

2014
CENTRAL REGION
Short Course
CHAMPIONSHIPS
12 & Under

Feb 7-9, 2014

At the
Milton Sports Centre

Hosted by





RISK MANAGEMENT / WARM-UP PROCEDURES 2012

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.**

2014 CENTRAL REGION SHORT COURSE CHAMPIONSHIPS – 12 & Under

- DATE: February 7-9, 2014
- HOSTED BY: Milton Marlin Swim Team
- LOCATION: Milton Sports Centre
605 Santa Maria Blvd.
Milton, ON
L9T 6J5
- FACILITY: Eight lane, 25 meter competition pool, electronic timing, Live Results, free Wi-Fi
- SAFETY PROC: 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.
- All coaches will be required to check in and provide proof of 'Compliance' for attending sanctioned meets per Swim Ontario/SNC policies.
- ELIGIBILITY: All competitive swimmers currently registered with Swim Ontario and a Central Region Club who meet age and 2014 qualifying standards. **Swimmers may swim a maximum of 6 individual events.** Please submit Best Times. Times must be an Official time and provable. **No bonus swims or NT swims will be accepted. Exhibition swims only for those swimmers that age up between Central Region Champs and Swim Ontario Winter Festival. Qualifying period starts Sep 1, 2012.**
- COMPETITION: Sanctioned by Swim Ontario. All current SNC rules and warm up procedures will be followed. The age groups will be 10&U, 11, and 12. All events will be Time Finals. All 400 & 800 events will be seeded Fast to Slow.
- Meet Management reserves the right to swim 2 per lane in the distance events in order to facilitate proper and acceptable session times.
- Meet Management reserves the right to change session start times by one hour or less in order to facilitate proper and acceptable session times. Meet Management will notify all clubs and/or coaches as soon as possible of any changes but will not need agreement from clubs to make these minor changes.
- QUALIFYING: De-qualifying times are the 2014 Ontario Festival standards (SCM). Qualifying times are Festival "C" Times (SCM) for 400, and 800 events and Festival "C" + 2.5% for 50, 100, and 200 m events.
- Swimmers who have qualified in 4 or more individual events for 2014 Swim Ontario Winter Festival may not swim in any individual or relay events in this competition.** A swimmer earning a Swim Ontario Festival standard AFTER this meet entry deadline, for an event already entered in this meet, may still swim the event. It will NOT be marked exhibition.
- Any swimmer who qualifies to enter this meet may swim any leg of a relay.
- A swimmer that ages up between CRSC and 2014 Swim Ontario Winter Festival will be allowed to swim, provided that they do not have more than four (4) 2014 Swim Ontario Festival times at the higher age. **ALL** 'overqualified' swims must be marked Exhibition.
- SEEDING: Entries must pass SNC Entry Validation. Seeding will be in the following order: entries with qualifying SCM times. There will be no conversion of entry time. .

SPLIT TIMES: "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 event in question."

SCRATCH RULES: Positive check-in for all 400 and 800 events is required 30 minutes before the start of the event (swimmers not checked in will be scratched). Scratches on the posted heat sheets are requested for all other events (no penalty for late scratches).

MEET ETHICS: Clubs and coaches are responsible for the accuracy of the entry of their swimmers in a meet. All Meet Ethics considerations will be dealt with by Meet Management and as required, with consultation of the Central Region Board members present during the meet. Please be prepared to prove entry times if requested.

On discovery, all violations will be dealt with promptly and be subject to a fine, payable to Central Region before the end of the day.

- a) If a swimmer is overqualified for the meet, the fine is \$50 per event entered and all swims for the particular swimmer will be marked exhibition. Upon discovery, the swimmer will immediately be scratched from the remainder of the meet;*
- b) If a swimmer is overqualified for up to 3 individual swims entered, the fine is \$100 per violation and these swims will be marked as exhibition.*

ENTRY FEE: \$9:50 per individual event
\$14.00 per relay event
\$1.00 per swimmer OSOA surcharge

Please bring cheques payable to **Milton Marlin Swim Team** on the first day on the meet. Swimmers will not compete until fees are paid.

ENTRY DEADLINE: Entries must be submitted by Thursday January 23, 2014 at 6pm. Entry changes will be accepted until Thursday January 30, 2014 at 6 pm.
Please submit entries using www.swimming.ca/meetlist.aspx

LIVE RESULTS: liveresults.miltonmarlins.ca/cr-sc-champs MEET RESULTS: www.swimming.ca/meetlist.aspx

MEET REFEREE: Sue Morris

MEET MANAGER: Dave McCaig (regionals@miltonmarlins.ca)

AWARDS: Individual and Relay Events:
Medals – 1st, 2nd, 3rd
Ribbons – 4th - 8th
Individual High Point Trophy (one in each gender/age group category)

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

REQUEST FOR OFFICIALS: We can always use officials to help run the meet! This meet will be posted on www.osoa.ca for officials to register.

Swimsuit Policy:

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.

