

**2018
CENTRAL REGION 'C'
WINTER
CHAMPIONSHIPS**

23-25 February 2018

At the
ETOBICOKE OLYMPIUM

Hosted by

**NYAC
SWIMMING**

North York Aquatic Club

2018 CENTRAL REGION "C" WINTER CHAMPIONSHIPS

- Date:** 23-25 February 2018
- Hosted By:** North York Aquatic Club
- Location:** Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario
- Facility:** Two 8-lane 25 metre competition pools with Swiss Timing electronic timing.
- Sanctioned By:** Swim Ontario
The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- All current Swimming/Natation Canada (SNC) rules will be followed.
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).
- For club and provincial meets, a swimsuit that covers more of the body such as modesty swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh textile material and does not give the swimmer an advantage. The full interpretation can be viewed [HERE](#). Advanced notification or for clarification of interpretation please see the Competition Coordinator.
- 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 2018 qualifying standards.
- Entries:** **Swimmers may swim a maximum of 7 individual events.** Please submit Best Times. Times must be an Official time and provable. All entries must be submitted in SCM. Conversion from LCM is permitted at 2% conversion.
- Bonus Swims** 2 bonus swims per swimmer are allowed up to the entry limit (7 individual events). 400 Free is not eligible for Bonus. Any bonus entries faster than the qualifying standard will be Exhibition (not eligible for scoring/awards).
- Competition:** The age groups will be 10&U, 11, 12, 13, 14, 15, 16&O.
All swims will be Time Finals. All 400 events will swim fastest to slowest.
- Qualifying:** Swimmers must adhere to qualifying times. Qualifying period starts Sept 1, 2016.
- Qualifying times are "E"** 2017-20 Ontario Provincial/Festival Standards (SCM).
13 & U uses Festival Standards and 14 & O uses Ontario Provincial Standards.
De-qualifying times are "C" 2017-20 Ontario Provincial/Festival Standards (SCM).
13 & U use Festival Standards, 14 & O use Ontario Provincial Standards.
- 10 & U 50 Breast qualifying time is 55.00, de-qualifying time is 50.00.
10 & U 50 Fly qualifying time is 50.00, de-qualifying time is 45.00.
- Any swimmer who qualifies to enter this meet may swim any leg of a relay.

Entry Deadline: The entry deadline is Friday 16 February 2018 at 6pm.

Scratch Rules: Scratches shall be made on the posted heat sheets without penalty.

Entry Fees: Individual event(s) \$11.00
Relay(s) \$16.00

Please bring cheque made payable to **North York Aquatic Club** on the first day on the meet. Swimmers will not compete until fees are paid.

Live Results: www.nyacswimming.ca

Meet Results: www.swimming.ca

Comp. Co-ord.: Clare Atkinson clareatkinson4@hotmail.com

Meet Manager: Charlotte Carroll meets@nyacswimming.ca

Awards: Medals 1st, 2nd, 3rd

Scoring: Individual Events 15-11-7-5-4-3-2-1 Relays 30-25-20-18-16-14-12-10-8-7-6-5-4-3-2-1

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 'C' WINTER CHAMPIONSHIPS

Order of Events and Time Standards

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-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>	
1	13	2:56.00	3:12.00	200 IM	2	13	2:48.49	3:03.80	
	14	2:45.07	3:00.07				14	2:37.49	2:51.80
	15	2:43.37	2:58.22				15	2:33.48	2:47.44
	16&O	2:40.96	2:55.60			16&O	2:28.83	2:42.36	
3	10&U	6:22.48	6:57.25	400 FREE	4	10&U	6:32.23	7:07.88	
	11	5:56.40	6:28.80				11	6:03.00	6:36.00
	12	5:33.30	6:03.60				12	5:34.40	6:04.80
5	13	5:30.00	6:00.00	400 FREE	6	13	5:24.50	5:54.00	
	14	5:06.59	5:34.46				14	4:56.84	5:23.82
	15	5:04.88	5:32.59				15	4:48.72	5:14.96
	16&O	5:00.82	5:28.16				16&O	4:41.91	5:07.54

SATURDAY MORNING

Warm-up: 7:00 am
Start: 8:00 am

<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>				
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>	
7	10&U	3:27.90	3:46.80	200 IM	8	10&U	3:31.20	3:50.40	
9	11	3:10.30	3:27.60			10	11	3:12.50	3:30.00
	12	2:59.30	3:15.60				12	2:59.30	3:15.60
11	10&U	1:22.89	1:30.42	100 FREE	12	10&U	1:24.51	1:32.20	
13	11	1:15.85	1:22.74			14	11	1:16.93	1:23.93
	12	1:11.51	1:18.01			12	1:10.97	1:17.42	
15	10&U	50.00	55.00	50 BREAST	16	10&U	50.00	55.00	
17	11	3:35.62	3:55.22	200 BREAST	18	11	3:45.37	4:05.86	
	12	3:22.61	3:41.03				12	3:22.61	3:41.03
19	10&U	1:34.81	1:43.43	100 BACK	20	10&U	1:37.52	1:46.38	
21	11	1:27.22	1:35.15			22	11	1:28.31	1:36.34
	12	1:21.81	1:29.24				12	1:22.89	1:30.42
23	10&U	45.00	50.00	50 FLY	24	10&U	45.00	50.00	
25	11	3:28.03	3:46.94	200 FLY	26	11	3:52.96	4:14.14	
	12	3:10.70	3:28.03				12	3:13.95	3:31.58
27	10&U			4x50 FREE	28	10&U			
29	11-12			4x50 FREE	30	11-12			

