



NYAC CUP

**A Three Day Invitational Meet for
Age Group Swimmers**

3-5 November 2017

**Toronto Pan Am Sports Centre
875 Morningside Avenue
Toronto ON M1C 0C7**



NYAC Cup
Toronto Pan Am Sports Centre
875 Morningside Ave., Toronto ON
3-5 November 2017

Date: 3-5 November 2017

Hosted By: North York Aquatic Club

Location: Toronto Pan Am Sports Centre
875 Morningside Avenue
Toronto ON M1C 0C7

Facility: Two 10 Lane, 25 meter pools with Electronic Timing.

Sanctioned By: Swim Ontario. The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

All current Swimming/Natation Canada (SNC) rules will be followed.

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

For club and provincial meets, a swimsuit that covers more of the body such as modesty swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh textile material and does not give the swimmer an advantage. The full interpretation can be viewed [HERE](#). Advanced notification or for clarification of interpretation please see the Competition Coordinator.

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.

Qualifying Standards: Meet qualifying standards exist. All swimmers must have at least two qualifying events to enter the meet. Qualifying Standard for 14 & Over swimmers is Swim Ontario Provincial 'D' and for 13 & Under swimmers Swim Ontario Festival 'D'. The qualifying period is since 1 Sep 2016. Please submit SCM times. LCM times may be converted at a 2% conversion rate. All 400/800/1500 entries must be submitted with an entry time for seeding purposes.

Session Times:

Prelim Sessions:	13 & Over	Warm up - 7:00 a.m.	Start - 8:00 a.m.
Afternoon Sessions:	12 & Under	Warm up - 12:00 p.m.	Start - 1:00 p.m.
Final Sessions:	13 & Over	Warm-up - 4:30 p.m.	Start - 5:30 p.m.

Entry Deadline: All team entries must be received by Friday 20 October 2017
Changes to entries will not be accepted after Sunday 29 October 2017
Entries must be submitted through the SNC online entries system at www.swimming.ca. No entries will be accepted directly by meet management.

Entry Fees: \$10.00 per individual event and \$15.00 per 800/1500
Please make cheques payable to North York Aquatic Club and deliver to Clerk of Course.



NYAC Cup
Toronto Pan Am Sports Centre
875 Morningside Ave., Toronto ON
3-5 November 2017

Entry Limit: Maximum 3 events per session.

Deck Entries: Will be accepted for swimmers already in the meet and for empty lanes only. The cost for deck entries is \$15.00 per individual event, \$20.00 per 800/1500 to be paid in cash/cheque at the time that the entry is accepted.

Meet Notes: All 12 & Under events and all 400/800/1500's are Time Finals. All other events are Prelims and Consol/Finals format -- No Consols for events with less than 20 entries. Seeding will be in accordance with Swimming Canada Swimming Rule SW3.1. Time-Final events will be seeded slow to fast except 400/800/1500 events which will be Fast to Slow with the fastest heat in Finals for 13 & Over 400's

Results will be posted and awards provided for the age groups listed under 'Awards'.

Meet management reserves the right to modify session times (all clubs will be notified 1 week before the meet), and limit entries to fit available pool time.

Positive

Check-In: Required for all 800/1500 events before session starts.

Scratches: **Preliminary and 12&U Sessions:** Scratches are to be made on the posted heat sheets. No penalty for late scratches for Prelim session or 12 & Under events.

Finals: All scratches for Finals must be made on official scratch cards within 30 minutes of the conclusion of the Preliminary session to allow proper seeding and notification of alternates. Scratching from Finals after the final scratch deadline (applies to initially named finalists and alternates), or failure to participate in an individual final will result in a \$50.00 fine for each offence – payable to North York Aquatic Club. Failure to pay penalty will exclude the club (all swimmers) from further participation in the meet.

Foreign

Competitors: All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.
All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status](#) form to Swim Ontario no later than 7 days prior to start of competition..

Coach

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.

Split Times: 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. Please complete an 'Official Split Request' form (available from the Clerk of Course) prior to the session/event.



NYAC Cup
Toronto Pan Am Sports Centre
875 Morningside Ave., Toronto ON
3-5 November 2017

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.

Awards: **Age Groups:** 10 & Under, 11, 12, 13, 14, 15, 16 & Over
Individual Events – Medals for 1st, 2nd, 3rd
NYAC Cup – Individual High Point trophy for each gender/age group

Award

Presentations: **For Finals** – the top 3 finishers are to go to the Awards area immediately after the Final. Presentation will be made at the next appropriate break in the meet.
High Point Awards – will be given out for each age group upon completion of the finals on Sunday evening (Sunday afternoon for 12 & Unders)

Scoring: Individual High Point scoring – 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1,

Meet Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Live Results: www.nyacswimming.ca and Meet Mobile ([download Meet Mobile](#)).

Competition

Coordinator: Dave Denyer – dave.denyer@sympatico.ca

Meet Manager: Charlotte Carroll – meets@nyacswimming.ca --- Cell – 416-606-3747

Officials: It would be appreciated if each club would provide some officials to help with the meet. If anyone is interested in officiating please inform NYAC Club Official Assistant, **Jeff Patterson**, at paterson.jeff@gmail.com
If an evaluation is required for a position, please make it known to the referee prior to the session start.

Safety & Liability:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
North York Aquatic Club members, coaches and the Board assume no responsibility for swimmers who are left at the pool by their parents or guardians, and whose parents fail to pick their children up in time at the end of the session. Parents who plan to drop their child off are responsible for ensuring their safety before, during and after the meet. To ensure that, they should confirm that their child(ren)/swimmer(s) arrive safely on deck, that they are placed in the care of their coach(s), and that appropriate arrangements are made for them to be picked up once they have finished their events.

Order of Events

Session 1 - 13 & Over Prelims		Friday 3 Nov 2017
Warm-up - 7:00 AM		Start - 8:00 AM
Women	Event	Men
1	200 Breast	2
3	50 Fly	4
5	200 Back	6
7	50 Breast	8
9	100 Free	10
11	400 IM (TF – slower heats)**	12

** Fastest Heat at Finals

Session 2 – 12 & Under		Friday 3 Nov 2017
Warm-up - 12:00 PM		Start - 1:00 PM
Women	Event	Men
13	200 Breast (11-12 only)	14
15	50 Fly	16
17	200 Back	18
19	50 Breast	20
21	100 Free	22
23	100 IM (10 & U)	24
25	400 IM (11-12 only)	26

Session 3 - 13 & Over Finals		Friday 3 Nov 2017
Warm-up - 4:30 PM		Start - 5:30 PM
Consol/Final for 13, 14, 15, 16 & Over		
Women	Event	Men
1	200 Breast	2
3	50 Fly	4
5	200 Back	6
7	50 Breast	8
9	100 Free	10
11	400 IM (TF – fastest heat)	12



NYAC Cup
 Toronto Pan Am Sports Centre
 875 Morningside Ave., Toronto ON
 3-5 November 2017

Session 4 - 13 & Over Prelims		Saturday 4 Nov 2017
Warm-up - 7:00 AM		Start - 8:00 AM
Women	Event	Men
27	200 Fly	28
29	50 Free	30
31	100 Back	32
33	200 IM	34
35	400 Free (TF – slower heats)**	36

** Fastest Heat at Finals

Session 5 – 12 & Under		Saturday 4 Nov 2017
Warm-up - 12:00 PM		Start - 1:00 PM
Women	Event	Men
37	200 Fly (11-12 only)	38
39	50 Free	40
41	100 Back	42
43	200 IM	44
45	400 Free	46

Session 6 - 13 & Over Finals		Saturday 4 Nov 2017
Warm-up - 4:30 PM		Start - 5:30 PM
Consol/Final for 13, 14, 15, 16 & Over		
Women	Event	Men
27	200 Fly	28
29	50 Free	30
31	100 Back	32
33	200 IM	34
35	400 Free (TF – fastest heat)	36



NYAC Cup
 Toronto Pan Am Sports Centre
 875 Morningside Ave., Toronto ON
 3-5 November 2017

Session 7 - 13 & Over Prelims		Sunday 5 Nov 2017
Warm-up - 7:00 AM		Start - 8:00 AM
Women	Event	Men
47	200 Free	48
49	100 Breast	50
51	50 Back	52
53	100 Fly	54
55	800 Free **	56
57	1500 Free **	58

** POSITIVE CHECK-IN REQUIRED (before session starts)

Session 8 – 12 & Under		Sunday 5 Nov 2017
Warm-up - 12:00 PM		Start - 1:00 PM
Women	Event	Men
59	200 Free	60
61	100 Breast	62
63	50 Back	64
65	100 Fly	66
67	800 Free ** (11-12 only)	68
69	1500 Free ** (11-12 only)	70

** POSITIVE CHECK-IN REQUIRED (before session starts)

Session 9 - 13 & Over Finals		Sunday 5 Nov 2017
Warm-up - 4:30 PM		Start - 5:30 PM
Consol/Final for 13, 14, 15, 16 & Over		
Women	Event	Men
47	200 Free	48
49	100 Breast	50
51	50 Back	52
53	100 Fly	54



