



2010 NWO REGIONAL CHAMPIONSHIPS

Dates FEBRUARY 26-28, 2010
Pool CANADA GAMES COMPLEX, THUNDER BAY
DEEP END 6 lanes x 25 meters.
Warm-up/warm down facilities will be available

Sessions

Session 1 ~ Friday February 26 th , 2010	
Warm-up - 3:00 – 3:50 pm	Swim Meet Start - 4:00 pm
Session 2 ~ Saturday February 26 th , 2010	
Warm-up - 7:30 – 8:20 am	Swim Meet Start - 8:30 am
Session 3 ~ Saturday February 27 th , 2010	
Warm-up - 1:30 – 2:20 pm	Swim Meet Start - 2:30 pm
Session 3 ~ Sunday February 28 th , 2010	
Warm-up - 7:30 – 8:20 am	Swim Meet Start - 8:30 am

Competition

- The meet will be run following SNC and FINA rules.
- All swimmers must be registered with SNC and their Provincial and/or State Amateur Swimming Association.
- Swim Ontario LTAD guidelines will be used for Awards.
- All sessions will be completed within 4 hours of start.

Meet Rules

- Age Groups:
Girls: 10&under, 11&12, 13&14, 15&over
Boys: 11&under, 12&13, 14&15, 16&over
- All events will be swum as Timed Finals, and will be Senior seeded
- All events will be swum with girls and boys mixed / seeded together.
- 800 Freestyle will have a maximum of 4 heats, if there is a large number of entries it may be seeded with two swimmers per lane.
- Pre-Requisite times: No "NT" entries accepted
- NWO Region Pre-requisites for the Free and IM and distance events:

	10 & Under	11 & 12	13& Over
200 Free	5:30	5:00	4:30
200 IM	7:00	6:00	5:00
400 Free	8:30		
400 IM		9:00	

- Fun Team Relay to be added at the end of session 3

Swim Suit Rules

In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like armbands or leg bands shall be regarded as parts of a swimsuit.

Swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

Swimsuit Surface covered:

- Men swimsuit shall not extend above the navel or below the knee.
- Women swimsuit shall not cover the neck or extend past the shoulders, nor shall extend below the knee.

Composition/other items:

- Men's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered,
- Women' swimsuits may be in one or two pieces. Other items covering the body and not part of the swimsuit are prohibited.

Awards

- Medals: Gold/Silver/Bronze, Ribbons 4th/5th/6th (per age group)
- Points: 20,18,16,14,12,10,8,6,4,3,2,1 (per age group)
- Team Awards: Top Team Banner (Total Points)
- Best Performing Team (Medals/total number athletes)
- Individual High Point Award(per age group)

Entry Fees

- Flat fee \$70 for up to 8 limit individual events,
- Includes NWO Swimming Ontario Summer Games T-shirt and Regional Swimmer fee
- Deck Entries will be accepted where empty lanes are available, \$10 fee

Entry Deadline:

Wednesday February 17th, 2010 11:59pmEST

- Hytek entries must be submitted through the SNC Entry Website ~ www.swimming.ca
- Please also email Hytek entries to halvorsons@shaw.ca
- Club representatives are asked to submit their **Entry Fee Cheques** to the Meet Manager or his representative prior to the start of the swim meet.

Event Staff

- Meet Managers: Tom Bishop and Jon Cuthbertson info@thunderbolts.ca
- Meet Entries: Bruce Halvorson halvorsons@shaw.ca
- Meet Officials: Janice Trush janicetrush@hotmail.com

Technical Questions **Stewart McLean, Head Coach**
420 Winnipeg Avenue
Thunder Bay, ON, P7B 6B7
Phone: (807) 344 9802
Email: fifteenmeters@aim.com

**NWO REGIONAL CHAMPIONSHIPS
FEBRUARY 26th -28th , 2010**

Friday February 26th , 2010

Session 1: Warm-Up 3:00pm/Start 4:00 pm

Event 1	200 IM
Event 2	50 Breastroke 10/11&under
Event 3	200 Breastroke
Event 4	800 Freestyle

Saturday February 27th , 2010

Session 2: Warm-Up 7:30am/Start 8:30 am

Event 5	100 Butterfly
Event 6	50 Freestyle
Event 7	100 Back
Event 8	400 Free

Session 3: Warm-Up 1:30pm/Start 2:30 pm

Event 9	200 Freestyle
Event 10	100 Breastroke
Event 11	400 IM

Team Fun Relay (8 x 50)

Sunday February 28th , 2010

Session 4: Warm-Up 7:30am/Start 8:30 am

Event 12	100 Freestyle
Event 13	50 Butterfly 10/11&under
Event 14	200 Butterfly
Event 15	50 Backstroke 10/11&under
Event 16	200 Backstroke

RISK MANAGEMENT / WARM-UP PROCEDURES 2008

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.
- 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.**

SNC Board
Approved
July 6, 2005