



JENO TIHANYI

LONG COURSE CHAMPIONSHIP

NEOR/HURONIA LONG COURSE CHAMPIONSHIP

May 31, June 1 and 2, 2019

Hosted by:



SUDBURY LAURENTIAN SWIM CLUB

705-675-4851

www.SudburySwimming.ca

JENO TIHANYI

OLYMPIC GOLD POOL

Athletic Building Rd, Sudbury, ON



MEET PACKAGE

JENO TIHANYI LONG COURSE CHAMPIONSHIP

- DATE(S): May 31, June 1 and 2, 2019
- HOSTED BY: Sudbury Laurentian Swim Club
- LOCATION: JENO TIHANYI Olympic Gold Pool, Laurentian University, 935 Ramsey Lake Road, Sudbury, Ontario, P3E 2C6
- FACILITY: 50 Meter, 8 Lane competition pool. Timing – Electronic/Manual.
- PURPOSE: JENO TIHANYI Long Course Championship (NEOR/HURONIA) provides competitive long course swimming with timed finals for Swim Ontario swimmers aged 10 and under, 11, 12, and prelims and finals for Swim Ontario swimmers aged 13, 14, 15 and over from the NEOR and HURONIA regions.
- MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- COMPETITION COORDINATOR: Chris Salvador; Level 5, leafs67salvador@gmail.com
- MEET MANAGER: Dave Bertrim, davidbertrim@gmail.com
- OFFICIALS COORDINATOR: Laurie Krawczuk, laurie.slsc@gmail.com
- MEET ENTRY COORDINATOR: Dave Bertrim, davidbertrim@gmail.com
- DESCRIPTION: Long Course Championship with Preliminaries, Finals, and Timed Finals.
- COMPETITION RULES: Sanctioned by Swim Ontario.
All current Swimming Canada (SC) rules will be followed.
- All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.
- Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).
- DIVE STARTS: Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from deep end only
- And In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2 from shallow end.

RECORDS: Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

AGE UP DATE: Ages submitted are to be as: May 31, 2019

MIXED-GENDER: The Swim Ontario statement on mixed-gender swimming is set out as follows:
Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances:

Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.

This is a Regional Championship Meet open to qualified swimmers from the NEOR and HURONIA regions only.

Meet Management reserves the right to further limit individual entries to specific events if necessary to keep session times to within 4.5 hours.

ENTRY FEE:

Individual Events \$9.50 per individual entry

Relays Events: Relays \$11.00 per relay team

Note: Meet Management will NOT be collecting any other Regional Fees.

Please make cheques payable to: **Sudbury Laurentian Swim Club**. Fees must be delivered to Meet Manager prior to the start of the meet. All fees include HST. **There will be a \$50 NSF fee for any returned cheques.**

ENTRIES: Entries must be submitted through the SNC online entries system at www.swimming.ca .
Meet Management will not accept entries via email.
Online Entry Deadline: 11:59 PM Wednesday, May 22rd, 2019

Changes to entries will not be accepted after the above mentioned date. After that time, fees will be calculated; no refunds will be granted for missed swims.

Qualifying standards - Please see attached. Qualifying period for entry to the meet is September 2017 to present.

Swimmers may swim a **maximum of (6) individual swims and (4) relay swims.**

- a. Swimmers must have attained the qualifying standard on one event to swim one event. If they qualify in one event, they have three bonus swims (4 events total); if they qualify in two events they have three bonus swims (5 events total); qualify in three or more events (6 events total). **Bonus Swims are to be identified in hy-tek entry using the bonus checkbox.**
- b. Swimmers can only swim the 400 free, 400 I.M., or 800/1500 free if they have met the qualifying standards
- c. Swimmers may choose the 800 Free, or the 1500 Free – not both.
- d. 10 & Under swimmers cannot swim the 400 I.M., nor the 800 Free.
- e. **10 & under swimmers must achieve the time standard for the 200 and 400 meter events in order to swim those events (i.e. not allowed to be bonus events).**
- f. The number of 400 entries will be limited to 7 heats total.
- g. The number of 800 and 1500 entries will be limited to 6 heats each, 7 if time permits. Further heats may be added if time permits. Heats may be swum two-per-lane if time is limited. Please indicate an alternate event in case of oversubscription.
- h. **50 back, breast & fly cannot be used for qualification to participate in the meet. 50 Fly, 50 Back, and 50 Breast qualifying standards are for scoring only and these races must be checked off as bonus swims for entry purposes.**

Relay swimmers must be entered in a non-relay event in order to compete.

