

38th Anniversary

SWIM INTERNATIONAL 2013

NOVEMBER 8th, 9th, 10th, 2013

AT

THE WAYNE GRETZKY SPORTS CENTRE

NORTH PARK STREET

BRANTFORD, ONTARIO

Sanctioned by: SWIM ONTARIO

HOSTED BY:

THE BRANTFORD AQUATIC CLUB

Swim International 2013

****THE ONLY MEET PACKAGE WHICH WILL BE CONSIDERED AS VALID MUST BE THE MOST CURRENT VERSION FOUND ON WWW.SWIMMING.CA ****

MEET MANAGEMENT:

Meet Manager: Suzanne Paulins – rpaulins040@rogers.com 519-751-2486

Meet Referee: Dave Shewfelt – daveandsueshewfelt@sympatico.ca 519-442-4560

Assistant Meet Referee: John Vallee- ritual@amtelecom.net

FACILITIES:

Two 8 lane 25 meter pools. Four lane 18 meter warm-up/down pool.
Electronic timing, Omega system. Wireless internet available on deck.
Eight lane score board in both ends.
Health and Safety Regulations require no outdoor shoes be worn on deck.

MEET INFORMATION:

This invitational meet will be limited to 5400 swims. Invitations will be sent first to clubs that have attended the meet in the past. Invitations are at the discretion of meet management. This is an A/B time standard meet, and coaches are reminded the entry standards are in place to ensure the length of the sessions are not too long and times will be validated thru the online entry system. Qualifying times since September 1, 2012 are eligible for use. **Preliminary entry files from returning clubs are due by Friday October 18, 2013. Following this date entries will be opened on first come first save basis, with the final entry date of Friday October 25th.** A \$25 NSF fee will be charged, for return items.

Make cheques payable to **BRANTFORD AQUATIC CLUB.**

ENTRY LIMITATIONS:

Swimmers will be limited to **3 individual events per session.** Each Club will be limited to **2 relay teams per age group.** Relay only swimmers **are not permitted.** All events are pre-seeded. **Deck entries will be accepted only where space is available,** and swum as exhibition for times only and not exceeding 3 individual events per session. Deck entries will not swim in finals nor will they be scored. **All relays, 400 Free and 400IM all ages and all 10 & under and 11/12 events will be swum as time finals during preliminary sessions.**

Meet management reserves the right to limit the number of swimmers in any event.

400 Free events may be limited, if necessary to 6 heats for each age group and gender. Those qualifying will be determined by entry time. The fastest 48 will swim.

Meet Management reserves the right to combine 15/16 and 17&Over events.

SNC LTAD:

- 1) **11-12 and 13-14 age groupings will be single age groups for awards and finals(13-14) and will have individual time standards however will be swum age combined during prelims/time finals**
- 2) **No session will be longer than 4.5 hours in length.**

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POOL ASSIGNMENT:

Session:	Shallow End	Deep End
Friday afternoon	W17&over,M15/16,W15/16	M17&over,W13/14,M13/14
Saturday morning	M17&over,W13/14,M13/14	W17&over,M15/16,W15/16
Saturday afternoon	M11/12, W10&U	W11/12, M10&U
Sunday morning	W17&over,M15/16,W15/16	M17&over,W13/14,M13/14
Sunday afternoon	W11/12, M10&U	M11/12, W10&U
All Finals	Deep End	

pool assignments may be adjusted at meet managers discretion to balance the sessions

AWARDS:

Medals - 1st to 3rd, for individual events and relays
Ribbons - 4th to 8th, for individual events and relays

**Overall Team
Small Team (10 swimmers or less)**

**Top Team Male & Female overall points in the
200 and 400 I.M and 400 free**

SCORING:

Individual events - 9, 7, 6, 5, 4, 3, 2, 1
Relays - 18, 14, 12, 10, 8, 6, 4, 2

WARM-UPS:

Friday Afternoon	3:30PM	to	4:50PM
Weekend Mornings	6:30 AM	to	7:50 AM
Weekend Afternoons	12:30PM	to	1:20PM
Evening Finals	5:00PM	to	5:50PM

Due to anticipated registration: Meet Management would encourage club coaches to adjust their warm-up times during the 13&over session to accommodate the large number of swimmers.

RULES:

SNC Rules will govern the meet. Swimmers will not be penalized for scratching from preliminary heats or timed finals. Scratches for evening finals shall be due 30 minutes following the completion of the session. One Start rule is in effect. Swim Ontario Warm-up Procedures applies. FINA swim suit rules will be enforced. Coaches are responsible to inform their swimmers before arrival of the Safety Rules as contained in this package and to ensure their adherence and the athletes disciplined behavior. **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.**

“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.”

OUT OF PROVINCE CLUBS:

All Clubs from outside of Ontario must provide a “Certificate of Insurance” naming the “City of Brantford” and the “Brantford Aquatic Club” as insured parties. This must be received prior to meet. No Clubs will swim without proof of insurance. All Clubs must be FINA affiliated and provide swimmer registration

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numbers with entries. All Swim Ontario procedures with regards to out of province/country clubs will be followed.

ELIGIBILITY:

The swimmer's age shall be that on the first day of the meet. Swimmers must be registered with an Amateur Aquatic Association recognized by FINA and their registration number included on any entry grids or entry file.

SWAD Swimmer entry standards: To be eligible SWAD swimmers must meet the national standard for their disability for all entered swims. This is not an IPC sanctioned event.

ENTRY FEES:

Individual events	\$9.00 CAD	\$9.00 USD
Relay events	\$12.00CAD	\$12.00USD
Deck Entries (Exhibition only)	\$10.00CAD	\$10.00USD

Make cheque payable to "BRANTFORD AQUATIC CLUB"!

ENTRY DEADLINE:

Friday, October 18, 2013 for preliminary files from returning clubs. Final deadline Friday, October 25, 2013

All entries must be in Hy-tek format and submitted via www.swimming.ca No entries will be accepted directly by meet management.

RESULTS: Will be posted to www.swimming.ca within 48 hours of the meet's completion. Live meet results at www.brantfordaquaticclub.ca

EVENT LIST and ENTRY TIMES: (Short course meters)

Friday Evening November 8, 2013 Warm-ups 3:30 - 4:50P.M. Start 5:00P.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
1	17 & Over	2:22.80	200 Free	2:09.90	17 & Over	2
3	15-16	2:23.54	200 Free	2:14.80	15-16	4
5	13-14	2:27.73/ 2:24.40	200 Free	2:23.50/ 2:18.03	13-14	6
7	17 & Over	5:44.70	400 I.M.*	5:19.30	17 & Over	8
9	15-16	5:45.80	400 I.M.*	5:27.20	15-16	10
11	13-14	5:56.70/ 5:47.52	400 I.M.*	5:44.84/ 5:36.54	13-14	12

*400 IM events are swum as Timed Finals *200 Free Finals will be swum Sat. Evening

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Saturday Morning, Nov. 19, 2013

Warm-ups 6:30 am– 7:50am.

Start 8:00A.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
13	13-14	3:08.40/ 3:03.50	200 Breast	3:09.04/ 3:02.41	13-14	14
15	15-16	3:02.88	200 Breast	2:52.20	15-16	16
17	17 & Over	3:01.90	200 Breast	2:47.90	17 & Over	18
19	13-14	32.00/ 31.40	50 Free	30.00/ 29.00	13-14	20
21	15-16	31.20	50 Free	28.30	15-16	22
23	17 & Over	31.00	50 Free	27.40	17 & Over	24
25	13-14	2:44.08/ 2:41.32	200 Back	2:42.50/ 2:34.44	13-14	26
27	15-16	2:38.23	200 Back	2:30.90	15-16	28
29	17 & Over	2:36.67	200 Back	2:21.89	17 & Over	30
31	13-14	1:17.20/ 1:16.03	100 Fly	1:15.23/ 1:10.90	13-14	32
33	15-16	1:15.20	100 Fly	1:09.80	15-16	34
35	17 & Over	1:14.50	100 Fly	1:07.00	17 & Over	36
37	13-14	5:02.00/ 4:55.70	400 Free*	4:59.40/ 4:47.46	13-14	38
39	15-16	4:53.85	400 Free*	4:34.10	15-16	40
41	17 & Over	5:05.39	400 Free*	4:37.63	17 & Over	42

* 400 Free is swum as **TIME FINALS**

Saturday Afternoon Nov. 9, 2013

Warm-ups 12:30 - 1:20P.M.

