



# 30th Annual YOUTH CUP

A Four Day Invitational Meet

For Swimmers 11-12, 13, 14 & 15-17 age groups

On

November 29 and 30 & December 1 and 2, 2012

At the

Etobicoke Olympium  
590 Rathburn Road, Toronto

**NORTH YORK AQUATIC CLUB**  
**30<sup>th</sup> ANNUAL YOUTH CUP**  
**MEET INFORMATION**

- Dates: Thursday November 29, 2012 – Sunday December 2, 2012
- For: Swimmers 11-12, 13, 14, 15-17
- Sanctioned by: Swim Ontario. All current SNC rules and warm up procedures will apply. The FINA one start rule will be in effect.
- About the meet:
1. All preliminary events will be swum in two 25-meter, 8 lane pools.
  2. Electronic timing will be used in both pools.
  3. The 25 yard patio pool will be available:  
Thursday 1:00-4:00 pm, Friday 7:00 am-1:00 pm  
Saturday 9:00 am-1:00 pm, Sunday 7:00 am – 3:00 pm
  4. All 800 and 1500 freestyle will be timed-finals swum fastest to slowest, **with one swimmer per lane**. Proof of times may be requested by Meet Management at the meet. Awards for these events will be presented during the following session.
  5. All 11-12 events will be Timed-Finals.
  7. The swimmer's age shall be that on the first day of the meet unless otherwise specified by SNC. A swimmer must compete in their own age group. Swimming up is only permitted in relay events.
  8. There is no limitation on the number of entered events for the competition providing the qualifying standards are met.
  9. Meet Management reserves the right to limit the number of heats in each event in order to adhere to Swim Ontario session time guidelines.
- Meet Referee: Horst Tietze
- Entries: **Entry deadline is MIDNIGHT, NOVEMBER 05, 2012.**  
**Deadline for changes is midnight Thursday November 19, 2012.** No changes will be accepted after that date. Entry confirmations will be sent by e-mail to each club and Psyche sheets will be posted on the NYAC website [www.nyac.on.ca](http://www.nyac.on.ca) by November 15, 2012.  
Swimmers must adhere to qualifying times.  
**All entries will be accepted at the discretion of meet management**  
**All entries will be checked by Swimming.ca database**  
All entries must be in Hy-tek format and submitted via [www.swimmeet.ca](http://www.swimmeet.ca)  
All entries will be converted to SC times, using the default conversion factors in Hy-Tek Meet Manager. The only Meet Package that will be considered as valid must be the most current version found on [www.swimmeet.ca](http://www.swimmeet.ca)
- Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or incorrect date of birth. Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet.
- Entry submission question: Olga Macel c/o NYAC  
E-mail: [nyacswim@yahoo.ca](mailto:nyacswim@yahoo.ca), Phone: (416) 785-0430, Fax: (416)785-9697
- Entry Fees: **Fees are \$16.00 for an 800 and 1500 event with the remaining individual events at \$10.00, \$12.00/relay. This includes the Swim Ontario gold bonus surcharges. ENTRY FEES MUST BE PAID TO THE MEET MANAGER BY NOON FRIDAY November 30, 2012 TO ENSURE PARTICIPATION IN THE MEET.** Please make a cheque payable to: North York Aquatic Club.

