

**2013 Steeltown Invitational**

**2013  
STEELTOWN  
INVITATIONAL**

**Dec. 6<sup>th</sup> to 8th**

**AT McMASTER UNIVERSITY  
IVOR WYNNE CENTRE**

**Hosted by the  
HAMILTON AQUATIC CLUB**



# 2013 Steeltown Invitational

## GENERAL INFORMATION

**DATE:** December 6 to December 8, 2013

**HOSTED BY:** Hamilton Aquatic Club

**LOCATION:** McMaster University, Ivor Wynne Centre  
1280 Main Street West  
Hamilton, Ontario, L8M 1E2  
905-525-9140 ext 24612

**FACILITY:** 50 metre, 6 lane pool set for competition in the deep end (short course, 25m, single end for the competition). The shallow end (25m, 6 lanes) is also available during the meet for warm-up and cool-down.  
Colorado Electronic Timing System with Colorado 6-lane scoreboard  
Seating for 700 spectators.

**COMPETITION:** Swim Ontario sanctioned

**OFFICIALS:** Meet Manager: Lisa Hodge [squarepegs1@yahoo.com](mailto:squarepegs1@yahoo.com)  
Meet Referee: Paul Crone (Brad Knowles to serve as backup meet referee if required)  
Officials Chair: Mike Thorpe ([mike.thorpe@sympatico.ca](mailto:mike.thorpe@sympatico.ca))

## ELIGIBILITY & ENTRIES

### **DEADLINES:**

- Entry Deadline: Entries after December 2 will be treated as deck entries. They will be entered, session time permitting, but optimal seeding is not guaranteed.
- Scratch Deadline: Saturday November 23, 2013 (no refunds after this date). The scratch deadline is set so that there is time to book clubs on the waiting list. As such, MEET ENTRY FEES ARE STILL DUE FOR SWIMS SCRATCHED AFTER THE SCRATCH DEADLINE.

### **ENTRY FEES:**

- \$5/swimmer splash fee
- \$10.00 per swim for the 800 Free, 1500 Free, and 400 IM events
- \$9.00 per swim for all other events
- Cheques are payable to: HAMILTON AQUATIC CLUB

### **ELIGIBILITY:**

- Swimmers must be registered as competitive with Swim Ontario, SNC and/or FINA recognized organizations
- Registration numbers must be included in the entry file

### **ENTRY LIMITATIONS:**

- There are no limits to the number of swims per swimmer. However no swimmer can be entered in both the 800 Free and 1500 Free.
- Deck entries will be accepted at the discretion of the meet manager.
- There will be time trials if time permits.

### **SWIMMERS' AGE:**

- As of December 6, 2013 (first day of the competition)

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## QUALIFYING STANDARDS:

- There are no qualifying standards.
- In order to plan the meet properly we will not be able to accept NT (no times) for the 400 FR, 800 FR, 1500 FR, and 400 IM events. Coaches must include a time for all swimmers for these events. (We will accept estimated times from a practice for swimmers who do not have an up-to-date time for these events)

## ENTRY SUBMISSIONS:

- All entries must be in Hy-tek format and submitted via [www.swimming.ca](http://www.swimming.ca).
- No entries will be accepted directly by meet management.
- Please ensure all entries contain valid 9 digit Swim Ontario ID registration numbers.
- In order for your team to be registered in this competition, you must have received an **e-mail Confirmation** indicating receipt of your entries

## MEET RESULTS:

- Results will be available on our web site [www.hamiltonaquaticclub.ca](http://www.hamiltonaquaticclub.ca).
- Results will be forwarded to [www.swimming.ca](http://www.swimming.ca) within 48 hours of the completion of the meet.
- Unofficial results can be viewed live during the meet on MEET MOBILE by i-pad, i-phone, i-pod with internet connection. MEET MOBILE is a free APP.