Start 1:30P.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
207	11-12	NT	200 Free Relay*	NT	11-12	208
209	10 & U	NT	200 Free Relay*	NT	10 & U	210
63	11-12	5:36.62/ 5:15.97	400 Free*	5:41.01/ 5:15.41	11-12	64
43	11-12	3:42.47/ 3:27.67	200 Breast*	3:37.00/ 3:27.76	11-12	44
45	10 & U	4:07.59	200 Breast*	4:18.43	10 & U	46
47	11-12	36.55/ 34.58	50 Free*	36.82/ 34.06	11-12	48
49	10 & U	43.5	50 Free*	43.5	10 & U	50
51	11-12	3:15.17/ 3:02.87	200 Back*	3:16.89/ 3:03.07	11-12	52
53	10 & U	3:43.50	200 Back*	3:46.66	10 & U	54
55	11-12	1:33.93/ 1:28.26	100 Fly*	1:38.08/ 1:27.35	11-12	56
57	10 & U	2:00.0	100 Fly*	2:05.00	10 & U	58
59	11-12	2:50.00/ 2:43.87	200 Free*	2:50.00/ 2:43.22	11-12	60

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61	10 & U	3:25.0	200 Free *	3:30.0	10 & U	62
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***ALL EVENTS ARE TIME FINALS**

FINALS Saturday Evening Nov. 9, 2013 Warm-ups 5:00 - 5:50P.M. Start 6:00P.M.

EVENT #	WOMEN	EVENT	MEN	EVENT #
205	17&over	200 Free Relay*	17&over	206
203	15-16	200 Free Relay*	15-16	204
201	13-14	200 Free Relay*	13-14	202
17,15,13	17+, 15-16, 13-14	200 Breast	17+, 15-16, 13-14	18,16,14
23,21,19	17+, 15-16, 13-14	50 Free	17+, 15-16, 13-14	24,22,20
29,27,25	17+, 15-16, 13-14	200 Back	17+, 15-16, 13-14	30,28,26
35,33,31	17+, 15-16, 13,14	100 Fly	17+, 15-16, 13-14	36,34,32
1, 3, 5	17+, 15-16, 13-14	200 Free	17+, 15-16, 13-14	2, 4, 6

Sunday Morning Nov. 10, 2013. Warm-ups 6:30-7:50a.m. Start 8:00A.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
211	13-14	NT	200 Medley Relay*	NT	13-14	212
213	15-16	NT	200 Medley Relay*	NT	15-16	214
215	17 & Over	NT	200 Medley Relay*	NT	17 & Over	216
67	13-14	1:28.43/ 1:24.93	100 Breast	1:26.47/ 1:22.05	13-14	68
69	15-16	1:24.00	100 Breast	1:19.40	15-16	70
71	17 & Over	1:23.87	100 Breast	1:15.12	17 & Over	72
73	13-14	2:53.40/ 2:50.56	200 Fly	2:50.60/ 2:44.42	13-14	74
75	15-16	2:44.20	200 Fly	2:39.40	15-16	76
77	17 & Over	2:42.52	200 Fly	2:28.31	17 & Over	78
79	13-14	1:16.50/ 1:15.50	100 Back	1:15.80/ 1:12.00	13-14	80
81	15-16	1:13.17	100 Back	1:10.20	15-16	82
83	17 & Over	1:12.88	100 Back	1:06.98	17 & Over	84
85	13-14	2:48.00/ 2:43.37	200 I/M	2:44.38/ 2:37.35	13-14	86
87	15-16	2:41.27	200 I/M	2:31.50	15-16	88
89	17 & Over	2:40.20	200 I/M	2:27.50	17 & Over	90
91	13-14	1:07.24/ 1:05.05	100 Free	1:05.11/ 1:01.70	13-14	92
93	15-16	1:04.75	100 Free	1:00.98	15-16	94
95	17 & Over	1:03.50	100 Free	58.55	17 & Over	96