CONVERSION: Conversion - Please submit entry times as you have them. Times will be converted by the host, using the hy-tek default conversion factor.

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>
1	Friday, May 31, 2019	Preliminaries/Timed Finals	7:30 a.m.	8:30 a.m.
2	Friday, May 31, 2019	Timed Finals	12:00 p.m.	1:00 p.m.
3	Friday, May 31, 2019	Finals	5:00 p.m.	6:00 p.m.
4	Saturday, June 1, 2019	Preliminaries/Timed Finals	7:30 a.m.	8:30 a.m.
5	Saturday, June 1, 2019	Timed Finals	12:30 p.m.	1:30 p.m.
6	Saturday, June 1, 2019	Finals	5:00 p.m.	6:00 p.m.
7	Sunday, June 2, 2019	Timed Finals	7:30 a.m.	8:30 a.m.
8	Sunday, June 2, 2019	Timed Finals	12:30 p.m.	1:30 p.m.

SCHEDULE OF EVENTS: See event list – Appendix A

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.

COACH'S MEETING: A coaches meeting will be held **Friday, May 31 at 7:45 a.m. Pool Deck Entrance**

SEEDING:

- a. All ages swim together in their respective sessions and results are separated later as per the age groupings.
- b. All 12&Under 100 meter events will be "Super Seeded" meaning the fastest heat of each age group will be swum separately (if time permits)
- c. Entry times shall either be long-course times, or short-course converted using the Hytek conversion factors.

TIME SPLITS:

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 400m (4x100m) relays will still be regarded as an official split and therefore no request by coaches is needed for these relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official split" as per international practice

Meet management 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.

10 and under relays (Push start only from shallow end – no diving)

Lead-out leg of 4x50 (200m) relays:

- i. will **NOT** be official and will be deleted from meet database prior to upload to Swimming Canada
- ii. Coach may request to Meet Management an official split at the 50m mark prior to the start of the session. Coach must supply 2-3 timers to record times.

DECK ENTRIES:

No deck entries or exhibition swims allowed.

SCRATCHES:

Scratches for events that are **Timed Finals** are due 45 minutes prior to the start of the session.

Scratches for **Heat(s) in Prelims** may be simple no-shows.

Scratches for **Finals** are due 30 minutes after the completion of the heats session.

Any swimmers that do not show up for their Final or Timed Final events will be removed from further events for that session.

Relay "Name changes" shall be provided to Meet Management no later than 30 minutes prior to the start of each session.

PRELIMS, FINALS, TIMED-FINALS

- a. All 12 & Under events are timed finals.
- b. The following 13&Over events are timed finals:
 - 50 Breast, Back, and Fly
 - 400 I.M.
 - 800 and 1500 Free
 - 400 Free
 - Medley and Free Relays
- c. Other 13&Over events are heats (prelims) and finals
 - Age group 15 & over Finals will be top 8 A final that score, plus there will be B final non scoring.
 - 200 Fly B Finals may be cancelled or combined subject to entries and/or session length. There will be no B-Finals in 200 Fly if there are less than 18 swimmers total in 200 FLY Prelims.

PARA SWIMMERS

- a. All swimmers must have a current and valid classification

- b. All swimmers must qualify in at least one (1) 2017/18 PARA Provincial Time Standard in their disability class and then are allowed five (5) bonus events. The link to the standards is as follows:
www.swimontario.com/uploads/Meets/Standards/201718ParaStandardsProvincial.pdf
- c. No separate events will be setup for PARA swimmers.
- d. Swimmers times will count as PARA times but no Regional, Provincial, or National records will be recognized.
- e. No separate awards will be presented to PARA swimmers.

