



GMAC Spring Skills and Thrills

Sunday April 13, 2014

**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: James Ball <andreaandjames@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.

PRELIMINARY ENTRIES: Tuesday April 1, 2014; Entries must be uploaded in hytek format at <https://www.swimming.ca/>

HEAT LIMITATIONS: Unlimited

All events are TIMED FINALS; 200 free 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 1st to 8th for individual events for each of the above age groups. Relays and 100 choice are exhibition.

RESULTS: Results will be posted at 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 Backstroke
11. 25 Fly
12. 50 Backstroke
13. 200 Free (time permitting)