## MEET FORMAT:

### GENERAL INFORMATION:

- Lanes 1&6 will be set up as sprint lanes for the last third of the warm-up.
- All events are short course timed finals.
- Saturday & Sunday morning & afternoon sessions offer the same events. Coaches should select events based on their club's session preference. Morning & afternoon results will be merged and posted by age groups and gender.
- Some of the same events (e.g. 200 BR, 200 BK, 200 FR) are offered in multiple sessions for convenience and to make the best use of the session time available. Results will be merged and posted by age groups and gender.
- 400 Freestyle is only offered on the Friday session.
- Clubs are not permitted to enter a swimmer in the same event twice (not including time trials).
- 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.
- Clubs can have all of their athletes at the same session, although large clubs typically split the older swimmers into the morning session and the younger swimmers into the afternoon session.
- There will be time trials if time permits.

### RULES:

- All current Swim/National Canada (SNC) rules will apply
- SNC warm up procedures will be in effect at this meet
- The FINA one-start rule will be in effect.
- SNC swimsuit policy applies.

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## SEEDING:

- Meet will be senior seeded with mixed age groups and mixed genders. A special heat will be created for swimmers attempting records, provided the meet manager is notified at the time entries are submitted.
- Heats will be swum fastest to slowest.

## AGE CLASSIFICATIONS:

- Individual events: 10&Under, 11, 12, 13, 14, 15&Over

## AWARDS:

- Ribbons - 1<sup>st</sup> through 6<sup>th</sup>
- **High point trophy** for each age & gender classification. Scoring for each event will be 8 points for 1<sup>st</sup>, 5 points for 2<sup>nd</sup>, 4 points for 3<sup>rd</sup>, 3 points for 4<sup>th</sup>, 2 points for 5<sup>th</sup>, 1 point for 6<sup>th</sup>. Each swimmer's total points will be the summed to determine the high point winners. Note that there is no maximum limit of swims, except that no swimmer can swim both the 800 and 1500 Free.

## ACCOMMODATIONS:

- A *special group rate* for this event has been organized with:  
Visitors Inn – 649 Main Street West, Hamilton, Ontario 1-800-387-4620  
online: [www.visitorsinn.com](http://www.visitorsinn.com) or e-mail: [reservations@visitorsinn.com](mailto:reservations@visitorsinn.com)



This is the closest and most convenient hotel to the pool at McMaster University. It offers luxury at affordable prices.

Please reference group rate code "HamiltonAquatic" when reserving. Space is limited. Please call to reserve before November 7.

## SNC POLICY ON SWIMWEAR

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 nonconsolidated 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.

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## ORDER OF EVENTS:

<b>FRIDAY December 6, 2013</b>			
<b>SESSION 1</b>			
<b>Warm Up*: 1:45 - 2:40 PM Start: 2:45 PM</b>			
<u>Number</u>	<u>Event</u>		
101	200 Freestyle (also offered Sunday)		
102	200 Butterfly		
103	400 I.M.		
104	200 Breaststroke (also offered Saturday)		
105	400 Freestyle		
106	200 Backstroke (also offered Saturday)		
<b>SATURDAY December 7, 2013</b>			
<b>SESSION 2</b>		<b>SESSION 3</b>	
<b>Warm Up*: 8:30 - 9:15 AM Start: 9:20 AM</b>		<b>Warm Up*: 1:45 - 2:30 PM Start: 2:35 PM</b>	
<u>Number</u>	<u>Event</u>	<u>Number</u>	<u>EVENT</u>
204	50 Butterfly	304	50 Butterfly
205	100 Freestyle	305	100 Freestyle
206	50 Backstroke	306	50 Backstroke
207	200 Breaststroke	307	200 Breaststroke
208	200 Backstroke	308	200 Backstroke
209	50 Breaststroke	309	50 Breaststroke
210	100 Butterfly	310	100 Butterfly
211	200 I.M	311	200 I.M
<b>SUNDAY December 8, 2013</b>			
<b>SESSION 4</b>		<b>SESSION 5</b>	
<b>Warm Up*: 8:30 - 9:15 AM Start: 9:20 AM</b>		<b>Warm Up*: 1:45 - 2:30 PM Start: 2:35 PM</b>	
<u>Number</u>	<u>Event</u>	<u>Number</u>	<u>Event</u>
412	100 I.M	512	100 I.M
413	50 Freestyle	513	50 Freestyle
414	100 Backstroke	514	100 Backstroke
415	200 Freestyle	515	200 Freestyle
416	100 Breaststroke	516	100 Breaststroke
417	800 Freestyle	517	800 Freestyle
418	1500 Freestyle	518	1500 Freestyle

\*The shallow end will also be available for warm-up, warm-down during the meet.