SCORING:

	The following will be scored:	
TEAM	FINALS	9-7-6-5-4-3-2-1
	A – FINALS in age groups	13, 14, 15& Over
	Relays	18-14-12-10-8-6-4-2
Individual High Point Age Group	Finals	5-2-1

AWARDS:

	The following will be awarded:	
	Individual Final events	Medals: 1 st , 2 nd , 3 rd Ribbons: 4 th through 8 th
	Relays	Medals: 1 st Ribbons: 2 nd through 8 th
	High Point Age Group	Male and Female in each Age group
	Team Trophy	Long Course Championship trophy for club with highest team total
	Small Team Trophy	Will be awarded to highest scoring team with 15 swimmers or less.

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
 The meet program will be run on Hy-Tek Meet Manager.
 Results will be posted as quickly as possible at the meet.
 Live Results / Meet Mobile are available.

RECORDING OF EVENT:

Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed shall be granted access and permission to do so. Please contact Meet Management for application and authorization.

SAFETY & LIABILITY:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

MEET OFFICIALS SIGN UP:

The officials sign up site is live and the link is:

<https://www.signupgenius.com/go/5080848A9A82CA5FA7-2019>

Please send to the Officials Coordinator the names of officials attending from your club and indicate which sessions they are willing to officiate. Please indicate if they are qualified to officiate Stroke and Turns or other positions they are qualified in.

Please also email any specific requests and evaluation information to the Officials Coordinator as listed in this package.

It is requested each club provide at least 1 official per session. This list of minimum required visiting officials must be submitted prior to the Event Entries being accepted by Meet Management.

Thanks in advance for your assistance with the meet!

Appendix A

Event List

Day One – Friday – Warm Up 7:30 AM - Racing 8:30 AM

Session 1 – Preliminaries/Timed Finals -13 and over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 Fly	1	2
100 Free	3	4
200 Breast	5	6
100 Back	7	8
200 IM	9	10
400 Free	11	12

Day One – Friday – Warm Up 12:00 PM – Racing 1:00 PM

Session 2 –Timed Finals - 12 and under

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 Fly	13	14
100 Free	15	16
200 Breast	17	18
100 Back	19	20
200 IM	21	22
400 Free	23	24

Day One – Friday – Warm Up 5:00 PM – Racing 6:00 PM

Session 3 –Finals – 13 and over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
200 Fly	1	2
100 Free	3	4
200 Breast	5	6
100 Back	7	8
200 IM	9	10

Day Two – Saturday – Warm Up 7:30 AM - Racing 8:30 AM

Session 4 – Preliminaries/Timed Finals

13 and over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Free	25	26
100 Breast	27	28
200 Free	29	30
100 Butterfly	31	32
200 Back	33	34
400 IM	35	36
400 Free Relay	37	38

Day Two –Saturday - afternoon – Warm Up 12:00 PM – Racing 1:00 PM

Session 5 – Timed Finals

12 and under

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Freestyle	39	40
100 Breast	41	42
200 Free	43	44
100 Fly	45	46
200 Back	47	48
400 IM	49	50
10 and under 200 Free Relay No Diving from Shallow End - Push Start Only from Shallow End	51	52
11-12 400 Free Relay	53	54

Day Two – Saturday – Warm Up 5:00 PM – Racing 6:00 PM

Session 6 – FINALS

13&Over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
50 Freestyle	25	26
100 Breast	27	28
200 Free	29	30
100 Butterfly	31	32
200 Back	33	34

Day Three – Sunday – Warm Up 7:30 AM – Racing 8:30 AM

Session 7 – Timed Finals

13&Over

EVENT	GIRLS EVENT NO.	BOYS EVENT NO.
13-14 400 Medley Relay	55	56
15 and over 400 Medley Relay	57	58
50 Breast	59	60
800 Free	61	62
50 Fly	63	64
1500 Free	65	66
50 Back	67	68

