

***2016
TOP CUP
SC***

May 13th - 15th

***At the
ETOBICOKE OLYMPIUM***

Hosted by



Where our Tiny Olympic Prospects Begin



SWIMMING CANADA

COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

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 tank and when applicable, similarly situated in designated warm-up tanks 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.

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”**

2016 TOP CUP SC

- Date:** May 13 - 15, 2016
- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario
- Facility:** Two 8-Lane 25 metre competition pools with Omega electronic timing.
- Sanctioned By:** Swim Ontario. All SNC Rules and Warm-Up Safety Procedures will be in effect. The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- Qualifying:** No qualifying standards for SC meet. Please submit SC times for seeding purposes. Default Hy-tek Conversions accepted.
- Session Times:**
- | | | |
|--------------------|-----------------|---------------|
| Friday | Warm-up 4:30pm | Start 5:15pm |
| Saturday Morning | Warm-up: 8:00am | Start: 8:45am |
| Saturday Afternoon | Warm-up: 1:00pm | Start: 1:45pm |
| Sunday Morning | Warm-up: 8:00pm | Start: 8:45am |
| Sunday Afternoon | Warm-up: 1:15pm | Start: 2:00pm |
- Entry Deadline:** **Tuesday May 3, 2016.** Changes accepted until May 10th.
All entries must be submitted to www.swimming.ca/meetlist.aspx
Please submit entries using www.swimming.ca
No entries will be accepted directly by meet management.
Deck entries will be accepted, if lanes are available, as EXHIBITION swims only.
- Entry Fees:** \$9.00 per individual SC event. \$12.00 per SC relay event.
All costs include HST #125328625 and Gold Bonus.
Please make cheques payable to ETOBICOKE SWIMMING.
- Awards:** Medals for 1st, 2nd, and 3rd and ribbons for 4th through 8th for all individual events.
Medals for 1st, 2nd, and 3rd for all relay events
Individual High Point for 8 & Unders
- Scoring**
- | | |
|-----------------------|---|
| Individual High Point | 5-2-1 |
| Individual Events | 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1 |
| Relay Events | 30-25-20-15-14-13-12-11 |
- Meet Manager:** Steve Goodwin sdg9@rogers.com 416-622-0154
- Meet Referee:** Janice Charles
- Eligibility:** Swimmers must be registered with Swim Ontario, SNC and/or FINA organizations. The swimmers' age will be computed as of the first day of the meet (May 13, 2016)
- Meet Notes:** All events are Time Finals. Separate age groups for 10 years, 9 years and 8 & Under. All scratches to be made on the posted Heat Sheets without penalty.

Swimwear: Only FINA approved swimwear is allowed in competition as per GR 5.

Photographers: Photographers must obtain authorization from meet management before the event to get access to the deck.

Foreign Competitors:

All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.
All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario.

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.

Split Times:

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.
Any coach wishing to rely on a time achieved by the swimmer for an interval short than the total distance of the event shall so advise the Referee prior to the commencement of the event in question.

2016 TOP CUP SC

Order of Events

FRIDAY, MAY 13th, 2016
EVENING

Warm-up: 4:30 pm

Start: 5:15 pm

Event	10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
200 I.M.	1	2	3	4	5	6
400 FREE	7	8	7	8	7	8

2016 TOP CUP SC

Order of Events

SATURDAY, MAY 14th, 2016

MORNING

Warm-up: 8:00 am

Start: 8:45 am

Event	10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
100 FREE	9	10		12		
200 BACK	13	14		16		
50 FLY	17	18		20		
100 BREAST	21	22		24		
50 BACK	25	26		28		
4x50 F. R.	29	30		32		

SATURDAY, MAY 14th, 2016

AFTERNOON

Warm-up: 1:00 pm

Start: 1:45 pm

Event	10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
100 FREE			11		33	34
200 BACK			15		35	36
50 FLY			19		37	38
100 BREAST			23		39	40
50 BACK			27		41	42
4x50 F. R.			31		43	44

2016 TOP CUP SC

Order of Events

SUNDAY, MAY 15th, 2016

MORNING

Warm-up: 8:00 am

Start: 8:45 am

Event	10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
200 FREE	45	46		48		
50 BREAST	49	50		52		
100 BACK	53	54		56		
200 BREAST	57	58		60		
100 FLY	61	62		64		
50 FREE.	65	66		68		
4x50 M. R.	69	70		72		

SUNDAY, MAY 15th, 2016

AFTERNOON

Warm-up: 1:15 pm

Start: 2:00 pm

Event	10-Yr Old Girls	10-Yr Old Boys	9-Yr Old Girls	9-Yr Old Boys	8 & Under Girls	8 & Under Boys
200 FREE			47		73	74
50 BREAST			51		75	76
100 BACK			55		77	78
200 BREAST			59		79	80
100 FLY			63		81	82
50 FREE.			67		83	86
4x50 M. R.			71		85	88



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.**