

2009
CENTRAL REGION
Long Course
CHAMPIONSHIPS

June 11-14, 2009

At the
ETOBICOKE OLYMPIUM

Hosted by



COBRA Swim Club



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

Entry Procedures

To submit entries:

1. Please use www.swimmeet.ca to submit entries.

~You will be sent confirmation of receipt of your entries~

Meet Results

Meet results will be provided in the following manner:

1. **Live Results** will be available on our web site each day through a link on the front page.
2. At the conclusion of the meet Full Publication Order results and a Hy-tek results file will be posted on the front page and through the "Meet Results" link.
3. Results will be forwarded to www.swimmeet.ca within 24 hours of the completion of the meet.

2009 CENTRAL REGION LONG COURSE CHAMPIONSHIPS

DATE: June 11-14, 2009

HOSTED BY: COBRA Swim Club

LOCATION: Etobicoke Olympium
590 Rathburn Road
Etobicoke, Ontario

FACILITY: Eight lane, 50 meter competition pool. Omega electronic timing.

SAFETY PROCEDURES: SNC Safety Procedures Apply

Coaches are responsible to inform their swimmers of the SNC Safety Rules and to ensure their adherence to them and are responsible for their athlete's discipline and behaviour.

MEET NOTES: Changes for 2009 are as follows:

1. **Qualifying period starts September 1, 2008.**
2. **Pre-requisites have been added using the Provincial Pre-requisite +11% or D times.**
3. **Meet de-qualifying with Provincial times have been removed for 12&U Girls and 13&U Boys.**
4. **Meet de-qualifying has been increased to 5 Provincial times for 13&O Women and 14&O Men.**
5. **13&O women and 14&O Men de-qualified with Provincial times in Preliminary events may swim those events as Exhibition. (this does not include 400s, 800 Fr or 1500Fr)**

ELIGIBILITY: All competitive swimmers currently registered with Swim Ontario and a Central Region Club who meet age and 2009 qualifying standards. **Swimmers may swim a maximum of 6 individual events including Exhibition swims.** A swimmer who is qualified for only one event on Saturday or one event on Sunday may be entered in a second event that day, so that all swimmers may have at least 2 swims on these 2 days. All Bonus swims must be entered with Best Times and the "Bonus" box checked in Hy-tek Team Manager. **400s and 1500s on Saturday and Sunday are not eligible for Bonus or Exhibition swims.** 10&U Girls and 11&U Boys (50 Br, 50 Fly, 100IM) are qualified for by the 100 Br, 100Fly, and 200IM. Please submit Best Times. If these extra Events are chosen as Bonus swims please enter with Best Times and the "Bonus" box checked.

COMPETITION: Sanctioned by Swim Ontario. All current SNC rules and warm up procedures will be followed. The age groups will be 10&U, 11, 12, 13, 14, 15&O Girls; 11&U, 12, 13, 14, 15, 16&O Boys. All 12&U Girls and 13&U Boys swims will be Time Finals. All 400, 800, and 1500 events will be Time Finals and will be swum fastest to slowest. All Relays will be Time Finals and swum during the Preliminary Sessions. All other events will have Preliminaries and A Finals.

QUALIFYING : De-qualifying times are the 2009 Swim Ontario Junior Provincial Age Group Championship standards (Long Course). Qualifying times are Ontario Junior Age Group "B" time standards. Qualifying period starts September 1, 2008. A Conversion Factor of 2.5 should be used to convert from Short Course to Long Course.

13&O women and 14&O Men who have qualified in 5 or more individual events for the 2009 Junior Provincial Age Group Championships and both Provincial prerequisite events may swim in any preliminary individual or relay events in this competition as an Exhibition Swim.

No swimmer may swim in a leg of a relay in a stroke for which the swimmer has de-qualified in the 50 meter or 100 meter distance in that stroke, except the Freestyle where only the 50 meter will de-qualify the swimmer.

