

**WINDSOR AQUATIC CLUB**  
**St. Clair Erie Aquatic League**  
**Swim Meet**  
**January 21, 2007**

The Windsor Aquatic Club (WAC) is pleased to invite you to participate in a Short Course SEAL Meet to be held at the **University of Windsor – St. Denis Centre, 2555 College Avenue, Windsor**

This is a one day, **two-session** meet at the St. Denis Centre.

Attached you will find copies of the following:

- a) Swim Ontario meet approval application form
- b) Meet package

**PLEASE NOTE:**

- Hy-Tek entries are required
- Entries are to be received no later than **January 12, 2007**
- In accordance with University of Windsor policies, **FOOD AND BEVERAGES ARE NO LONGER AVAILABLE TO BE SOLD IN THE HALLWAYS.** All team members are required to bring their own food and beverages. Food and beverages are not permitted on the pool deck and or in the changing rooms. Coaches please ensure your swimmers are aware of this change.
- Team coaches and chaperones are responsible for their swimmers behaviour in all areas of the facility. Inappropriate behavior of swimmers will not be tolerated and will result in the swimmers disqualification from the meet.
- If swimmers miss their marshalling, they will be scratched from that event.

**WINDSOR AQUATIC CLUB**  
**St. Clair Erie Aquatic League**  
**Swim Meet**

**Location:**

University of Windsor  
St. Denis Centre,  
2555 College Avenue,  
Windsor, ON  
25 yard pool, 6 lanes, starting platforms  
Change rooms are available with lockers, Viewing area is available

<b>Schedule:</b>	<b>Session</b>	<b>Age</b>	<b>Warm-ups</b>	<b>Start</b>
	<b>Session 1</b>	<b>10-11 12 &amp; 13</b>	<b>8:15 - 8:50 am.</b>	<b>9.00</b>
<b>am.</b>				

8:15 am: circle swimming in all lanes.  
8:30 am: Sprints in lanes 1 & 6  
8:50 am: Clear pool.  
8:55 am: Marshalling Events #1 & #2  
9:00 am: Start

<b>Session 2</b>	<b>7 &amp; under, 8 – 9 14 &amp; Over (Open)</b>	<b>12:15 - 12: 50 pm.</b>	<b>1:00 pm.</b>
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12:15pm or when the 1<sup>st</sup> session ends, which ever is later: circle swimming in all lanes. 14 & over lanes 1 & 2 only  
12:30 pm: Sprints in lanes 1 (14 & over only) & 6 (9 & under),  
12:50 pm: Clear pool.  
12:55 pm: Marshalling Events #23 & #24  
1:00 pm: Start

**Rules:**

Approved by Swim Ontario  
SEAL & SNC competition rules apply  
Swimmers ages are determined as of January 21, 2007  
All events are timed finals  
FINA one start rule applies  
Safety Marshals will be in charge of the pool during warm-ups  
SNC Warm-up Procedures will be in effect at this meet  
All swimmers must be registered with Swim Ontario

**Awards:**

Ribbons awarded for 1<sup>st</sup> to 6th in all events, plus heat winners

**Entries:**

Entries due by January 12, 2007 at 5.00 pm  
Deck entries only accepted to fill existing heats. Deck entries must be prepared on Swim Ontario time cards and submitted by 8.30am on Sunday January 21, 2007

Please Note: If there is **NO TIME (NT)** on the entry grid sheet, the swimmer will not be entered in that event and will be considered a deck entry for that event, if the coach submits a time the day of the meet. You will be charged the difference between the regular fee and the deck entry fee

**Preferred method is via Hy-Tek.** Meet file is provided by email, or contact the club office at [coach@windsoraquatic.com](mailto:coach@windsoraquatic.com)

Submit Hy-Tek file to [coach@windsoraquatic.com](mailto:coach@windsoraquatic.com)

**Scratches:**

Immediately report all scratches, in writing, to the Marshalling area upon arrival at the meet

**Marshalling:**

Coaches should report to the marshalling area (by the diving board) with the names of their relay swimmers, no later than 45 minutes before the start of the meet. Swimmers should come to the marshalling area & pick up their heat cards after their events are announced. If swimmers miss their marshalling, they will be scratched from that event.