2012 CENTRAL REGION SHORT COURSE CHAMPIONSHIPS – 12 & Under

Order of Events and Time Standards

FRIDAY EVENING								
Warm-up: 4:30 pm Start: 5:30 pm								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qualify		Event	Age	De-Qual	Qualify
1	10&U	5:53.00	6:29.18	400 FREE	2	10&U	6:02.00	6:39.11
	11	5:24.00	5:57.21			11	5:30.00	6:03.83
	12	5:03.00	5:34.06			12	5:04.00	5:35.16
3	11	11:14.00	12:23.09	800 FREE	4	11	11:45.00	12:57.26
	12	10:25.00	11:29.06			12	10:33.00	11:37.88

SATURDAY – 11-12 Yr Old GIRLS				
Warm-up: 8:00 am (split warm-up by team) Start: 9:30 am				
EVENTS	GIRLS			
	Event	Age	De-Qual	Qualify
200 IM	5	11	2:53.00	3:15.50
		12	2:43.00	3:04.20
100 FREE	6	11	1:10.00	1:19.10
		12	1:06.00	1:14.58
200 BREAST	7	11	3:19.00	3:44.88
		12	3:07.00	3:31.32
100 BACK	8	11	1:20.50	1:30.97
		12	1:15.50	1:25.32
200 FLY	9	11	3:12.00	3:36.97
		12	2:56.00	3:18.89
4x50 FREE	10	11-12		

SATURDAY – 10 & Under – GIRLS & BOYS								
Warm-up: 1:00 pm Start: 2:00 pm								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qualify		Event	Age	De-Qual	Qualify
11	10&U	3:09.00	3:33.58	200 IM	12	10&U	3:12.00	3:36.97
13	10&U	1:16.50	1:26.45	100 FREE	14	10&U	1:18.00	1:28.14
15	10&U	(USE 100 BR)		50 BREAST	16	10&U	(USE 100 BR)	
17	10&U	1:27.50	1:38.88	100 BACK	18	10&U	1:30.00	1:41.71
19	10&U	(USE 100 FLY)		50 FLY	20	10&U	(USE 100 FLY)	
21	10&U			4x50 FREE	22	10&U		

SATURDAY – 11-12 Yr Old BOYS				
Warm-up: 4:30 pm Start: 5:30 pm				
EVENTS	BOYS			
	<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
200 IM	23	11	2:55.00	3:17.76
		12	2:43.00	3:04.20
100 FREE	24	11	1:11.00	1:20.23
		12	1:05.50	1:14.02
200 BREAST	25	11	3:28.00	3:55.05
		12	3:07.00	3:31.32
100 BACK	26	11	1:21.50	1:32.10
		12	1:16.50	1:26.45
200 FLY	27	11	3:35.00	4:02.96
		12	2:59.00	3:22.28
4x50 FREE	28	11-12		

SUNDAY – 11-12 yr Old GIRLS				
Warm-up: 8:00 am (split warm-up by team) Start: 9:30 am				
EVENTS	GIRLS			
	<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
200 FREE	29	11	2:33.00	2:52.90
		12	2:24.00	2:42.73
100 FLY	30	11	1:23.50	1:34.36
		12	1:17.50	1:27.58
200 BACK	31	11	2:52.00	3:14.37
		12	2:42.00	3:03.07
100 BREAST	32	11	1:33.00	1:45.10
		12	1:27.50	1:38.88
50 FREE	33	11	32.00	36.16
		12	30.50	34.47
4x50 MEDLEY	34	11-12		
400 IM	35	11	6:10.00	6:47.93
		12	5:43.00	6:18.16

SUNDAY – 10 & Under – Girls & Boys								
Warm-up: 1:00 pm Start: 2:00 pm								
GIRLS				EVENTS	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
36	10&U	2:46.00	3:07.59	200 FREE	37	10&U	2:51.00	3:13.24
38	10&U	1:32.50	1:44.53	100 FLY	39	10&U	1:37.00	1:49.62
40	10&U	3:09.00	3:33.58	200 BACK	41	10&U	3:18.00	3:43.75
42	10&U	1:39.00	1:51.88	100 BREAST	43	10&U	1:43.00	1:56.40
44	10&U	34.50	38.99	50 FREE	45	10&U	35.00	39.55
46	10&U			4x50 MEDLEY	47	10&U		
48	10&U	1:31.00	1:42.84	100 IM	49	10&U	1:33.00	1:45.10

SUNDAY – 11-12 yr Old BOYS

Warm-up: 4:30 pm

Start: 5:30 pm

EVENTS	BOYS			
	<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
200 FREE	50	11	2:36.00	2:56.29
		12	2:23.00	2:41.60
100 FLY	51	11	1:26.00	1:37.19
		12	1:17.00	1:27.01
200 BACK	52	11	2:56.00	3:18.89
		12	2:42.50	3:03.64
100 BREAST	53	11	1:35.00	1:47.36
		12	1:27.00	1:38.32
50 FREE	54	11	32.25	36.44
		12	29.80	33.68
4x50 MEDLEY	55	11-12		
400 IM	56	11	6:35.00	7:15.49
		12	5:50.00	6:25.88

NOTE – spectator seating is available, however please limit to 1 or 2 spectators per swimmer.