- Eligibility: Swimmers must be registered with an Amateur Aquatic Association recognized by F.I.N.A. as of December 1, 2011.
- Relays:
  1. all 11-12 relays and the 13-14 and 15-17 4x50 Free Relays will be swum as Timed Finals during the preliminary sessions. The remaining 13-14 and 15-17 Relays will be swum as Timed Finals during the Final sessions.
  2. Team officers shall name the actual team members (also giving the full name of each competitor, swimmer ID# and their ages) in order they will swim, on the relay card, in accordance with SNC rules.
  3. Relay teams will be limited to three teams per club for each relay event.
  4. Only swimmers whose names appear on the meet entry forms shall compete in relay events. Swimmers who will be only in relays shall be listed on the meet entry forms with 'relays only' noted opposite their names.
  5. Please submit relay entry times for seeding purposes. Entries submitted without entry times will be entered as NT and seeded last.
- Scratches: PRELIMINARY SESSIONS: Scratches must be made with the Clerk of Course at each end of the pool at least 30 minutes before the session starts.  
 FINALS: All scratches for Finals must be made within 30 minutes of the conclusion of Preliminary events to allow proper seeding and notification of alternates.  
**No scratch penalty shall be imposed for late or day of scratches.**
- Split Times: **Meet Management acknowledged the SO policy with banning the future use of split times as official times and requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.**
- Marshalling: The marshals have been instructed to limit the number of swimmers behind the blocks. This will avoid difficulties for the timers.  
 Horseplay and excessively noisy behavior in the marshalling areas and anywhere on the pool deck will not be tolerated. The number of swimmers participating in this meet makes this imperative.  
 As per HEALTH REGULATIONS OF THE CITY OF TORONTO spitting in the pool or on the pool deck will result in ejection from the meet.
- Coaches: Coaches are required to stay well back on the pool deck to avoid interfering with the officials. The west side of the pool deck as well as the bulkhead is out of bounds for swimmers and coaches at all times except for awards and presentations.
- Protests: Protests are to be reported to the Session Referee. The Session Referee will advise coaches on protest procedures.
- Awards:
  1. All 11-12, 13, 14 and 15-17 Individual Events.  
 First place Youth Cup. Medals 2nd 3<sup>rd</sup> Relays Medals for 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>.
  2. Individual High Point award: One girl and one boy per group  
**A tie for the high point award will be broken by the number of first, seconds and thirds by the swimmer.**
  3. Overall Team High Point award.
  4. Special Small Team High Point award:  
 Overall winner of teams of 16 swimmers or less

Awards and Presentations:

1. For Finals – the top 3 finishers will be kept at the Awards area immediately after the Final. Presentation will be made at the next appropriate break in the meet.
2. High Point Awards – will be given out for each age group upon completion of the finals on Sunday evening.

Scoring:

All age groups will be scored for Youth Cup.

Team scoring will be as follows:

1. Male and female combined
2. The first 8 swimmers (in each event) will contribute to team points. The points to be awarded for individual events will be in the order: 20, 16, 15, 14, 13, 12, 11, 9.
3. Relays will score double team points.
4. Timed finals shall be scored in an identical manner (i.e. to the 8<sup>th</sup> place)
5. Scoring for individual high point awards shall be awarded as follows: 10, 7, 6, 5, 4, 3, 2, 1 in individual events only for placing in Finals and Timed finals.
6. Competitors who scratch shall not earn points.

Session Times:

			<u>Warm-up</u>	<u>Start</u>	<u>Estimated length</u>
<u>Thursday</u>	Session 1	T-F/Pr	9:00 am	10:00 am	4 hours
	Session 2	T-F/Pr	1:00 pm	2:00 pm	2 hours
<u>Friday</u>	Session 3	Prelims	7:00 am	8:30 am	3 1/2 hours
	Session 4	Finals	5:00 pm	6:00 pm	3 hours
<u>Saturday</u>	Session 5	Prelims	7:00 am	8:30 am	3 1/2 hours
	Session 6	Finals	5:00 pm	6:00 pm	3 hours
<u>Sunday</u>	Session 7	Prelims	7:00 am	8:30 am	4 hours
	Session 8	Finals	5:00 pm	6:00 pm	3 hours

Meet Management reserves the right to change start times for sessions. Session times are estimates while actual times and duration can be only established after all entries are submitted.

Results:

Results will be available at the end of each day during the meet on our web site through the link [www.swimmeet.ca](http://www.swimmeet.ca) following the conclusion of the meet.

ANY QUESTIONS?

Call PETER COOLING (Meet Manager)  
 Phone (416) 580-2669  
 E-mail: [peter@armstrongbaum.com](mailto:peter@armstrongbaum.com)

## **\*\*IMPORTANT NOTICE\*\***

### **POSITIVE CHECK INS AND SCRATCHES**

**All positive check INS and scratches are to be given to the Clerk of Course at each end of the pool. Scratches for preliminary sessions are requested 30 minutes before each session start.**

**Please note that all 1500, 800 and 400meter events and all relays will be reseeded before the start of each session.**

**Thursday: All 800 and 1500 Session 1 Positive check in by 9.00am. Session 2 Positive check in by 1.00pm.**

## **SNC 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
- 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.
- Swimmers shall enter the water FEET FIRST in a cautious manner.
- 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 PULL BUOYS are allowed
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED

**30th ANNUAL YOUTH CUP  
ORDER OF EVENTS AND QUALIFYING TIMES**

**THURSDAY November 29, SESSION 1    WARM-UP 9:00-9:50 am    START 10:00 pm**

Girls	Qualifying Time		Age Group	Event	Qualifying Time		Boys
1	10:52.75	T-F*	11-12	800 Free			
			11-12	1500 Free	21:03.81	T-F*	2
3	9:43.98	T-F*	13-14	800 Free			
			13-14	1500 Free	19:10.48	T-F*	4
5	9:33.53	T-F*	15-17	800 Free			
			15-17	1500 Free	17:54.84	T-F*	6

**THURSDAY November 29, SESSION 2    WARM-UP 1:00-1:50 pm    START 2:00 pm**

Girls	Qualifying Time		Age Group	Event	Qualifying Time		Boys
7	5:59.90	T-F*	11-12	400 I.M.	5:54.70	T-F*	8
9	5:37.39		13-14	400 I.M.	5:34.19		10
11	5:20.56		15-17	400 I.M.	4:56.13		12

**FRIDAY November 30, SESSION 3    WARM-UP 7:00-8:25 am    START 8:30 am**

Girls	Qualifying Time		Age Group	Event	Qualifying Time		Boys
13	5:14.57	T-F*	11-12	400 Free	5:13.79	T-F*	14
15	2:22.07		13-14	200 Free	2:17.98		16
17	2:11.85		15-17	200 Free	2:01.85		18
19	1:19.74	T-F*	11-12	100 Back	1:19.39	T-F*	20
21	1:15.75		13-14	100 Back	1:13.43		22
23	1:08.76		15-17	100 Back	1:04.07		24
25	3:11.13	T-F*	11-12	200 Breast	3:17.58	T-F*	26
27	3:06.64		13-14	200 Breast	2:57.35		28
29	2:54.28		15-17	200 Breast	2:36.27		30
31	N/T	T-F*	11-12	4X100 Free Relay	N/T	T-F*	32
33	N/T	T-F*	13-14	4X50 Free Relay	N/T	T-F*	34
35	N/T	T-F*	15-17	4X50 Free Relay	N/T	T-F*	36

**The top 8 Teams Of each 4X50 Free Relay event will  
Swim the 4X100 Free Relay in Friday night finals.**

**FRIDAY November 30, SESSION 4 WARM-UP 5:00-5:50 pm START 6:00 pm**

**(FINALS IN THE SHALLOW END)**

Girls		Age Group	Event		Boys
11	Final	13	400 I.M.	Final	12
11	Final	14	400 I.M.	Final	12
7	Final	15-17	400 I.M.	C/F	8
15	Final	13	200 Free	Final	16
15	Final	14	200 Free	Final	16
17	Final	15-17	200 Free	C/F	18
21	Final	13	100 Back	Final	22
21	Final	14	100 Back	Final	22
23	Final	15-17	100 Back	C/F	24
27	Final	13	200 Breast	Final	28
27	Final	14	200 Breast	Final	28
29	Final	15-17	200 Breast	C/F	30
133	N/T	T-F*	13-14 4X100 Free Relay	N/T	T-F* 134
135	N/T	T-F*	15-17 4X100 Free Relay	N/T	T-F* 136

**SATURDAY, DECEMBER 1, SESSION 5 WARM-UP 7:00-8:25 am START 8:30 am**

Girls	Qualifying Time		Age Group	Event	Qualifying Time		Boys
37	2:29.95	T-F*	11-12	200 Free	2:34.23	T-F*	38
39	4:55.75		13-14	400 Free	4:43.80		40
41	1:01.46		15-17	100 Free	0:57.89		42
43	1:32.50	T-F*	11-12	100 Breast	1:32.34	T-F*	44
45	1:28.50		13-14	100 Breast	1:28.78		46
47	1:20.15		15-17	100 Breast	1:13.00		48
49	0:31.35	T-F*	11-12	50 Free	0:31.13	T-F*	50
51	0:30.28		13-14	50 Free	0:29.86		52
53	0:28.20		15-17	50 Free	0:26.75		54
55	3:17.76	T-F*	11-12	200 Fly	3:04.43	T-F*	56
57	2:46.71		13-14	200 Fly	2:39.13		58
59	2:32.86		15-17	200 Fly	2:21.04		60
61	N/T	T-F*	11-12	4X50 Medley Relay	N/T	T-F*	62
63	N/T	T-F*	13-14	4X50 Medley Relay	N/T	T-F*	64
65	N/T	T-F*	15-17	4X50 Medley Relay	N/T	T-F*	66

