

February Open

February 27 – 28, 2010

Presented by:



Creating a positive environment where excellence is inevitable!

DREAM BIG DREAMS, SMALL DREAMS HAVE NO MAGIC



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 2.12.1.5)

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 and 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 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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hosted by
Burlington Aquatic Devilrays

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Times:	Session	Warm-up	Start
Sat. AM	1	7:00am	8:00am
Sat. PM	2	12:00	1:00pm
Sun. AM	3	7:00am	8:00am
Sun. PM	4	12:00	1:00pm

Location: Burlington Centennial Pool, 5151 New St., Burlington, ON

Meet Manager: Michelle Hall Email: michelle.hall@cogeco.ca Tel: (905) 333-3796

Awards: Ribbons for 1st – 6th place for individual events. Ribbons 1st – 3rd place for relay events. Ribbons will be awarded according to Swim Ontario's LTAD i.e. 10 and under, 11, 12, 13, 14, 15 and over for girls and boys

Facility: **6 lanes, 25 metre pool ***Colorado 5 Electronic Timing System*****

Concessions: Will be available throughout the meet

Sessions: All events will be timed finals. Sessions limited to the 4.5 hour max.

Age Groups: Sat./Sun AM 12 and over mixed. Sat/Sun PM 11 & under, mixed. Individual events will be seeded, mixed, fastest to slowest within age groups. Scored by gender and age group as follows: 10 & under, 11-12, 13-14, 15 & over.
SNC WARM UP PROCEDURES WILL BE IN EFFECT.

Entry Limits: There will not be an entry standard. MAXIMUM of 4 swims per swimmer per session. Meet management reserves the right to make further limitation is necessary. Clubs will be contacted before we exercise this limitation.

Entry Fees: Cost per individual events is \$8.00 Cost for relay events is \$10.00 per team.

Deck Entries: No deck entries unless approved by marshalling 30 minutes prior to session start and only in empty lanes. Valid registration number and birthdate must be provided. Deck entries payable in cash \$10.00 per event. Positive check-in will apply.

Entry Details: **Entries must be received by 5:00pm Monday February 15th, 2010**
In keeping with the new SNC process, all entries must be in Hy-tek format and submitted electronically via www.swimming.ca No entries will be accepted directly by meet management. Meet management reserves the right to close the entry deadline before February 22, 2010 if the meet is oversubscribed. All entries must include valid 9 digit Swimming Canada registration numbers and birthdates. Entries are not considered accepted until confirmed by meet management.

Scratch Deadline: Monday February 22nd, 2010

Meet Package: The official meet package is the most current version found on www.swimming.ca

Officials: Participating clubs are encouraged to provide officials to assist at the meet. Please contact the meet manager for further details

MEET PROGRAM

	Saturday AM <i>Girls / Boys 12 and over</i>	Sunday AM <i>Girls / Boys 12 and over</i>
	200 Free 100 Breastroke 50 Free 200 Back 100 Fly 50 Back 100 IM 4 x 50 Freestyle Relay	200 Breast 100 Free 50 Breaststroke 200 Fly 100 Back 50 Fly 200 IM 4 x 50 Medley Relay
	Saturday PM <i>Girls/Boys 11 and under</i>	Sunday PM <i>Girls/Boys 11 and under</i>
	200 Free 100 Breastroke 50 Free 200 Back 100 Fly 50 Back 100 IM 4 x 50 Freestyle Relay	200 Breast 100 Free 50 Breaststroke 200 Fly 100 Back 50 Fly 200 IM 4 x 50 Medley Relay

Meet management reserves the right to alter warm-up & start times depending on subscription

Meet management reserves the right to cancel relays if individual events are over-subscribed