**Results:**

Awards & results may be picked up in the computer office before coach's leave on Sunday evening. If the results are not instantly available, they will be posted on the team's web site and sent to you by email

**Programs:**

Programs will be available at a cost of \$2.00

**Officials:**

Volunteers are always needed and welcomed for timing, strokes & turns etc.

Each participating club is expected to provide 2 adult officials per session

Please include the names of volunteer officials. See request for "OFFICIATING HELP"

Refreshments will be served throughout the meet and a light lunch will be served for those volunteering for both sessions

Volunteers should check in with the Meet Manager upon arrival

During each session, volunteer names will be entered in a prize draw

## **Warm Ups:**

### **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 2.13.1.5)

#### **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.

#### **EQUIPMENT:**

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

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**Swim Meet**

**List of Events**

<b>Session 1</b>	<b>Warm-up: 8:15 a.m.</b>	<b>Start: 9:00 a.m.</b>
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
<b>1</b>	<b>10-11 100 IM</b>	<b>2</b>
<b>3</b>	<b>12-13 100 IM</b>	<b>4</b>
<b>5</b>	<b>10-11 50 butterfly</b>	<b>6</b>
<b>7</b>	<b>12-13 50 butterfly</b>	<b>8</b>
<b>9</b>	<b>10-11 50 backstroke</b>	<b>10</b>
<b>11</b>	<b>12-13 100 backstroke</b>	<b>12</b>
<b>13</b>	<b>10-11 50 breaststroke</b>	<b>14</b>
<b>15</b>	<b>12-13 100 breaststroke</b>	<b>16</b>
<b>17</b>	<b>10-11 100 freestyle</b>	<b>18</b>
<b>19</b>	<b>12-13 100 freestyle</b>	<b>20</b>
<b>21</b>	<b>10-11 mixed 200 medley relay</b>	<b>21</b>
<b>22</b>	<b>12-13 mixed 200 medley relay</b>	<b>22</b>
<b>Session 2</b>	<b>Warm-up: 12:15 p.m.</b>	<b>Start: 1:00 p.m.</b>
<b>23</b>	<b>7 &amp; under mixed 100 medley relay</b>	<b>23</b>
<b>24</b>	<b>8-9 mixed 100 medley relay</b>	<b>24</b>
<b>25</b>	<b>Open mixed 200 medley relay</b>	<b>25</b>
<b>27</b>	<b>8-9 100 IM</b>	<b>28</b>
<b>29</b>	<b>Open 100 IM</b>	<b>30</b>
<b>31</b>	<b>7 &amp; under 25 butterfly</b>	<b>32</b>
<b>33</b>	<b>8-9 25 butterfly</b>	<b>34</b>
<b>35</b>	<b>Open 50 butterfly</b>	<b>36</b>
<b>37</b>	<b>7 &amp; under 25 backstroke</b>	<b>38</b>
<b>39</b>	<b>8-9 25 backstroke</b>	<b>40</b>
<b>41</b>	<b>Open 100 backstroke</b>	<b>42</b>
<b>43</b>	<b>7 &amp; under 25 breaststroke</b>	<b>44</b>
<b>45</b>	<b>8-9 25 breaststroke</b>	<b>46</b>
<b>47</b>	<b>Open 100 breaststroke</b>	<b>48</b>
<b>49</b>	<b>7 &amp; under 25 freestyle</b>	<b>50</b>
<b>51</b>	<b>8-9 50 freestyle</b>	<b>52</b>
<b>53</b>	<b>Open 100 freestyle</b>	<b>54</b>