SATURDAY AFTERNOON

Warm-up: 1:00 pm

Start: 2:00 pm

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
31	13	1:10.70	1:17.12	100 FREE	32	13	1:07.72	1:13.87
	14	1:06.72	1:12.78			14	1:03.12	1:08.86
	15	1:05.98	1:11.98			15	1:01.63	1:07.24
	16&O	1:05.58	1:11.54			16&O	59.68	1:05.10
33	13	3:19.36	3:37.49	200 BREAST	34	13	3:15.03	3:32.76
	14	3:07.52	3:24.56			14	2:59.76	3:16.10
	15	3:06.96	3:23.95			15	2:57.21	3:13.32
	16&O	3:05.52	3:22.38			16&O	2:49.74	3:05.17
35	13	1:20.72	1:28.06	100 BACK	36	13	1:18.01	1:25.10
	14	1:15.61	1:22.49			14	1:12.49	1:19.08
	15	1:14.53	1:21.30			15	1:10.60	1:17.02
	16&O	1:13.40	1:20.08			16&O	1:07.55	1:13.69
37	13	3:06.36	3:23.30	200 FLY	38	13	3:04.19	3:20.94
	14	2:51.20	3:06.77			14	2:44.77	2:59.75
	15	2:49.87	3:05.32			15	2:40.31	2:54.89
	16&O	2:44.47	2:59.42			16&O	2:30.40	2:44.08
39	13-14			4x50 FREE	40	13-14		
41	15&O			4x50 FREE	42	15&O		
43	13	6:15.10	6:49.20	400 IM	44	13	6:07.40	6:40.80
	14	5:55.69	6:28.02			14	5:38.60	6:09.38
	15	5:45.79	6:17.22			15	5:33.28	6:03.58
	16&O	5:43.56	6:14.80			16&O	5:25.30	5:54.88

SUNDAY MORNING

Warm-up: 7:00 am

Start: 8:00 am

GIRLS				EVENTS	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
45	10&U	3:02.60	3:19.20	200 FREE	46	10&U	3:08.10	3:25.20
47	11	2:45.78	3:00.85			48	11	2:49.03
	12	2:36.02	2:50.21			12	2:34.95	2:49.03
49	10&U	1:40.22	1:49.33	100 FLY	50	10&U	1:45.11	1:54.66
51	11	1:30.48	1:38.70			52	11	1:33.18
	12	1:23.97	1:31.61			12	1:23.44	1:31.02
53	10&U	3:24.78	3:43.39	200 BACK	54	10&U	3:34.53	3:54.04
55	11	3:06.36	3:23.30			56	11	3:10.70
	12	2:55.53	3:11.48			12	2:56.07	3:12.07
57	10&U	1:47.27	1:57.02	100 BREAST	58	10&U	1:51.61	2:01.75
59	11	1:40.77	1:49.93			60	11	1:42.94
	12	1:34.81	1:43.43			12	1:34.27	1:42.84
61	10&U	37.38	40.78	50 FREE	62	10&U	37.93	41.38
63	11	34.67	37.82			64	11	34.95
	12	33.04	36.05			12	32.29	35.22
65	10&U			4x50 MEDLEY	66	10&U		
67	11-12					68	11-12	
69	10&U	1:38.60	1:47.57	100 IM	70	10&U	1:40.77	1:49.93
71	11	6:40.90	7:17.34	400 IM	72	11	7:07.99	7:46.90
	12	6:17.30	6:51.60			12	6:25.00	7:00.00

SUNDAY AFTERNOON

Warm-up: 1:00 pm

Start: 2:00 pm

<u>WOMEN</u>				<u>EVENTS</u>	<u>MEN</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
73	13	2:33.32	2:47.26	200 FREE	74	13	2:28.98	2:42.53
	14	2:24.83	2:37.99			14	2:18.81	2:31.43
	15	2:23.52	2:36.56			15	2:14.30	2:26.51
	16&O	2:21.65	2:34.52			16&O	2:10.15	2:21.98
75	13	1:21.81	1:29.24	100 FLY	76	13	1:18.55	1:25.69
	14	1:15.54	1:22.40			14	1:11.40	1:17.89
	15	1:14.38	1:21.14			15	1:09.18	1:15.47
	16&O	1:13.41	1:20.09			16&O	1:06.87	1:12.95
77	13	2:54.45	3:10.31	200 BACK	78	13	2:50.12	3:05.58
	14	2:41.83	2:56.54			14	2:37.05	2:51.32
	15	2:40.04	2:54.59			15	2:33.41	2:47.35
	16&O	2:38.70	2:53.12			16&O	2:26.87	2:40.22
79	13	1:32.10	1:40.48	100 BREAST	80	13	1:30.48	1:38.70
	14	1:27.09	1:35.00			14	1:22.45	1:29.94
	15	1:26.43	1:34.28			15	1:21.52	1:28.93
	16&O	1:25.95	1:33.77			16&O	1:17.90	1:24.98
81	13	32.49	35.45	50 FREE	82	13	30.88	33.68
	14	30.92	33.73			14	28.97	31.61
	15	30.47	33.24			15	28.45	31.03
	16&O	30.27	33.02			16&O	27.39	29.88
83	13-14			4x50 MEDLEY	84	13-14		
85	15&O			4x50 MEDLEY	86	15&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.**