



**May Long Course Invitational
May 28 – 30, 2010**

LOCATION: Victor Davis Pool
Victoria Road Recreational Center, Guelph, Ontario
FACILITIES: 6 lane - 50 Meter Pool; Electronic Timing
SANCTIONED BY: Swim Ontario
STANDARDS: E qualifying time standard for all events according to the age of the swimmer. The E qualifying standard also applies to the prerequisites.
MEET REFEREE: Paul Leslie
MEET MANAGERS: Dawn Larson

SESSIONS:		Warm-Up	Start Time	Age Group
Friday, May 28	Session 1	8:45 am	9:45 am	ALL
	Session 2	2:30 pm	3:30 pm	ALL
Saturday, May 29	Session 3	7:00 am	8:00 am	13 & Over Girls 13 & Over Boys
	Session 4	12:30 pm	1:30 pm	12 & Under Girls 12 & Under Boys
Sunday, May 30	Session 5	7:00 am	8:00 am	13 & Over Girls 13 & Over Boys
	Session 6	12:30 pm	1:30 pm	12 & Under Girls 12 & Under Boys

ALL EVENTS ARE TIMED FINALS.

PRELIMINARY ENTRIES: May 3, 2010

FINAL ENTRIES: May 17, 2010

All entries must be uploaded in Hytek format at www.swimming.ca/MeetList.aspx

Please email Dawn Larson to reserve space and then send a non-refundable \$300 deposit to Dawn Larson at the address below. Please make cheques payable to the **Guelph Marlins Aquatic Club**.

Dawn Larson, 20 Floral Dr., Guelph, Ontario N1G 1R1
Telephone: (519) 824-4152 (before 9:00 pm)
email: dlarson@uoguelph.ca

ENTRY FEES: \$ 9.25 Per Individual Event / \$15.00 Per Relay Event
A \$3.00/swimmer surcharge to cover pool costs will be added.

Club entries will be accepted, in their entirety, on a first come basis until the time limit for a given event or series of events is filled. From this point, entries will only be accepted to fill established heats. In the event of over subscription, the meet management will notify the club and return the cheque. NTs will not be accepted.

For Saturday and Sunday events: If session is full, a maximum of 3 events per swimmer will be enforced.

ELIGIBILITY:

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, but must be registered with an amateur aquatic association recognized by Swim Ontario.

RULES / PROCEDURES:

SNC rules and the **Fina One Start** will apply. SNC Warm Up Safety Procedures apply. Coaches are responsible for their swimmers conduct and knowledge of the SNC Warm Up Safety Procedures.

DECK ENTRIES:

Deck entries will be accepted only for the slowest heats that have empty lanes. These entries are **exhibition** only and no awards will be given. The cost for deck entries is \$10.00 per individual events and \$15.00 per relay events to be paid in cash at the time that the entry is accepted.

AWARDS:

Medals: First, second and third place for individual events only.

Ribbons: First to third place ribbons for relays. Fourth, fifth and sixth place ribbons for individual events.

AGE GROUP CATEGORIES	
Girls	Boys
10 and Under	11 and Under
11	12
12	13
13	14
14	15
15 and Over	16 and Over

SCRATCHES:

All scratches should be reported to the Meet Manager during warm-ups prior to each session. Swimmers failing to report within 5 minutes of last call for an event will be automatically scratched.

OFFICIALS

It is anticipated that *each participating club* will provide a list of officials available to work appropriate sessions. If further information is required, please email the GMAC Director of Hosted Meets, James Ball james.ball@ugdsb.on.ca

RESULTS

Hard copy results should be available within 30 minutes of the end of the meet. The results will also be emailed to the coaches.



May Long Course Invitational

Session 1 - Friday May 28 Warm-Up 8:45 am / Start 9:45 am

GIRLS EVENTS	PROGRAM OF EVENTS	BOYS EVENTS
1	Open 400 IM	2
3	Open 800 Freestyle	4
5	Open 1500 Freestyle	6

400, 800 and 1500 will be swam fastest to slowest. Heats of 800 and 1500 will alternate.

Session 2 - Friday May 28 Warm-Up 2:30 pm / Start 3:30 pm

GIRLS EVENTS	PROGRAM OF EVENTS	BOYS EVENTS
7	Open 50 Freestyle	8
9	Open 50 Backstroke	10
11	Open 50 Breaststroke	12
13	Open 50 Butterfly	14
15	Open 400 Freestyle	16

400 free will be swam fastest to slowest

Session 3 - Saturday May 29 Warm-Up 7:00 am / Start 8:00 am

GIRLS EVENTS	PROGRAM OF EVENTS	BOYS EVENTS
17	13 and over 200 Freestyle	18
19	13 and over 100 Breaststroke	20
21	13 and over 200 Backstroke	22
23	13 and over 100 Butterfly	24
25	13 and over 200 IM	26

Session 4 - Saturday May 29
Warm-Up 12:30 pm / Start 1:30 pm

GIRLS EVENTS

27
29
31
33
35

PROGRAM OF EVENTS

12 & under 200 Freestyle
12 & under 100 Breaststroke
12 & under 200 Backstroke
12 & under 100 Butterfly
12 & under 200 IM

BOYS EVENTS

28
30
32
34
36

Session 5 - Sunday May 30
Warm-Up 7:00 am / Start 8:00 am

GIRLS EVENTS

37
39
41
43
45

PROGRAM OF EVENTS

13 and over 100 freestyle
13 and over 200 butterfly
13 and over 100 backstroke
13 and over 200 breaststroke
13 and over 400 medley relay

BOYS EVENTS

38
40
42
44
46

Session 6 - Sunday May 30
Warm-Up 12:30 pm / Start 1:30 pm

GIRLS EVENTS

47
49
51
53
55

PROGRAM OF EVENTS

12 & under 100 freestyle
12 & under 200 butterfly
12 & under 100 backstroke
12 & under 200 breaststroke
12 & under 400 medley relay

BOYS EVENTS

48
50
52
54
56

SNC WARM-UP PROCEDURE

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.

ACCOMMODATIONS

The following hotels are offering special rates for all of our hosted meets for the 2009-2010 season. Please mention that you are in Guelph for one of the hosted meets by the Guelph Marlin Aquatic Club in order to attain the special rate.



The rate for our meets is \$99.99 plus tax for up to 4 people in a room. The rate includes our Continental Breakfast and free parking. Please call the Guelph Days Inn at 519-822-9112



The rate for our meets is \$119 plus tax for a double room. Please call Delta Guelph Hotel and Conference Centre at 519-780-6701



The rate for our meets is \$107-117 plus tax for a double room. Call the Holiday Inn at 519-836-0231