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## HAMILTON AQUATIC CLUB TERMS & CONDITIONS

Meet management reserves the right to limit entries at their discretion to comply with Club policies and in order to balance the loading of the sessions and ensure a successful completion of the meet in accordance with the Swim Ontario mandated timelines.

Meet management reserves the right to enter 2 swimmers/lane for the 400, 800 and 1500 freestyle events as necessary to ensure successful completion within Swim Ontario mandated timelines.

Fees for scratched entries that are made after the scratch deadline are still due.

Scratches must be reported 30 min prior to the 1<sup>st</sup> race of the session. Meet Management reserves the right to scratch (with no refund) the balance of a swimmer's events from the rest of the session in the case of a "no-show".

Participating clubs are requested to provide officiating support during the sessions they attend. Please contact: [mike.thorpe@sympatico.ca](mailto:mike.thorpe@sympatico.ca)

## SWIM ONTARIO STATEMENT

The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca).

Swim Ontario's goal is to create an environment where the Regional Sanctioning Officers and the Meet Manager have visibility to the same document available to all clubs. This will ensure that any alterations to the package have been identified and approved.

Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or correct date of birth.

Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet. Foreign swimmers are exempt from this requirement.

During the upload of meet entries and results to [www.swimmeet.ca](http://www.swimmeet.ca) a comparison of the file will be made to the registration database. Nonconforming number and names will be identified and an error report generated. Until the errors are fixed the file cannot be uploaded.

All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via [www.swimmeet.ca](http://www.swimmeet.ca). No entries will be accepted directly by meet management. This is done as an aid to meet management. This promotes entry validation and tracking, email communications, entry submission dates and more. As well the system will clearly flag team entries which change from one submission to the next. Your cooperation in the launch of this new site and improving the quality of results reporting is greatly appreciated.

Swim Ontario along with Swimming Natation Canada are very excited about the launch of this new process and trust that you will be equally pleased. Your thoughts and constructive feedback will be welcomed.

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## RISK MANAGEMENT / WARM-UP PROCEDURES 2008

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.

### **EQUIPMENT:**

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

**"SNC WARM UP PROCEDURES ARE IN EFFECT AT THIS MEET"**

**SNC Board Approved July 6, 2005**

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## Aquatic Event Guidelines

Welcome to McMaster University for your aquatic event! McMaster University hosts many athletic events as well as academic programmes. We appreciate your assistance in helping us maintain operations for students, faculty and facility members during your event by following the procedures and use guidelines listed below.

- Participants must use the Ivor Wynne Centre change rooms only. David Braley Athletic Centre change rooms are off limits to all participants.
- We recommend the use of locks on all lockers used by participants in the Ivor Wynne Centre change rooms.
- Athletes and officials are not permitted to use the elevators in the Ivor Wynne Centre or David Braley Athletic Centre unless they have a disability and cannot use the stairs.
- Participants and spectators must wear clothing and footwear at all times when not on the pool deck (swim suits alone are not permitted).
- Food is not permitted on the pool deck at any time for participant consumption with the exception of drinks provided for the officials working at the event.
- Glass of any kind is not permitted on the pool deck.
- Entries into the water must be foot first at all times with the exception of the last few minutes of the meet warm up (deep end only) and the actual competition.
- No diving off the starting blocks or bulkhead during warm-ups with the exception of the last few minutes of warmups as designated by the event officials.
- The use of flippers and hand paddles, during warm-ups is prohibited.
- Athletes that are not competing must remain in the pool area, pool gallery, change rooms or food concession areas only. Athletes are not to hinder the normal operation of the facility.
- 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 Ivor Wynne Centre and David Braley Athletic Centre.
- All buses and cars must be parked in appropriate parking lots.
- Please put trash and recycling items in the appropriate marked containers.

**Thank you!**