EXHIBITION SWIMS: **All 13&O women and 14&O Men de-qualified with Provincial times in Preliminary events and Relays legs may swim those events as Exhibition. All Relay teams using a swimmer de-qualified swimmer for a leg, must be entered as Exhibition. There are no Exhibition swims for 12&U Girls and 13&U Boys except swimmers that Age Up between Central Region Champs and Provincials.** These swimmers are ineligible to swim in a relay leg where they have achieved a Provincial time in the 100 meter distance in a particular stroke, except for the Freestyle where the 50 meter will dequalify the swimmer in their current age.

PRE-REQUISITES: 11% slower than 2009 Swim Ontario Long Course Provincial Pre-requisites (D times)

SCRATCH RULES: Scratches from Prelims are to be made on the posted heat sheets without penalty.

All scratches from Finals must be made within 30 minutes of the conclusion of Preliminary events to allow proper seeding and notification of alternates.

A final scratch deadline for Finals shall be 30 minutes before the start of the Finals session. There will be no reseeding for scratches received after the initial scratch deadline.

Scratching from Finals after the final scratch deadline, or failure to participate in an individual final, relay event, or distance time final will result in a \$50.00 fine for each offence – payable to Central Region.

Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.

Scratches on the posted heat sheets are required for all Relay, 400, 800 and 1500 time finals at least 30 minutes before the start of the session.

MEET ETHICS: All Meet Ethics considerations, including entering swimmers in events that they are not qualified for, entering swimmers in events that they are overqualified for, and entering over qualified athletes in the meet will be dealt with by the Central Region Board during the meet. Please be prepared to prove entry times if requested.
All violations will be dealt with promptly on discovery and be subject to a \$50 fine payable to Central Region.

TIME STANDARD:
& EVENT LIST Time standards and event lists are attached.

ENTRY FEE: \$8.00 per individual event.
\$12.00 per relay event.

Please bring cheque made payable to COBRA Swim Club on the first day on the meet. Swimmers will not compete until fees are paid.

ENTRY DEADLINE: Entries must be RECEIVED by midnight Tuesday June 2, 2008. **Changes will be accepted until Noon, Tuesday June 9th.**

REQUEST FOR OFFICIALS: We can always use officials to help run the meet! Please contact "IAN DALBEC at cobraofficials@rogers.com", if you are available to help out.

MEET MANAGER: Louise Barton louise.bullbarton@migroup.ca

ENTRIES: Terry Rattray trattray@aimhealthgroup.com

AWARDS: Medals 1st, 2nd, 3rd
Ribbons 4th - 8th

SCORING: Individual High Point 5-2-1
Team Points 15-11-7-5-4-3-2-1

2009 CENTRAL REGION LONG COURSE CHAMPIONSHIPS

Order of Events and Time Standards

PRE-REQUISITES (D Times)

GIRLS			EVENTS	BOYS		
Event No.	Age	Pre-Reg		Event No.	Age	Pre-Reg
401	10&U	3:45.79	200 IM	403	11&U	3:35.48
402	10&U	7:05.29	400 FREE	404	11&U	6:39.47
405	11	3:31.15	200 IM	407	12	3:17.57
406	11	13:36.25	800 FREE	408	12	12:44.83
409	12	7:03.83	400 IM	411	13	6:34.56
410	12	12:52.80	800 FREE	412	13	12:06.00
413	13	6:46.91	400 IM	415	14	6:24.51
414	13	12:21.31	800 FREE	416	14	11:37.04
417	14	6:37.72	400 IM	419	15	6:14.18
418	14	11:57.03	800 FREE	420	15	11:26.09

THURSDAY EVENING

Warm-up: 4:30 pm

Start: 5:30 pm

GIRLS				EVENTS	BOYS			
Event No.	Age	De-Qual	Qualify		Event No.	Age	De-Qual	Qualify
1	11	11:20.21	12:28.23	800 FREE	2	12	10:37.36	11:41.09
	12	10:44.00	11:48.40			13	10:05.00	11:05.50
	13	10:10.25	11:11.28			14	9:40.87	10:38.95
	14	9:57.52	10:57.28			15	9:31.75	10:28.92
	15&O	9:47.40	10:46.14			16&O	9:18.57	10:14.43

FRIDAY EVENING

Warm-up: 4:30 pm

Start: 5:30 pm

GIRLS				EVENTS	BOYS			
Event No.	Age	De-Qual	Qualify		Event No.	Age	De-Qual	Qualify
3	13	2:40.29	2:56.32	200 IM	4	14	2:29.70	2:44.67
	14	2:35.36	2:50.90			15	2:27.00	2:41.69
	15&O	2:32.17	2:47.39			16&O	2:20.63	2:33.69
5	10&U	5:54.41	6:29.85	400 FREE	6	11&U	5:32.89	6:06.18
	11	5:28.60	6:01.47			12	5:07.90	5:38.69
	12	5:08.44	5:39.28			13	4:52.27	5:21.50
7	13	4:54.81	5:24.29	400 FREE	8	14	4:40.61	5:08.68
	14	4:48.66	5:17.53			15	4:36.21	5:03.83
	15&O	4:42.86	5:11.15			16&O	4:27.34	4:54.07

SATURDAY MORNING

Warm-up: 7:00 am

Start: 8:00 am

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
9	13	1:05.64	1:12.21	100 FREE	10	14	1:00.23	1:06.25
	14	1:03.50	1:09.85			15	59.16	1:05.08
	15&O	1:02.17	1:08.39			16&O	57.18	1:02.90
11	13	2:59.78	3:17.76	200 BREAST	12	14	2:49.98	3:06.97
	14	2:54.96	3:12.45			15	2:48.15	3:04.97
	15&O	2:50.47	3:07.52			16&O	2:43.12	2:59.43
13	13	1:13.16	1:20.48	100 BACK	14	14	1:08.46	1:15.31
	14	1:12.01	1:19.21			15	1:07.75	1:14.53
	15&O	1:09.67	1:16.64			16&O	1:04.79	1:11.27
15	13	2:44.16	3:00.58	200 FLY	16	14	2:36.00	2:51.61
	14	2:42.66	2:58.92			15	2:30.47	2:45.52
	15&O	2:35.47	2:51.02			16&O	2:24.22	2:38.64
17	13-14			4x50 FREE RELAY	18	14-15		
19	15&O			4x50 FREE RELAY	20	16&O		
21	13	5:39.09	6:13.00	400 IM	22	14	5:20.43	5:52.47
	14	5:31.43	6:04.58			15	5:11.82	5:43.00
	15&O	5:22.21	5:54.43			16&O	4:55.05	5:24.55

SATURDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
23	10&U	3:08.16	3:26.98	200 IM	24	11&U	2:59.57	3:17.53
25	11	2:55.96	3:13.56	200 IM	26	12	2:44.65	3:01.11
	12	2:45.34	3:01.88			13	2:35.96	2:51.56
27	10&U	1:16.82	1:24.51	100 FREE	28	11&U	1:12.44	1:19.68
29	11	1:11.00	1:18.10	100 FREE	30	12	1:06.73	1:13.40
	12	1:07.68	1:14.45			13	1:03.56	1:09.92
31	10&U	(Use	100 Br)	50 BREAST	32	11&U	(Use	100 Br)
33	11	3:18.29	3:38.11	200 BREAST	34	12	3:05.18	3:23.69
	12	3:05.09	3:23.60			13	2:56.15	3:13.76
35	10&U	1:28.27	1:37.10	100 BACK	36	11&U	1:22.82	1:31.10
37	11	1:21.01	1:29.11	100 BACK	38	12	1:16.62	1:24.28
	12	1:16.19	1:23.81			13	1:12.54	1:19.79
39	10&U	1:36.56	1:46.21	100 FLY	40	11&U	1:27.42	1:36.16
41	11	3:13.51	3:32.86	200 FLY	42	12	2:59.56	3:17.52
	12	2:59.03	3:16.93			13	2:42.47	2:58.72
43	10&U			4x50 FREE RELAY	44	11&U		
45	11-12			4x50 FREE RELAY	46	12-13		