**The top 8 Teams of each 4X50 Medley Relay event will Swim the 4X100 Medley Relay in Saturday night finals.**

**SATURDAY DECEMBER 1, SESSION 6 WARM UP 5.00-5.50 pm START 6.00 pm**  
**(FINALS IN THE SHALLOW End)**

Girls		Age Group	Event		Boys
39	Final	13	400 Free	Final	40
39	Final	14	400 Free	Final	40
41	Final	15-17	100 Free	C/F	42
45	Final	13	100 Breast	Final	46
45	Final	14	100 Breast	Final	46
47	Final	15-17	100 Breast	C/F	48
51	Final	13	50 Free	Final	52
51	Final	14	50 Free	Final	52
53	Final	15-17	50 Free	C/F	54
57	Final	13	200 Fly	Final	58
55	Final	14	200 Fly	Final	58
61	Final	15-17	200 Fly	C/F	62
263	N/T	T-F*	13-14 4X100 Medley Relay	N/T	T-F* 264
265	N/T	T-F*	15-17 4X100 Medley Relay	N/T	T-F* 266

**SUNDAY DECEMBER 2, SESSION 7 WARM-UP 7:00-8.25 am START 8:30 am**

Girls	Qualifying Time	Age Group	Event	Qualifying Time	Boys
67	2:47.71	T-F*	11-12 200 I.M.	2:53.68	T-F* 68
69	2:39.10		13-14 200 I.M.	2:35.50	70
71	2:30.86		15-17 200 I.M.	2:19.27	72
73	1:10.64	T-F*	11-12 100 Free	1:10.02	T-F* 74
75	1:05.42		13-14 100 Free	1:01.56	76
77	4:37.63		15-17 400 Free	4:23.04	78
79	2:51.52	T-F*	11-12 200 Back	2:51.00	T-F* 80
81	2:40.61		13-14 200 Back	2:36.74	82
83	2:28.26		15-17 200 Back	2:20.52	84
85	1:21.51	T-F*	11-12 100 Fly	1:25.55	T-F* 86
87	1:14.94		13-14 100 Fly	1:13.03	88
89	1:08.67		15-17 100 Fly	1:03.64	90

**SUNDAY DECEMBER 2, SESSION 8 WARM-UP 5.00-5.50 pm START 6.00 pm**  
**The top 8 Teams of each 4X100 Free Relay event will swim the 4X200 Free Relay in Sunday night Finals in the shallow end.**

Girls		Age Group	Event		Boys
69	Final	13	200 I.M.	Final	70
69	Final	14	200 I.M.	Final	70
71	Final	15-17	200 I.M.	C/F	72
75	Final	13	100 Free	Final	76
75	Final	14	100 Free	Final	76
77	Final	15-17	400 Free	C/F	78
81	Final	13	200 Back	Final	82
81	Final	14	200 Back	Final	82
83	Final	15-17	200 Back	C/F	84
87	Final	13	100 Fly	Final	88
87	Final	14	100 Fly	Final	88
89	Final	15-17	100 Fly	C/F	89
93	N/T	T-F*	13-14 4X200 Free Relay	N/T	T-F* 94
95	N/T	T-F*	15-17 4X200 Free Relay	N/T	T-F* 96





## Welcome - Youth Cup and Mega City Swimmers !

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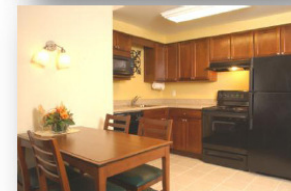
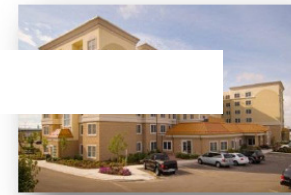
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*\*All rates are subject to availability.*

*\*Above rates valid for weekend nights (Thurs-Sun), higher rates may be in effect for Mon-Wed nights.*