

2017
CENTRAL REGION
B
CHAMPIONSHIPS

February 2nd-5th, 2017

At the
ETOBICOKE OLYMPIUM

Hosted by





COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

2017 CENTRAL REGION B CHAMPIONSHIPS

- Date:** February 2 – 5, 2017
- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario
- Facility:** Two 8-lane 25 metre competition pools with Swiss Timing electronic timing.
- Meet Package:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- Competition Rules:** Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred.
Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).
- Eligibility:** All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. All swimmers must be registered with a Central Region Club and meet age and meet qualifying standards. **Swimmers may swim a maximum of 7 individual events.** Please submit Best Times. Standard Hy-tek conversions allowed.
No bonus swims will be accepted.
- Competition:** The age groups will be 10&U, 11, 12, 13, 14, 15, 16&O.
All 12&U swims will be Time Finals. All 400, 800, and 1500 events will be Time Finals and will be swam fastest to slowest.
Swimmers may swim only one distance event on Thursday.
All Relays will be Time Finals and swum during the Preliminary Sessions.
All other events will have Preliminaries and A Finals
- Qualifying:** Swimmers must adhere to time standards listed in the order of events and event file. Qualifying period starts Sept 1, 2015.

Qualifying times are “C” 2017 Ontario Age Group/Festival Standards (SCM).
14 & U uses Festival Standards and 15 & O uses Ontario Age Group Standards.
De-qualifying times are 2017 Ontario Age Group/Festival Standards (SCM).
12 & U uses Festival Standards, 13 & O uses Ontario Age Group Standards.

A swimmer earning a Spring LC Champ or Winter SC Festival standard AFTER the 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.
- Entry Deadline:** The entry deadline is Thursday, January 26, 2017 at 6pm.

Scratch Rules: Scratches from Prelims and Time Finals shall 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 that day to allow proper seeding and notification of alternates.

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 \$100.00 fine for each offence – payable to ESWIM.

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.

Entry Fees: Individual event(s) \$11.00 (HST#125328625 included)
Relay(s) \$16.00 (HST#125328625 included)

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

Live Results: www.eswim.ca

Meet Results: www.swimming.ca

Comp. Co-ord.: Jeff Holmes jeff_holmes@rogers.com

Meet Manager: Steve Goodwin sdg9@rogers.com

Awards: Medals 1st, 2nd, 3rd

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

Coach's Registration: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Time Splits: The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice. Meet management 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.

Meet Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Safety & Liability: Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Recording Event: Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.

CENTRAL REGION B CHAMPIONSHIPS

Order of Events and Time Standards

THURSDAY EVENING

Warm-up: 4:30 pm
Start: 5:30 pm

<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Quality</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Quality</u>
1	11	11:03.89	12:10.28	800 FREE	2	11	11:34.43	12:43.87
	12	10:15.63	11:17.19			12	10:23.51	11:25.86
	13	9:51.37	11:11.77			13	9:41.62	11:04.18
	14	9:42.68	11:00.48			14	9:26.32	10:45.02
	15	9:36.07	10:33.68			15	9:09.66	10:04.63
	16&O	9:19.55	10:21.72		16&O	8:49.44	9:48.27	
61	13	18:53.43	20:46.77	1500 FREE	62	13	18:41.95	20:34.15
	14	18:36.76	20:28.44			14	18:05.73	19:54.30
	15	18:24.14	20:14.55			15	17:33.78	19:19.16
	16&O	17:52.44	19:51.60			16&O	16:55.03	18:47.81

FRIDAY EVENING

Warm-up: 4:00 pm
Start: 5:00 pm

<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>A</u>	<u>B</u>
3	13	2:34.34	2:56.00	200 IM	4	13	2:28.53	2:48.49
	14	2:30.06	2:53.51			14	2:22.05	2:45.74
	15	2:28.52	2:43.37			15	2:19.53	2:33.26
	16&O	2:24.15	2:40.18			16&O	2:12.88	2:27.65
5	10&U	5:47.71	6:22.48	400 FREE	6	10&U	5:56.57	6:32.23
	11	5:24.00	5:56.40			11	5:30.00	6:03.00
	12	5:03.00	5:33.30					
7	13	4:42.53	5:30.00	400 FREE	8	13	4:34.24	5:24.50
	14	4:38.72	5:24.92			14	4:26.94	5:14.84
	15	4:37.16	5:04.88			15	4:22.04	4:48.24
	16&O	4:30.11	5:00.15			16&O	4:12.68	4:40.79