SATURDAY FINALS

Warm-up: 5:00 pm

Start: 6:00 pm

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
3	13			200 IM	4	14		
	14					15		
	15&O					16&O		
9	13			100 FREE	10	14		
	14					15		
	15&O					16&O		
11	13			200 BREAST	12	14		
	14					15		
	15&O					16&O		
13	13			100 BACK	14	14		
	14					15		
	15&O					16&O		
15	13			200 FLY	16	14		
	14					15		
	15&O					16&O		

SUNDAY MORNING

Warm-up: 7:00 am

Start: 8:00 am

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
47	13	2:20.79	2:34.87	200 FREE	48	14	2:11.82	2:25.00
	14	2:17.63	2:31.39			15	2:08.47	2:21.32
	15&O	2:13.75	2:27.13			16&O	2:04.48	2:16.93
49	13	1:13.51	1:20.86	100 FLY	50	14	1:07.65	1:14.42
	14	1:12.70	1:19.97			15	1:06.77	1:13.45
	15&O	1:09.43	1:16.37			16&O	1:03.41	1:09.75
51	13	2:36.87	2:52.55	200 BACK	52	14	2:26.71	2:41.38
	14	2:34.14	2:49.55			15	2:25.80	2:40.38
	15&O	2:28.82	2:43.70			16&O	2:20.01	2:34.01
53	13	1:24.49	1:32.94	100 BREAST	54	14	1:18.15	1:25.96
	14	1:21.01	1:29.11			15	1:17.40	1:25.14
	15&O	1:19.36	1:27.30			16&O	1:14.20	1:21.62
55	13	30.09	33.10	50 FREE	56	14	27.42	30.16
	14	29.46	32.40			15	27.03	29.73
	15&O	28.89	31.78			16&O	26.19	28.81
57	13-14			4x50 MEDLEY RELAY	58	14-15		
59	15&O			4x50 MEDLEY RELAY	60	16&O		
61	13	19:39.24	21:37.17	1500 FREE	62	14	18:42.46	20:34.70
	14	19:14.64	21:10.11			15	18:24.46	20:15.31
	15&O	19:00.95	20:55.05			16&O	17:59.37	19:47.30

SUNDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
63	10&U	2:48.27	3:05.10	200 FREE	64	11&U	2:36.51	2:52.16
65	11	2:35.93	2:51.53	200 FREE	66	12	2:25.48	2:40.03
	12	2:26.06	2:40.67			13	2:17.35	2:31.09
67	10&U	(Use	100 Fly)	50 FLY	68	11&U	(Use	100 Fly)
69	11	1:23.72	1:32.09	100 FLY	70	12	1:17.86	1:25.64
	12	1:18.66	1:26.52			13	1:12.12	1:19.33
71	10&U	3:10.57	3:29.62	200 BACK	72	11&U	2:55.49	3:13.04
73	11	2:53.95	3:11.35	200 BACK	74	12	2:43.17	2:59.49
	12	2:43.00	2:59.30			13	2:35.12	2:50.64
75	10&U	1:38.42	1:48.26	100 BREAST	76	11&U	1:36.71	1:46.38
77	11	1:33.02	1:42.32	100 BREAST	78	12	1:26.30	1:34.94
	12	1:26.40	1:35.04			13	1:22.45	1:30.70
79	10&U	34.36	37.79	50 FREE	80	11&U	32.82	36.10
81	11	32.57	35.83	50 FREE	82	12	30.36	33.40
	12	30.82	33.90			13	28.94	31.83
83	10&U			200 MEDLEY RELAY	84	11&U		
85	11-12			200 MEDLEY RELAY	86	12-13		
87	11	6:21.39	6:59.53	400 IM	88	12	5:56.95	6:32.64
	12	5:53.19	6:28.51			13	5:28.80	6:01.68

SUNDAY FINALS

Warm-up: 5:00 pm

Start: 6:00 pm

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event No.</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
47	13			200 FREE	48	14		
	14					15		
	15&O					16&O		
49	13			100 FLY	50	14		
	14					15		
	15&O					16&O		
51	13			200 BACK	52	14		
	14					15		
	15&O					16&O		
53	13			100 BREAST	54	14		
	14					15		
	15&O					16&O		
55	13			50 FREE	56	14		
	14					15		
	15&O					16&O		



ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.
10. **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 Etobicoke Olympium.**