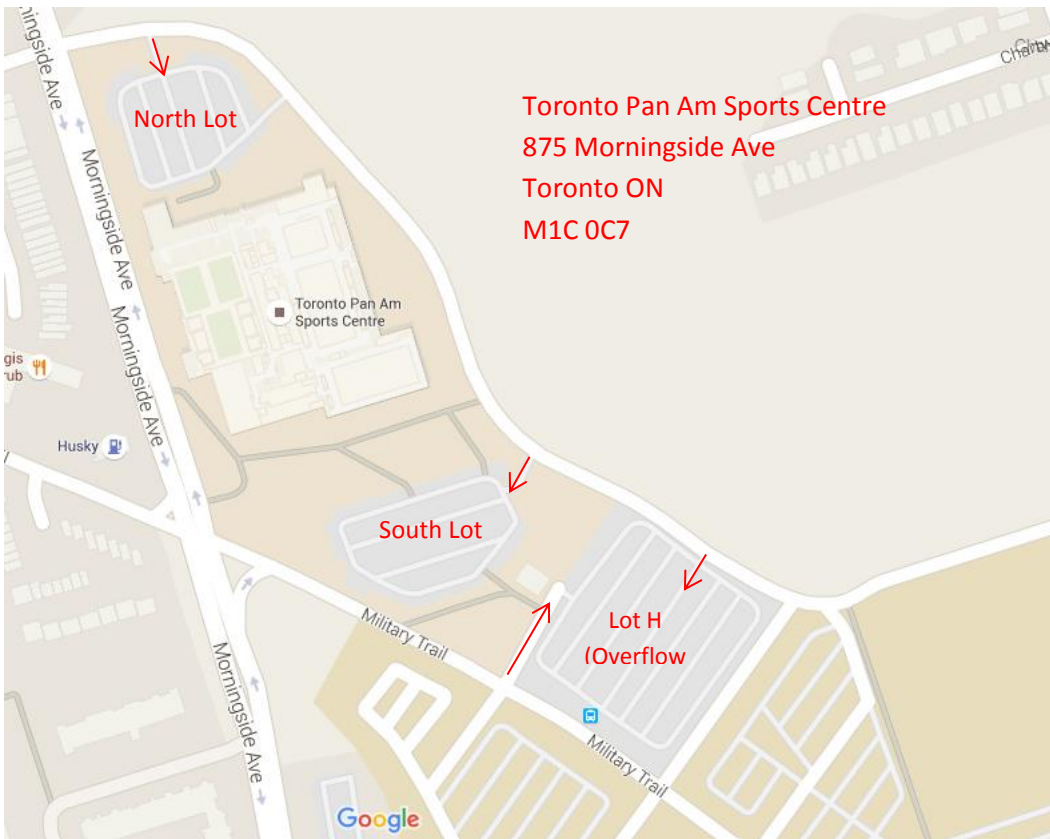
NYAC Cup
Toronto Pan Am Sports Centre
875 Morningside Ave., Toronto ON
3-5 November 2017



AQUATIC EVENT PROCEDURES

1. **Absolutely no food/drink in the bleachers or on the pool deck with the exception of water in refillable containers (no glass allowed). Coaches are expected to set an example and enforce this rule with their swimmers.**
2. No running on the deck, under the bleachers or on the bleachers.
3. No climbing across the railing between the spectator gallery and the bleachers.
4. Shoes must be worn whenever outside the pool or change room areas.
5. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. Dive starts are allowed only in the designated Sprint lanes (typically lanes 0 and 9) during the last portion of warm-up.
6. Day use lockers are available (please bring your own lock). Lock must be removed overnight.
7. The use of flippers and hand paddles, during warm-ups is prohibited.
8. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments.
9. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas.**

Toronto Pan Am Sports Centre (TPASC) Parking Info



TPASC Daily Parking Rates

Monday – Sunday	0-2 hours complimentary (no charge)	
Over and above the first 2 hours:		
Monday – Friday	12:00 am – 4:00 pm	\$8.50
Monday – Friday	4:00 pm – 12:00 am	\$3.00
Weekends	Sat 12:00 am – Mon 12:00 am (All day)	\$3.00

Daily parking rates do not include in-and-out privileges (all rates include HST)

UTSC Lot H Daily Parking Rates (“Overflow Lot”)
NO COMPLIMENTARY 2 HOURS

Monday – Friday	7:00 am – 4:00 pm	\$8.50
Monday – Thursday	4:00 pm – 7:00 am	\$5.00
Weekends	Friday 4:00 pm – Monday 7:00 am (All day)	\$3.00

Daily parking rates do not include in-and-out privileges (all rates include HST)