SATURDAY MORNING

Warm-up: 7:00 am

Start: 8:00 am

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
9	13	1:01.97	1:10.70	100 FREE	10	13	59.15	1:07.72
	14	1:00.65	1:09.10			14	57.18	1:05.36
	15	59.96	1:05.96			15	56.03	1:01.63
	16&O	58.57	1:05.09			16&O	53.44	59.38
11	13	2:50.90	3:19.36	200 BREAST	12	13	2:46.71	3:15.03
	14	2:50.47	3:18.22			14	2:43.42	3:10.50
	15	2:49.96	3:06.96			15	2:41.10	2:57.21
	16&O	2:47.80	3:05.52			16&O	2:32.75	2:49.74
13	13	1:09.93	1:20.72	100 BACK	14	13	1:07.75	1:18.01
	14	1:08.74	1:19.18			14	1:05.90	1:15.72
	15	1:07.22	1:13.94			15	1:04.18	1:10.60
	16&O	1:05.64	1:12.94			16&O	1:00.72	1:07.47
15	13	2:35.96	3:06.36	200 FLY	16	13	2:32.48	3:04.19
	14	2:35.64	3:04.80			14	2:29.79	2:59.50
	15	2:34.43	2:49.87			15	2:25.74	2:40.31
	16&O	2:27.29	2:43.68			16&O	2:15.35	2:30.40
17	13-14			4x50 FREE	18	13-14		
19	15&O			4x50 FREE	20	15&O		
21	13	5:26.13	6:15.10	400 IM	22	13	5:16.18	6:07.40
	14	5:23.35	6:11.20			14	5:07.82	5:56.66
	15	5:14.35	5:45.79			15	5:02.98	5:33.28
	16&O	5:08.59	5:42.88			16&O	4:52.77	5:25.30

SATURDAY AFTERNOON

Warm-up: 12:15 pm

Start: 1:15 pm

GIRLS				EVENTS	BOYS				
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>	
23	10&U	3:09.00	3:27.90	200 IM	24	10&U	3:12.00	3:31.20	
25	11	2:53.00	3:10.30			26	11	2:55.00	3:12.50
	12	2:43.00	2:59.30				12	2:43.00	2:59.30
27	10&U	1:15.35	1:22.89	100 FREE	28	10&U	1:16.83	1:24.51	
29	11	1:08.95	1:15.85			30	11	1:09.94	1:16.93
	12	1:05.01	1:11.51				12	1:04.52	1:10.97
31	10&U	45.00	50.00	50 BREAST	32	10&U	45.00	50.00	
33	11	3:16.02	3:35.62	200 BREAST	34	11	3:24.88	3:45.37	
	12	3:04.19	3:22.61				12	3:04.19	3:22.61
35	10&U	1:26.19	1:34.81	100 BACK	36	10&U	1:28.65	1:37.52	
37	11	1:19.29	1:27.22			38	11	1:20.28	1:28.31
	12	1:14.37	1:21.81				12	1:15.35	1:22.89
39	10&U	40.00	45.00	50 FLY	40	10&U	40.00	45.00	
41	11	3:09.12	3:28.03	200 FLY	42	11	3:31.78	3:52.96	
	12	2:53.36	3:10.70				12	2:56.32	3:13.95
43	10&U			4x50 FREE	44	10&U			
45	11-12			4x50 FREE	46	11-12			

SATURDAY FINALS

Warm-up: 5:00 pm

Start: 6:00 pm

<u>WOMEN</u>				<u>EVENTS</u>	<u>MEN</u>			
Event	Age				Event	Age		
3	13			200 IM	4	13		
	14					14		
	15					15		
	16&O					16&O		
9	13			100 FREE	10	13		
	14					14		
	15					15		
	16&O					16&O		
11	13			200 BREAST	12	13		
	14					14		
	15					15		
	16&O					16&O		
13	13			100 BACK	14	13		
	14					14		
	15					15		
	16&O					16&O		
15	13			200 FLY	16	13		
	14					14		
	15					15		
	16&O					16&O		

SUNDAY MORNING

Warm-up: 7:00 am

Start: 8:00 am

<u>WOMEN</u>				<u>EVENTS</u>	<u>MEN</u>			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
47	13	2:14.21	2:33.32	200 FREE	48	13	2:10.14	2:28.98
	14	2:11.66	2:30.19			14	2:05.47	2:23.42
	15	2:10.47	2:23.52			15	2:01.96	2:14.16
	16&O	2:06.31	2:20.36			16&O	1:57.13	2:10.15
49	13	1:09.75	1:21.81	100 FLY	50	13	1:07.73	1:18.55
	14	1:08.67	1:20.23			14	1:04.91	1:15.09
	15	1:07.62	1:14.38			15	1:02.89	1:09.18
	16&O	1:06.06	1:13.41			16&O	1:00.17	1:06.87
51	13	2:29.98	2:54.45	200 BACK	52	13	2:25.20	2:50.12
	14	2:27.03	2:50.51			14	2:22.77	2:46.64
	15	2:25.49	2:40.04			15	2:19.46	2:33.41
	16&O	2:20.77	2:36.42			16&O	2:12.09	2:26.78
53	13	1:20.13	1:32.10	100 BREAST	54	13	1:17.80	1:30.48
	14	1:19.17	1:30.83			14	1:14.95	1:26.91
	15	1:18.57	1:26.43			15	1:14.11	1:21.52
	16&O	1:17.35	1:25.95			16&O	1:10.11	1:17.90
55	13	28.61	32.49	50 FREE	56	13	27.13	30.88
	14	28.11	31.89			14	26.34	29.95
	15	27.67	30.44			15	25.86	28.45
	16&O	27.09	30.10			16&O	24.59	27.32
57	13-14			4x50 MEDLEY	58	13-14		
59	15&O			4x50 MEDLEY	60	15&O		

SUNDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
63	10&U	2:46.00	3:02.60	200 FREE	64	10&U	2:51.00	3:08.10
65	11	2:30.71	2:45.78		66	11	2:33.66	2:49.03
	12	2:21.84	2:36.02		12	2:20.86	2:34.95	
67	10&U	1:31.11	1:40.22	100 FLY	68	10&U	1:35.55	1:45.11
69	11	1:22.25	1:30.48		70	11	1:24.71	1:33.18
	12	1:16.34	1:23.97		12	1:15.85	1:23.44	
71	10&U	3:06.16	3:24.78	200 BACK	72	10&U	3:15.03	3:34.53
73	11	2:49.42	3:06.36		74	11	2:53.36	3:10.70
	12	2:39.57	2:55.53		12	2:40.06	2:56.07	
75	10&U	1:37.52	1:47.27	100 BREAST	76	10&U	1:41.46	1:51.61
77	11	1:31.61	1:40.77		78	11	1:33.58	1:42.94
	12	1:26.19	1:34.81		12	1:25.70	1:34.27	
79	10&U	33.98	37.38	50 FREE	80	10&U	34.48	37.93
81	11	31.52	34.67		82	11	31.77	34.95
	12	30.04	33.04		12	29.35	32.29	
83	10&U			4x50 MEDLEY	84	10&U		
85	11-12				86	11-12		
87	10&U	1:29.64	1:38.60	100 IM	88	10&U	1:31.61	1:40.77
89	11	6:04.45	6:40.90	400 IM	90	11	6:29.08	7:07.99
	12	5:43.00	6:17.30		12	5:50.00	6:25.00	

SUNDAY FINALS

Warm-up: 4:30 pm

Start: 5:30 pm

<u>WOMEN</u>				<u>EVENTS</u>	<u>MEN</u>			
<u>Event</u>	<u>Age</u>				<u>Event</u>	<u>Age</u>		
47	13			200 FREE	48	13		
	14					14		
	15					15		
	16&O				16&O			
49	13			100 FLY	50	13		
	14					14		
	15					15		
	16&O				16&O			
51	13			200 BACK	52	13		
	14					14		
	15					15		
	16&O				16&O			
53	13			100 BREAST	54	13		
	14					14		
	15					15		
	16&O				16&O			
55	13			50 FREE	56	13		
	14					14		
	15					15		
	16&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.**