***Relays are swum as time finals.**

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Sunday Afternoon Nov. 10, 2013

Warm-ups 12:30 - 1:20P.M. Start 1:30P.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
217	11-12	NT	200 Medley Relay*	NT	11-12	218
219	10 & U	NT	200 Medley Relay*	NT	10 & U	220
65	10 & U	6:03.06	400 Free*	6:03.06	10 & U	66
97	11-12	1:44.36/ 1:36.93	100 Breast*	1:43.78/ 1:36.83	11-12	98
99	10 & U	2:00.00	100 Breast*	2:05.00	10 & U	100
101	11-12	3:26.81/ 3:22.81	200 Fly*	3:26.34/ 3:21.46	11-12	102
103	10 & U	53.00	50 Fly*	57.00	10 & U	104
105	11-12	1:30.88/ 1:25.48	100 Back*	1:32.92/ 1:25.96	11-12	106
107	10 & U	1:50.00	100 Back*	1:53.00	10 & U	108
109	11-12	3:08.84/ 2:57.44	200 I/M*	3:12.71/ 2:56.69	11-12	110
111	10 & U	3:42.30	200 I/M*	3:47.82	10 & U	112
113	11-12	1:19.66/ 1:15.93	100 Free*	1:21.27/ 1:14.86	11-12	114
115	10 & U	1:35.00	100 Free*	1:37.00	10 & U	116

***ALL EVENTS ARE SWUM AS TIME FINALS**

FINALS Sunday Evening Nov. 10, 2013

Warm-ups 5:00 - 5:50P.M. Start 6:00P.M.

EVENT #	WOMEN	EVENT	MEN	EVENT #
71,69,67	17+,15-16,13-14	100 Breast	17+, 15-16, 13-14	72,70,68
77,75,73	17+,15-16,13-14	200 Fly	17+, 15-16, 13-14	78,76,74
83,81,79	17+,15-16,13-14	100 Back	17+, 15-16, 13-14	84,82,80
89,87,85	17+,15-16,13-14	200 I/M	17+, 15-16, 13-14	90,88,86
95,93,91	17+,15-16,13-14	100 Free	17+, 15-16,13-14	96,94,92

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COACHES: Please fill out this form and return with entries or payment.

CLUB: _____

CLUB MAILING ADDRESS: _____

CLUB PHONE #: _____

CLUB CONTACT PERSON: _____

PHONE #: _____

HEAD COACH: _____

PHONE #: _____

ASSISTANT COACH: _____

PHONE #: _____

CHAPERONE(S): _____

HOTEL: _____

PHONE #: _____

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ACCOMODATIONS:

HOTEL/MOTEL

*Best Western Brant Park Inn
*Hampton Inn
*Comfort Inn
*Days Inn
Quality Inn

ADDRESS

19 Holiday Dr.
20 Fen Ridge Dr
58 King George Rd.
460 Fairview Dr.
664 Colborne St.

PHONE:

(519)753-8651
(519)720-0084
(519)753-3100
(519)759-2700
(519)758-9999

Quality Inn

Hwys. 401&59, Woodstock 800-228-5151

Room = 4 People Max.

RESTAURANTS:

FAST FOOD

NAME

Arby's
Tim Horton

ADDRESS

129 King George Rd.
226 or 615 West St.
20,236,or265 KingGeorgeRd.
648 Colborne St.
Lynden Park Mall
155 Lynden Rd.
73 King George Rd.
299 Wayne Gretzky Parkway
27 Stanley St.
620 West St. Plaza

McDonald's

Wendy's

TAKE OUT

Mr. Sub
The Pita Pit

410 Fairview Dr./West St.
185 King George Rd.

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Subway	206 King George Rd. 640 Clborne St. East
Domino's Pizza	168 Charing Cross Rd.
Pizza Pizza	225 Fairview Dr.

