



SHORT COURSE HEATS & FINALS FINALE FEBRUARY 25-26TH, 2012

Entry Deadline Feb 14th, 2012

Intended for swimmers who have not qualified for Provincial Championships the following weekend.

Notes

Saturday: Heats and Finals

Sunday: Timed Finals

High Point Awards

This is the last weekend before the provincially mandated ban on competitions.

Provincial qualifiers are welcome but will be considered exhibition – i.e. no advancement to finals; no awards or team points – in strokes for which they have met the Provincial standard.

For example if you have met the standard in the 100 Breast, all 3 breast strokes are considered exhibition = coaches please enter them as such.

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Introduction

The **Short Course Heats & Finals Finale** is a great opportunity for non-provincial qualified swimmers to have a competitive opportunity before the mandated competition-free period. We will offer shorter events in a heats and time final format and a Sunday morning “distance” session (200’s & 400’s). The session groups will be 13 and over, and 12 and under. The results will be separated out by age groups (13, 14, 15, 16 & over) for the purposes of finals, scoring and awards. Awards ribbons for 1st - 6th place as well as individual high point awards (see Scoring and Awards).

Entry Procedures

Only the most current version of the meet package found on <http://www.swimmeet.ca> will be accepted for this meet.

All entries must be in Hy-tek format and submitted via <http://www.swimmeet.ca>. No entries will be accepted directly by meet management.

Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or incorrect or absent date of birth.

Eligibility

Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet. Foreign swimmers, where applicable, are exempt from this requirement.

All swimmers must be duly registered and residents of the governing body for which they are competing. All swimmers must be in good standing with their respective governing swim body. All swimmers must be residents of the province/state or country for which they claim registration. Proof of residency may be passport, tax - roll, college residence or other document as deemed acceptable by Swim Ontario and shall be provided within 24 hours of request by Swim Ontario.

Upon receipt of your entries, you will be sent a confirmation notice. Immediately after we receive the last team’s entries (Feb.14th deadline), we will notify clubs with details of:

- The coaches’ meeting;
- Session and event times;
- Alternative or additional warm-up times needed to meet the facility regulations and ensure fast swimming; and
- Any other unforeseen details that may need to be communicated.

Split Time Policy

“Meet Management acknowledged the SO policy with banning the future use of split times as official times and 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. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.”

KBM Short Course Heats & Finals Finale Meet Details

- Date:** February 25-26, 2012
- Hosted by:** Kingston Blue Marlins
- Location:** Artillery Park Aquatic Complex 76 Ordnance Street Kingston, ON
- Facility:** 6 lane, 25m pool with electronic start system
- Parking:** Parking at the pool is limited. Additional parking is available on the side streets (Bagot and Montreal)
- Accommodations:** For accommodations in Kingston please visit:-
<http://www.whatsonkingston.com/accom/index.html>
- Sanctioned By:** Swim Ontario. All current SNC rules and Warm up procedures will be followed. See the details at the end of this package.
- Qualifying Stds:** No qualifying times. Please provide swimmer seed times in electronic format. Please note that swimmers entered in 50's and 100's of strokes they are qualified to swim at the upcoming Provincial Champs will be considered exhibition.
- Entry deadline:** All entries must be received by February 15, 2011 All entries must include valid Swim Ontario registration number Submit entries to www.swimmeet.ca
- Entry Fees:** \$7.50 per event. Please make cheques payable to: Kingston Blue Marlins Swim Club
- Event Limit:** Two event limit on Sunday. No event limit on Saturday; however, we reserve the right to change this if necessary.
- Scratches:** Scratches must be sent to the Clerk of Course 30 minutes prior to the session start. No substitutions are allowed
- Meet Notes:** Mixed 13 & over, 12 & under groups will be seeded slowest to fastest within each session. Entries must be submitted using short course times. No conversions will be performed. Please a 2% conversion from LC to SC before submitting entries. Results will be posted and awards presented by the age group and gender as listed below under "Awards". Relays will be run 10 and under, 11, 12, 13, 14, 15, 16 and over.
- Scoring:** Team scores will for Saturday only 7, 5, 4, 3, 2, 1. Scoring for individual high point trophies will be 5, 2, 1 for each event and based only on Saturdays events.
- Awards:** Ribbons will be awarded to the top six swimmers in each event for each age/gender group as follows: 10 and under, 11, 12, 13, 14, 15, 16 years and over. High point trophy for each age/gender category will be awarded for 13, 14, 15 and 16 & over categories (Saturday swims only.)
- Meet Manager:** Susan M^cWilliams
- Questions:** Please contact Ken Anderson at 613-634-9635 or swimcoach@cogeco.ca

KBM Short Course Heats and Finals Finale Order of Events

Saturday Morning
Session 1: 13 & Over Prelims
8:30 Warm-up; 9:30 Start
Saturday Evening
Session 3: 13 & Over Finals
6:15 Warm-up; 7:00 Start

All ages & genders race prelims together.
Separated for finals 13, 14, 15, 16 & over - if an event has less than 4 swimmers
in an age category we will move them to the category above

Event #	Event
1	50 Fly
2	50 Back
3	50 Free
4	50 Breast
5	100 Back
6	100 Fly
7	100 Breast
8	100 Free

Saturday Afternoon
Session 2: 12 & Under Time Finals
1:00 Warm-up; 2:00 Start

All age and genders race together with awards divided by 10 & under, 11, 12

Event #	Event
9	50 Fly
10	50 Back
11	50 Free
12	50 Breast
13	100 Back
14	100 Fly
15	100 Breast
16	4 * 100 Free Relay

Sunday Morning
Session 4: All Age Time Finals
8:30 Warm-up; 9:30 Start

2 events per swimmer with awards for 10 & under, 11, 12, 13, 14, 15, and 16 & over

Event #	Event
17	200 Back
18	400 Free
19	200 Breast
20	200 Fly
21	200 Free
22	400 IM – may be limited to 2 heats

Swimming/Natation Canada Risk Management Warm-Up Procedures 2005

During the designated warm-up period, the meet management committee shall ensure 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.

Swimwear

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.

Swimmer Responsibility

Each individual club is responsible for the conduct of their swimmers during the meet and between sessions.