENT / WARM-UP PROCEDURES 2014

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 & 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 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 06, 2005

SNC Swim Suit Rule

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.