

2010 HAC/MAC SPRING INVITATIONAL

**2010
HAC-MAC SPRING
INVITATIONAL**

Apr. 23rd to 25th, 2010

**AT MCMCASTER UNIVERSITY
IVOR WYNNE CENTRE**

Hosted by



**McMASTER UNIVERSITY AND
HAMILTON AQUATIC CLUB**

2010 HAC/MAC SPRING INVITATIONAL

GENERAL INFORMATION

- DATE:** April 23rd to April 25th, 2010
- HOSTED BY:** Hamilton Aquatic Club
- LOCATION:** McMaster University, Ivor Wynne Centre
1280 Main Street West
Hamilton, Ontario, L8M 1E2
905-525-9140 ext 24612
- FACILITY:** Pool 50 metre, 6 lane pool
Colorado Electronic Timing System
Seating 700 spectators
- COMPETITION:** Swim Ontario sanction TBA
- OFFICIALS:** Meet Manager: Kim Carr kimycarr@quickclic.net 905-387-4704
Meet Referee: Paul Crone

ELIGIBILITY & ENTRIES

DEADLINES:

- Entry Deadline: Friday April 9, 2010
- Scratch Deadline: Friday April 16, 2010

ENTRY FEES:

- \$10.00 per swimmer for the 800 Free, 1500 Free, and 400 IM events
- \$10.00 per relay team
- \$ 8.00 per swimmer for all other events
- Cheques are payable to: HAMILTON AQUATIC CLUB

ELIGIBILITY:

- Swimmers must be registered as competitive with Swim Ontario, SNC and/or FINA recognized organizations
- Registration numbers must be included in the entry file

ENTRY LIMITATIONS:

- There are no limits to the number of swims per swimmer
- Deck entries will be accepted at the discretion of the meet manager
- There will be time trials if time permits

QUALIFYING STANDARDS:

- There are no qualifying standards.
- In order to plan the meet properly we will not be able to accept NT (no times) for the 400 FR, 800 FR, 1500 FR, and 400 IM events. Coaches please include a time for all swimmers for these events. (We will accept estimated times for swimmers who do not have an up to date time for a particular event.)

SWIMMERS' AGE:

- As of April 23rd, 2010 (first day of the competition)

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ENTRY SUBMISSIONS:

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

- Please ensure all entries contain valid 9 digit Swim Ontario ID registration numbers
- In order for your team to be registered in this competition, you must have received an **e-mail Confirmation** indicating receipt of your entries

MEET RESULTS:

- Results will be available on our web site www.hamiltonaquaticclub.ca.
- Results will be forwarded to www.swimmeet.ca within 48 hours of the completion of the meet.

MEET FORMAT:

GENERAL INFORMATION:

- All events are long course timed finals.
- Saturday morning and afternoon sessions will be offering the same events.
- Sunday morning and afternoon sessions will be offering the same events.
- Morning and afternoon times will be merged and results will be posted by age groups and gender.
- Clubs can have all of their athletes at the same session.
- There will be time trials if time permits
- Billeting will be available on a limited first come, first served basis.
- The last third of the warm-up will be divided into sprint lanes and pace lanes. Sprint lanes will be lanes 1 & 6 and pace lanes will be 2 & 5. Please be sure to respect the pace lane swimmers doing 200, 400, 800 and 1500 pace work. No kicking, pulling, stopping, or general warm-ups in these lanes for the last 20 minutes of warm-ups.

RULES:

- All current Swim/National Canada (SNC) rules will apply
- SNC warm up procedures will be in effect at this meet
- The FINA "NO FALSE START" (one-start) rule will be in effect.

SEEDING:

- Meet will be senior seeded with mixed age groups.
- Heats will be swum fastest to slowest.
- Results will be posted by age groups and gender.

