



YORK SANTA MEET – 40th Annual
RH King Academy Pool
3800 Saint Clair Avenue East, Toronto, ON M1M 1V3
Sunday December 8, 2013



Sunday December 8, 2013

Meet Package REVISED – meet location changed to RH King Academy Pool

Please enter your team in EITHER Session 1 or Session 2

Session 1 Warm up 8:15 AM Start 9:00 AM

Session 2 Warm up 12:30 PM Start 1:15 PM

Pool RH King Academy Pool, 3800 Saint Clair Avenue East, Toronto, ON M1M 1V3

Standards ‘E’ and below – There is no meet or individual qualifying time standard. This is a novice meet. Please do not enter swimmers with times above ‘E’.

Format & Meet Rules

- All current Swimming/Natation Canada (SNC) rules will apply.
- All events are time finals and **FINA ONE START rule in effect**
- During the last 20 minutes of the warm-up lanes 1 & 6 are designated as diving lanes. During this period only one way swimming is allowed in these lanes.
- For individual events, ages will swim together (as shown in event list) separated by gender with final results separated by the following age groups:
 - 8 and under, 9, 10, 11, 12, 13, 14, 15& over
- Relay will be mixed gender and ages.
- Session length (excluding warm-up) is estimated to be 3.5 hours (no session will exceed 4.5 hours)
- Meet Management reserves the right to alter the program as necessary. The coaches will be advised accordingly

Entries

- Entries must be completed electronically via the online entry system at www.swimmeet.ca
- Ensure all entries contain valid Swim Ontario registration numbers
- All entries must be received by **Friday, 22 November 2013**. Changes to entries will not be accepted after **Friday 29 November 2013** as meet will be seeded on this date.
- Entries will be accepted on a first come first serve basis
- Maximum 4 individual swims per swimmer plus one relay.
- Please submit estimated seed times rather than ‘NT’.

Entry Fees

\$ 7.00 per individual 25m event
\$ 9.00 per individual 50m or 100m event
\$ 12.00 per relay entry

Please make cheques payable to York Swim Club and deliver to Clerk of Course prior to warm-up



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Session 1: Sunday December 8, 2013

Warm-up 8:15 AM Start: 9:00 AM

<u>List of Events</u>			
Girls			Boys
1	100 IM	All Ages	2
3	50 Freestyle	All Ages	4
5	25 Freestyle	8 & under	6
7	50 Breaststroke	All Ages	8
9	25 Breaststroke	8 & under	10
11	50 Backstroke	All Ages	12
13	25 Backstroke	8 & under	14
15	50 Fly	All Ages	16
17	25 Fly	8 & under	18
19	100 Free Relay	Mixed	19
	Mixed Gender & Age		

Session 2: Sunday December 8, 2013

Warm-up 12:30 PM Start: 1:15 PM

<u>List of Events</u>			
Girls			Boys
101	100 IM	All Ages	102
103	50 Freestyle	All Ages	104
105	25 Freestyle	8 & under	106
107	50 Breaststroke	All Ages	108
109	25 Breaststroke	8 & under	110
111	50 Backstroke	All Ages	112
113	25 Backstroke	8 & under	114
115	50 Fly	All Ages	116
117	25 Fly	8 & under	118
119	100 Free Relay	Mixed	119
	Mixed Gender & Age		



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SWIMMING/ NATATION CANADA

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.

SNC Board Approved July 6, 2005



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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.

**YORK UNIVERSITY AQUATIC EVENT PROCEDURES
FOR SWIMMIERS, MEET MANAGERS, OFFICIALS AND COACHES**

1. Absolutely no food on the pool deck – water is allowed.
2. No running on the deck.
3. No ‘outside’ footwear allowed on deck (deck shoes only).
4. ‘Wet’ swimmers allowed on pool deck and in ‘wet’ areas of change rooms only.
5. Swimmers must dry off before using ‘dry’ areas of change rooms.
6. Swimmers must have clothing and shoes on outside of pool deck and change rooms.
7. Swimmers that are not to be in other areas of the building, and are not to upset the normal operation of the other departments.
8. Only participating swimmers, coaches, and officials are allowed on deck.
9. **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 facility.**