



## **GMAC Fall Skills and Thrills**

**Sunday November 24, 2013**

**Athletic Centre, University of Guelph,  
Guelph, Ontario**

**WARM-UP: 8:30 - 9:20am; START: 9:30am**

**Sanctioned by Swim Ontario**

**Hosted by the Guelph Marlin Aquatic Club**

**MEET REFEREE:** Tom Hett <tomhett@rogers.com>

**MEET MANAGER:** Greg Konrad GMACmeetmanager@gmail.com

**FACILITIES:** University of Guelph Athletic Centre 50 Stone Rd E, Guelph, Ontario 8 lane-25 Meter Pool, Electronic Timing

**STANDARDS:** De-qualifying time standard: 2012-2016 Ontario D time standards for each event. LC times can be converted to SC times.

**ENTRY FEES:** \$25 for maximum of 4 individual events, excluding relay events. Deck entries will be allowed at Meet Manager's discretion.

**ENTRIES:** Preliminary due Tuesday November 5, 2013 and Final entries due Nov 15, 2013; Entries must be uploaded in hitek format at <https://www.swimming.ca/>

**SCRATCH DEADLINE:** Tuesday November 19, 2013; all scratches should be reported to the Meet Manager during warm-up.

**HEAT LIMITATIONS:** Unlimited

**All events are TIMED FINALS; Relays are exhibition. Event #13 will only be run if time permits.**

**RULES / PROCEDURES:** SNC rules and the **Fina One Start** will apply. SNC Warm Up Safety Rules and Procedures and Swim Suit Policy apply. Coaches are responsible for their swimmers' conduct and knowledge of the SNC Warm Up Safety Procedures.

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.

There will be no penalty if a swimmer scratches from an event during the meet.

**ELIGIBILITY:** All swimmers must be SNC registered.

**AGE GROUPS:** Girls and boys for each of the following age groups - 9 and under, 10, 11, 12, 13, 14 and above

**AWARDS:** Ribbons for 1<sup>st</sup> to 8<sup>th</sup> for individual events for each of the above age groups. Relays are exhibition.

**RESULTS:** Results will be posted at [swimmeets.ca](http://swimmeets.ca) and sent to coaches by email.

## **ORDER OF EVENTS**

All events will be seeded slowest to fastest, and not age or sex. The order of events may be changed based on the number of registrants. Warm-up and start times may be adjusted based on number of registrants.

1. 100 Free
2. 25 Backstroke
3. 50 Breaststroke
4. 100 IM
5. 25 Free
6. 50 Fly
7. 4x50 Free Relay
8. 25 Breaststroke
9. 50 Free
10. 100 Choice (Back, Breast, or Fly)
11. 25 Fly
12. 50 Backstroke
13. 200 Free (time permitting)

## **SNC 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.

## **SNC WARM-UP PROCEDURE**

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.