AGE CLASSIFICATIONS:

- 10 & Under
- 11
- 12
- 13
- 14
- 15 & Over

AWARDS:

- Ribbons - 1st through 6th

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ACCOMMODATIONS:

- Visitors Inn – 649 Main Street West, Hamilton, Ontario 905-529-6979 online: www.visitorsinn.com or e-mail: reservations@visitorsinn.com

<u>SESSION SCHEDULE:</u>	Warm Ups	Start	Events	
Fri Apr 23	Session 1	2:00 to 3:00 PM	3:00 PM	Events #1 though #4
Sat Apr 24	Session 2	8:00 to 9:00 AM	9:00 AM	Events #5 through #12 (AM & PM events are identical - choose events based on session preference)
Sat Apr 24	Session 3	1:30 to 2:30 PM	2:30 PM	Events #105 through #112 (AM & PM events are identical - choose events based on session preference)
Sun Apr 25	Session 4	8:00 to 9:00 AM	9:00 AM	Events #13 through #19 (AM & PM events are identical – choose events based on session preference)
Sun Apr 25	Session 5	1:30 to 2:30 PM	2:30 PM	Events #113 through #119 (AM & PM events are identical – choose events based on session preference)

ORDER OF EVENTS:

FRIDAY April 23, 2010

SESSION 1			
Warm Up: 2:00 - 3:00 PM Start: 3:00 PM			
<u>Number</u>	<u>Event</u>		
1	50 Freestyle	3	800 Freestyle
2	50 Butterfly	4	1500 Freestyle

SATURDAY April 24, 2010

SESSION 3		SESSION 4	
Warm Up: 8:00 - 9:00 AM Start: 9:00 AM		Warm Up: 1:30 - 2:30 PM Start: 2:30 PM	
<u>Number</u>	<u>Event</u>	<u>Number</u>	<u>EVENT</u>
5	4 X 100 Free Relay	105	4 X 100 Free Relay
6	200 I.M.	106	200 I.M.
7	100 Breaststroke	107	100 Breaststroke
8	200 Backstroke	108	200 Backstroke
9	100 Butterfly	109	100 Butterfly
10	400 Freestyle	110	400 Freestyle
11	50 Backstroke	111	50 Backstroke
12	50 Breaststroke	112	50 Breatstroke

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SUNDAY April 25, 2010

SESSION 5		SESSION 6	
Warm Up: 8:00 - 9:00 AM Start: 9:00 AM		Warm Up: 1:30 - 2:30 PM Start: 2:30 PM	
<u>Number</u>	<u>Event</u>	<u>Number</u>	<u>Event</u>
13	4 x 100 Medley Relay	113	4 x 100 Medley Relay
14	200 Breaststroke	114	200 Breaststroke
15	100 Backstroke	115	100 Backstroke
16	200 Freestyle	116	200 Freestyle
17	200 Butterfly	117	200 Butterfly
18	100 Freestyle	118	100 Freestyle
19	400 I.M.	119	400 I.M.

HAMILTON AQUATIC CLUB TERMS & CONDITIONS

Meet management reserves the right to limit entries to ensure a successful completion of the meet in accordance with the mandated time lines. If any session of the meet is oversubscribed the latest received entries will be returned and event fees refunded. Those who do not make the limit will be notified by April 12, 2010.

Meet management reserves the right to limit entry to the 400, 800 and 1500 freestyle events and/or to swim 2 per lane. If meet management chooses to swim 2 per lane, the fastest heat in the 1500 and 800 will be swum, one swimmer per lane.

SWIM ONTARIO STATEMENT

The only meet package which will be considered as valid must be the most current version found on www.swimmeet.ca.

Swim Ontario's goal is to create an environment where the Regional Sanctioning Officers and the Meet Manager have visibility to the same document available to all clubs. This will ensure that any alterations to the package have been identified and approved.

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 correct date of birth.

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 are exempt from this requirement.

During the upload of meet entries and results to www.swimmeet.ca a comparison of the file will be made to the registration database. Nonconforming number and names will be identified and an error report generated. Until the errors are fixed the file cannot be uploaded.

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All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via www.swimmeet.ca. No entries will be accepted directly by meet management. This is done as an aid to meet management. This promotes entry validation and tracking, email communications, entry submission dates and more. As well the system will clearly flag team entries which change from one submission to the next. Your cooperation in the launch of this new site and improving the quality of results reporting is greatly appreciated.

Swim Ontario along with Swimming Natation Canada are very excited about the launch of this new process and trust that you will be equally pleased. Your thoughts and constructive feedback will be welcomed.



RISK MANAGEMENT / WARM-UP PROCEDURES 2008

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.

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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.

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

"SNC WARM UP PROCEDURES ARE IN EFFECT AT THIS MEET"

SNC Board Approved July 6, 2005