DINING ROOMS

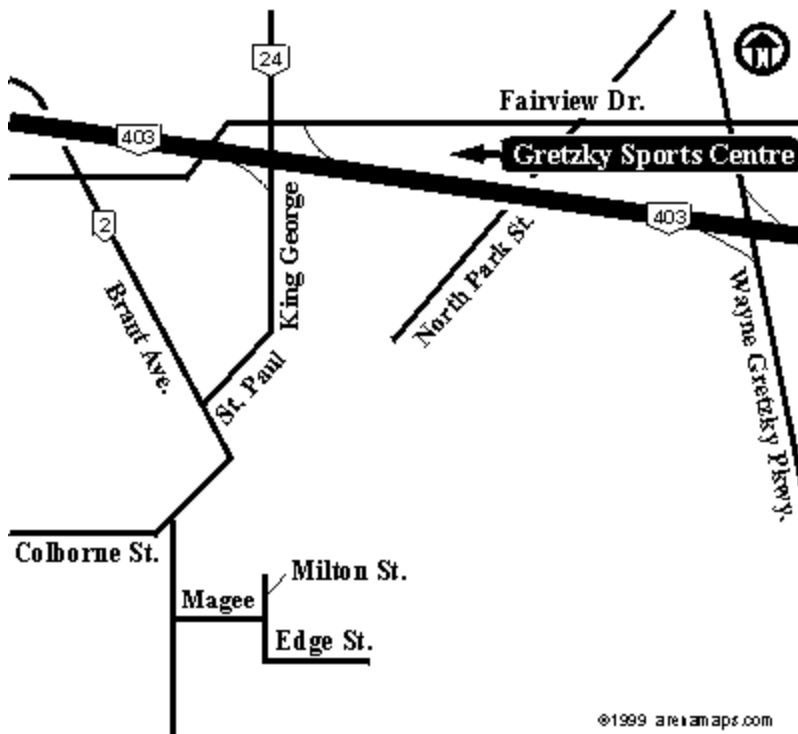
Angel's Diner	125 King George Rd.
Montana's	84 Lynden Rd.
Moose Winooskees	45 King George Rd.
Pizza Hut	205 King George Rd.
Swiss Chalet	Lynden Park Mall
West Garden Buffet- Chinese	560 West St.
King's Buffet – Chinese	Lynden Road
Kelsey's	Wayne Gretzky Parkway, at the Lynden Pk Mall
Red Lobster	65 King George Rd.
East Side Mario's	300 King George Rd. at the Brantford Mall
Boston Pizza	299 Wayne Gretzky Parkway
The Keg	Lynden Road across from the Lynden Park Mall

FINER DINING

Al Dente Fresh Pasta	250 King George Rd.
Devlin's Bistro	704 Mount Pleasant Rd., Mt. Pleasant
The Olde School House	Hwy #2 & Powerline Rd., Paris

Wayne Gretzky Sports Centre

Gretzky Sport Centre
254 North Park St.
Brantford, Ontario N3R 4L1
(519) 756-9900



Driving Instructions:

From Hwy-403 Westbound to Brantford: West on Hwy-403 to Wayne Gretzky Parkway exit. Turn right (north) at the end of the exit ramp onto the Parkway then turn left onto Fairview Dr. West on Fairview to North Park St. Turn left (south) to entrance road to Wayne Gretzky Sports Centre. **Exit WGSC** by continuing onto Fairview Drive.

From Hwy-403 Eastbound to Brantford: East on Hwy-403 to King George Rd./Hwy-24 exit. North on King George to Fairview Dr. East (right) on

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Fairview to entrance road to Wayne Gretzky Sports Centre. **Exit** WGSC by continuing onto North Park St. Turn left (north) and continue to Fairview Dr.



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.**

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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