Day Three – Sunday – afternoon – Warm Up 12:00 PM – Racing 1:00 PM

Session 8 – Timed Finals

12 and under

EVENT –ALL TIMED FINALS	GIRLS EVENT NO.	BOYS EVENT NO.
11-12 400 Medley Relay	69	70
10 and under 200 Medley Relay No Diving from Shallow End - Push Start Only from Shallow End	71	72
50 Breast	73	74
11-12 800 Free	75	76
50 Fly	77	78
11-12 1500 Free	79	80
50 Back	81	82
10 and under 400 Free	83	84

2019 Jeno Tihanyi Time Standards

Female	10 & under	11 Yr Old	12 Yr Old	13 Yr Old	14 Yr Old	15 & Over
	LC	LC	LC	LC	LC	LC
50 Free	40.74	37.78	36.02	33.14	31.54	31.08
100 Free	1:30.33	1:22.65	1:17.93	1:12.12	1:08.05	1:07.30
200 Free	3:16.01	3:00.66	2:50.03	2:36.39	2:27.72	2:27.29
400 Free	6:56.81	6:22.57	5:57.78	5:36.60	5:12.76	5:10.97
800 Free		13:15.84	12:17.99	11:25.30	10:53.76	10:47.46
1500 Free				21:11.71	20:53.01	20:38.84
50 Back	47.70					
100 Back	1:43.32	1:35.05	1:29.15	1:22.34	1:17.13	1:16.02
200 Back	3:23.09	3:23.09	3:11.29	2:57.94	2:45.07	2:43.24
50 Breast	54.50					
100 Breast	1:56.89	1:49.81	1:43.32	1:33.94	1:28.84	1:28.15
200 Breast	3:54.97	3:54.97	3:40.81	3:23.35	3:11.27	3:10.70
50 Fly	50.60					
100 Fly	1:49.22	1:38.59	1:31.51	1:23.40	1:17.04	1:15.87
200 Fly	3:46.71	3:46.71	3:27.81	3:10.09	2:54.63	2:53.27
200 IM	3:43.17	3:24.27	3:12.47	2:59.52	2:48.38	2:46.64
400 IM		7:16.89	6:45.01	6:22.60	6:02.80	5:52.70

Male	10 & under	11 Yr Old	12 Yr Old	13 Yr Old	14 Yr Old	15 & Over
	LC	LC	LC	LC	LC	LC
50 Free	41.33	38.08	35.19	31.49	29.56	29.02
100 Free	1:32.10	1:23.83	1:17.34	1:09.07	1:04.71	1:02.87
200 Free	3:21.91	3:04.20	2:48.85	2:31.97	2:21.58	2:16.54
400 Free	7:07.44	6:29.66	5:58.96	5:30.99	5:02.78	4:54.49
800 Free		13:52.45	12:27.43	11:17.47	10:35.42	10:16.72
1500 Free				20:58.83	20:18.18	19:42.35
50 Back	49.20					
100 Back	1:46.27	1:36.23	1:30.33	1:19.57	1:13.94	1:12.02
200 Back	3:27.82	3:27.82	3:11.88	2:53.51	2:40.19	2:36.48
50 Breast	56.80					
100 Breast	2:01.62	1:52.17	1:42.73	1:32.28	1:24.10	1:23.16
200 Breast	4:05.60	4:05.60	3:40.81	3:18.94	3:03.36	3:00.75
50 Fly	53.30					
100 Fly	1:54.54	1:41.55	1:30.92	1:20.12	1:12.83	1:10.57
200 Fly	4:13.87	4:13.87	3:31.36	3:07.88	2:48.07	2:43.52
200 IM	3:46.71	3:26.64	3:12.47	2:54.47	2:40.63	2:36.55
400 IM		7:46.41	6:53.27	6:14.75	5:45.38	5:39.94