

Regina



Presents

Spring Breakout 2010
March 6 and 7, 2010

Lawson Aquatic Centre
Regina Saskatchewan



SUPPORTED BY:



Regina Ys Mens Marlins Swim Club

Spring Breakout 2010

March 6 and 7, 2020

Sanction # 9092

Meet Manager: Leslie Sparling
306 545 1657
pjduffy@sasktel.net

Location: Lawson Aquatic Centre
1717 Elphinstone St.
Regina, SK

Facility: 1- 50 metre, 8-lane competition pool
Warm up/cool down available in shallow tank
Non-turbulent lane markers
Aries Electronic timing, and hand held stopwatches
HY-TEK Meet Management Software

Program: **Saturday March 6, 2010**
Warm-up 09:00-09:55 am
Competition Start 10:00 am
Sunday March 7, 2010
Warm-up 08:00-08:55 am
Competition Start 09:00 am

Program times may be changed at the discretion of Meet Management. All participating clubs will be notified of any changes to the program. Coaches will be notified prior to the meet of any changes to the specifications of this meet package, unless such changes can be dealt with at the commencement of the meet without disadvantage to the swimmer.

Eligibility: Open to all swimmers registered as “Winter competitive Swimmers” with Swimming/Natation Canada (SNC) or FINA affiliates.

Swimmers with a disability who are registered with a FINA or IPC affiliate are eligible to compete and will be seeded according to their entry time.

Age Group placement will be determined by using the age of the swimmer on March 6, 2010

Competition:

Current SNC rules will govern the competition unless otherwise specified in this meet package (revised edition October 2009)

Males and females will compete separately.

All events will be swum as timed finals.

All events will be pre-seeded according to entry times and will be swum slowest to fastest **except the 800 which will be swum fastest to slowest** as specified in SNC Rule CSW 3.4.

Meet Management reserves the right to swim the 400FR and 800FR events with two swimmers/lane.

If entries in the 800FR exceed 48 swimmers per event\gender the Saskatchewan "AA" time standard will be used as a dequalifying time and swimmers with an entry time faster than the "AA" time standard will not be allowed to swim that event. Meet Management will notify the person from each club that submits the entries in advance of the start of the meet so that an alternate event can be entered.

Heats may be combined as necessary.

The FINA Start shall be used for all events as per SNC rule SW 4.

Except for Backstroke events, swimmers will remain in the water at the completion of their swim to allow the next heat to get under way. Swimmers will stay to the side of their respective lane against the lane rope.

Relays:

Female relay events will be swum in the 10 & Under, 11 & 12, 13 & 14 and 15 & Over age categories.

Male relay events will be swum in the 11 & Under, 12 & 13, 14 & 15, and 16 & Over age categories.

****Each swimmer is only allowed to swim a maximum of two relays over the course of the competition****

Relay name changes shall be accepted each day up to 30 minutes before the start of the session as per SNC rule 3.2 (b)

Scratches: Scratches must be provided to the Clerk of Course **no later than 30 minutes** prior to the start of the session in which the event is being swum. **Coaches are encouraged to provide scratches to the Clerk of Course as soon as possible so that the Clerk may try to accommodate the deck entry of swimmers.**

Protests: As per SNC Rule CGR 9.2.

Coaches Meetings: Coaches meetings will occur on Saturday, March 6 at 09:15 am and on Sunday March 7 at 08:15 am.

Entries: Each swimmer will be limited to a maximum of **six (6)** individual events.

All entries to be submitted via the Swim Canada entries site.
www.swimming.ca/Meetlist.aspx

All entries must be submitted with times.
All entry times must be in long course metres.
Converted times will be accepted.
NT's will not be accepted

A meet entry report of entries **MUST** be emailed to the entries chairperson, Sandi Pettit @ pettit@sasktel.net

SNC registration numbers **MUST** be submitted for each swimmer. Meet Management will not be responsible for obtaining missing registration numbers. Entries submitted without a registration number will not be accepted.

Classification numbers for SWAD swimmers must accompany entries.

Individual swimmers registered directly with Swim Sask as Unattached, may submit their entries directly via e-mail to: Sandi Pettit @ pettit@sasktel.net

Entry Deadline: **Entries and Entry Fees should be received by 11:59 pm Thursday February 25, 2010.**

Mail Entry Fees to:
Sandi Pettit
2 Turgeon Crescent
Regina, Saskatchewan
S4S 3Z6

Entry Fees: **Individual Events: \$7.00/Event**
Relay Events: \$14.00/Event.
Cheque made payable to the Regina Ys Mens Marlins Swim Club

Deck Entries: Deck entries will be allowed at the discretion of the Meet Manager and the Clerk of Course. Deck entries must be submitted to the Clerk of Course no later than 45 minutes prior to the start of the session in which the event is to be swum. Deck entries will require a payment of \$10.00/individual swim and \$20.00/relay. Payment will be required prior to entry into the event.
Deck entries will be classified as exhibition swims as per SNC rule CSW 3.6.5

Awards: Ribbons will be awarded for first to eighth place in the following individual events only.
The 200 IM, 400 IM, and the 200, 400, 800 Free events

Ribbons will be awarded for first to third place in the relay events.

Results: Results will be posted on the Swim/Natation Canada web site.
Female results will be reported in the 10 & Under, 11 & 12, 13 & 14, and 15 & Over categories.
Male results will be reported in the 11 & Under, 12 & 13, 14 & 15, and 16 & Over categories.

Billeting: **There is no billeting provided.**

Saturday: March 6, 2010
Warm up 9:00am Start 10:00am
Session #1

Female	Event	Male
1(11&over)	800 Freestyle	2(12&over)
3	50 Fly	4
5	100 Back	6
7(11&over)	200 BR	8(12&over)
9	50 Free	10
11(11&over)	200 Fly	12(12&over)
13	100 Free	14
15	200 IM	16
17	200 Medley Relay	
	Female 10 & Under	
	Male 11 & Under	18
19	Female 11 to 12	
	Male 12 to 13	20
21	Female 13 to 14	
	Male 14 to 15	22
23	Female 15 & Over	
	Male 16 & Over	24

There will be a 45 minute break

March 7, 2010 Session #2
Sunday: Warm up 8:00am Start 9:00am

Female	Event	Male
	200 Free Relay	
25	Female 10 & Under	
	Male 11 & Under	26
27	Female 11 to 12	
	Male 12 to 13	28
29	Female 13 to 14	
	Male 14 to 15	30
31	Female 15 & Over	
	Male 16 & Over	32
33(11&over)	400 IM	34(12&over)
35	50 Br	36
37	100 Fly	38
39	200 BK	40
41	400 Free	42
43	50 BK	44
45	100 BR	46
47	200 Free	48

There will be a 45 minute break

Warm-Up Safety: SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET, AS PER APPENDIX D IN THE SNC RULEBOOK. (Revision 6 October 1 2009)

Diving starts shall not be made during the warm-up period when two-way swimming is in progress, except during the final 30 minutes of the warm-up period. During this period of time swimmers will be allowed to dive and swim in one direction in lanes 1 and 8 respectively.

Safety marshals will be on the pool deck during the warm-up period.

Kick boards and pull buoys will be allowed during the warm up period. Hand paddles and flippers will not be allowed.

General Information:

Any changes to the meet format will be provided to the coaches at the coaches' meeting.

Team spaces will not be assigned. Tables and chairs will be set up along the pool deck for coaches. The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.

The Lawson Aquatic Centre and the Regina Ys Mens Marlins Swim Club will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure that their personal belongings are stored in a secure manner.

Visiting teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by meet management.

RYMM reserves the right to sell merchandise on the pool deck.

Glass containers and breakables are not allowed on the pool deck. Sunflower seeds are also not allowed on the pool deck.

Deck changing will not be allowed as per Swim Saskatchewan policy. The Lawson Aquatic Centre has a new rule regarding deck changing. If a swimmer is seen changing during a competition that swimmer will be taken out of the competition for the day and told to leave the building.

