

Technical Bulletin

Tuesday, July 26th 2011



CANADIAN AGE GROUP
CHAMPIONSHIPS
CHAMPIONNATS
CANADIENS GROUPE D'ÂGE

QUEBEC SWIMMING FEDERATION AND SNC ARE PLEASED TO WELCOME YOU.

SNC Competition Coordinators

- Louise Leblanc and Dave Shewfelt

Meet Managers

- Christian Blais, Lise Goulet, Daniel Leduc, Stéphane Charron and André Despatie

Technical meeting

- Tuesday July 26th at 11:00 AM in the Conference Room at the right of the main entrance.

Coach/ Support Staff Accreditation

Coaches must be registered with CSCTA as an "A" ou "B" member to receive a coach accreditation card and access to the pool deck. All accreditation passes for the coaches and support staff must be visible while on deck. Lost accreditation will be replaced at a cost of \$40 per accreditation.

Entry, bleachers and tents

- Swimmers must have their deck pass in all times. If they go for a warm down, they will need the deck pass to get back in the 10 lane pool.
- Swimmers may use the entry near the 8 lane pool (open from 6:00AM to 7:30AM) for the prelims and must use the main building entrance for the finals.
- All spectators will pay \$2 to obtain access to the stands for prelims and \$3 for finals.
- No swimmers or coaches will be tolerated in the other spectators sections.
- **Tents are for all clubs.**

Swimmers Accreditation

- Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint. Lost accreditation will be replaced at a cost of \$40 per accreditation.

Inscriptions

- All entry fees must be paid prior to the Technical Meeting on Tuesday, July 26th, 2011.
- No payment=No swims.
- Late entries (new swimmer requesting to be added to the meet) are subject to SNC Designated Meet Rule SNC 2.2.5 plus the approval of the SNC Competition Coordinator and may be refused.

Heat sheets

- The preliminary heat sheets will be posted in the window at the clerk of course room (building C) for the 10 lane pool and at the back of the tent where the electronic system is located for the 8 lane pool.
- Prelims and finals heats sheet will be available in your folder at the clerk of course table.

Pre-Meet Training Times

- | | | |
|----------------------------------|-------------------|---------------------------|
| • Sunday, July 24 th | 3:00PM to 8:00PM | Main 50m competition pool |
| • Monday, July 25 th | 9:00AM to 11:30AM | Main 50m competition pool |
| | 4:00PM to 6:00PM | Main 50m competition pool |
| • Tuesday, July 26 th | 9:00AM to 11:30AM | Main 50m competition pool |
| | 9:00AM to 11:30AM | Dive tank (25m) |
| | 4:00PM to 6:00PM | Main 50m competition pool |

Warm-up Schedule

- Prelims all days: 7:00AM to 8:50AM. At this time, swimmers please clear the pool in order to begin sessions on time.
- Finals all days: 4:00PM to 5:20PM. At this time, swimmers please clear the pool in order to begin sessions on time.
- The warm-ups are available in these pools:
 - ✓ Main pool 10 lanes (50m)
 - ✓ Secondary pool 8 lanes (50m)
 - ✓ Dive tank 4 lanes (25m)
- No lanes assignment has been planned for warm-up periods. However, it is of the responsibility of the coaches to respect the rule of the maximum of swimmers by lane (40 swimmers for 10 lanes pool and 20 swimmers for dive tank).
- SNC WARM-UP PROCEDURES WILL BE IN EFFECT DURING THIS MEET.
- Appendix D is included in this technical bulletin. No DIVE or LONG JUMP.
- Sprint lanes: lanes 0, 1, 8 and 9 will be in effect for the last 20 minutes of the warm-up in the 10 lane pool and lanes 1 and 8 will be in effect for the last 20 minutes of the warm-up in the 8 lane pool. Those lanes are one way only. Diving from start end (electronic board for 10 lane pool and dive tank end for 8 lane pool).

Swimdown

- The dive tank will be available at all time during sessions (Prelims and Finals).
- The Secondary Pool will also be available during finals only (4 lanes).

Meet Format Changes (at July 22th)

- For Prelims, all events will be swim SENIOR.
- The 400m, 800m, and 1500m Frees are double-laned except:
 - ✓ 800m and 1500m Female : The fastest heat (15 and over) will be swam during finals on their respective scheduled day. Also, the fastest heat (14 and under) will be swam at the beginning of the distance events during prelims (1 swimmer per lane).
 - ✓ 1 500 m and 800m male : The fastest heat (16 and over) will be swam during finals on their respective scheduled day. Also, the fastest heat (15 and under) will be swam at the beginning of the distance events during prelims (1 swimmer per lane).
- The 4x200m Free Relays are cancelled.
- The 4x100m Free **and** Medley Relays are replaced by 4x50m Free and Medley Relays.
- The 400m free will be swim before the 4x50 IM Relays on Sunday (Day 5).

Events assignment per pools (prelims sessions)

- Wednesday, July 27th (Day 1)
 - Female=Secondary 8 lanes pool
 - Male=Main 10 lanes pool
 - NOTE : Heats 16-17 for 1 500m free (event 7) for the female will be swim in the Main Pool (10 lanes).
- Thursday, July 28th (Day 2)
 - Female=Secondary 8 lanes pool
 - Male=Main 10 lanes pool
 - NOTE : Heats 1 to 15 for 100m free for the female (event 9) will be swim in the Main Pool (10 lanes) before event 10.

- Friday, July 29th (Day 3)

Undated Monday, July 25th

Female=Main 10 lanes pool

Male=Secondary 8 lanes pool

NOTE : Heats 17-18-19-20 for 800m free for the male (event 28) will be swim in the Main Pool (10 lanes) before event 27.

- Saturday, July 30th (Day 4)
Female=Main 10 lanes pool
Male=Secondary 8 lanes pool
NOTE : Event 40 (relays 4 X 50 free) will be swim in the Main Pool (10 lanes) after event 39.
- Sunday, July 31th (Day 5)
Female=Secondary 8 lanes pool
Male=Main 10 lanes pool
NOTE : 4 slowest heats for 400m free for the male (event 46) will be swim in the Main Pool (10 lanes) after event 45.

Meet Directives

- For the Prelims, we are asking the swimmers to stay in the water until the next heat, except for the backstroke events.
- For the Finals, all swimmers clear the Pool after each heat.
- Meet management reserves the right to modify start times if necessary (ex.: storm)

Finals

- Time lines for finals will be at the end of the prelim heats sheet of that day.
- The order of the finals will be:
 - ✓ Female 12 and under
 - ✓ Female 13
 - ✓ Female 14
 - ✓ Female 15
 - ✓ Female 16-18
 - ✓ Male 13 and under
 - ✓ Male 14
 - ✓ Male 15
 - ✓ Male 16
 - ✓ Male 17-18

Relays

- Relays are time finals with the fastest heat of each age group swum in finals, alternating female and male events.
- Relay name and order changes must be submitted 30 minutes before the start of the session concern for the relay.
- IMPORTANT : In order to respect prooved and submitted times for 4 X 100m relays, it has been decided with SNC to keep those entry times for the 4 x 50m relays.
- For the "All Star" provincial relays, the responsible of the provinces must confirm names and order of swimmers 30 minutes after the end of Prelims Sunday, 31 July 31th (Day 5).

Scratches

PLEASE NOTE: The "Intent to Scratch" rule, in effect for all senior SNC designated meets, will **NOT** be in effect for Age Group Nationals 2011.

- The scratch deadline for all preliminary events and time final events on Day 1 is the end of the Technical Meeting to be held at 11:00AM, Tuesday, July 26th.
- The scratch deadline for time finals each day (including fastest heats for the finals)will be 30 minutes following the completion of finals the prior evening.
- The scratch deadline for preliminaries on Days 2 to 5 will be 30 minutes following the completion of the prior day's Finals session.

- The scratch deadline for finals each night will be 30 minutes following the completion of the corresponding preliminary event – announcement will be made of the posting of results, and the time of the deadline for scratches in each event.
- No-shows, step downs and unexcused incomplete swims in finals will have penalties applied (\$50 as per SNC rule 3.4).

Award

- Medal presentations after each event during the finals of the next event.
- Banners Team presentations after the last event Sunday (Day 5).

Results

- The results will be posted behind the bleachers of the 10 lane pool and in front of the snack bar (between 2 pools). Results will be available on line at the Swimming/Natation Canada and Swimmeet websites.

Lockers

- Swimmers must use the outside lockers. They **cannot leave** their locks on overnight. All locks in the inside locker rooms will be cut. All personal effects will be put aside at the lost and found area. (See Clerk of Course, building C).

Security and Property

- Meet officials will provide a safe environment and an organised competition.
- We are not responsible for the supervision of athletes during the competition.
- Coaches are responsible for the swimmers conduct.
- Trash cans are available in sufficient numbers, please use them, do not throw away garbage under the stands. It is your responsibility to clean your bleacher area after each session.
- During a storm, the responsible and lifeguards from Parc Jean-Drapeau will stop the competition through use of whistle signals. All swimmers and coaches will have to go to the main building. The competition will resume 20 minutes after the last thunderclap.
- After 3:00PM, no swimmer, no coach and no spectator is allowed access to the equipment of the recreational pool deck between the dive tank and the competition pool, the offender will be immediately expelled from the competition site, this is a Park Jean-Drapeau rule.

Hospitality

- A meal pass was giving to you with your accreditation. It will be punched at each meal. A lost card can be replace at the following prices:
 - ✓ Days 1 an 2 : \$40
 - ✓ Day 3 : \$30
 - ✓ Day 2 : \$20
 - ✓ Day 1 : \$10

Please refer at the Clerk of Course for replace your meal card.

- Water and coffee are available for coaches at the hospitality room entry. We are asking you to take water only for your personnel consumption. In order to be and environmentally friendly, we're inviting you to use our own water bottle and to refill it at the water sources on deck.
- We **will not** distribute water on the pool deck.

Public transportation

Public transportation passes are available, in limited quantity, at the price of \$18.00. Those passes are valid from July 25th until July 31st, 2011 (up to and including) and gives you access to STM transit system including transport towards the airport (bus 747) from Berri-UQAM station (look for Gare autocars de Montréal). You can get them at the accreditation table on Monday, July 25th and Tuesday, July 26th and then at the clerk of course's office from Wednesday, July 27th.

First aid

- Please see the lifeguards.

Fireworks

- Wednesday (Day 1) and Saturday (Day 4) , Jacques-Cartier Bridge closes at 8:00PM.

**THANK YOU FOR YOUR COOPERATION
HAVE A NICE MEET EVERYONE!**

ORGANIZING COMMITTEE

SWIMMING/NATATION CANADA

APPENDIX D

RISK MANAGEMENT / WARM-UP PROCEDURES 2005

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 and PARA swimmers 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.**

EQUIPMENT:

- **FLUTTER BOARDS and PULLBUOYS are allowed.**
- **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED**