



TECHNICAL BULLETIN

TECHNICAL MEETING

A technical meeting for all coaches will be held at the Centre Claude-Robillard on Friday, December 17' 2010 at 7:30 AM closed to the clerk of course table.

Protect our planet! Think "GREEN" Please bring your water bottle!

RULES

Swimming/Natation Canada meet rules will be in effect. The one start rule will be in effect.

**FRIDAY AND SUNDAY: GIRLS WILL SWIM IN THE NORTH POOL
BOYS WILL SWIM IN THE SOUTH POOL**

**SATURDAY: GIRLS WILL SWIM IN THE SOUTH POOL
BOYS WILL SWIM IN THE NORTH POOL**

AWARDS

The top 3 swimmers in each event will receive medals
Ribbons will be given for relays

A combined Team award will be presented to the club that accumulates the highest aggregate total for men and women's events.

Final: 11-9-8-7-6-5-4-3-2-1

Friday and Saturday:

Award presentations during the finals. Please advise your swimmers to be there!

Sunday:

There will not be any award presentation!

It is the coach responsibility to get the medals and ribbons at the clerk of course.

None of the medals will be sent by mail.

MEET FORMAT

Heats in ten (10) lanes

Final in ten (10) lanes

All individual events with ten (10) swimmers or less will be swim directly in final.

Sunday: Time Final Events

Please look carefully at the timeline.

400m IM / 400m Free

These events will be swum SENIOR and we will we take the first 20 swimmers per age group
Non selected swimmers will have a chance to swim at the end of the session, fastest to slowest

Positive check in is obligatory: Saturday at the end of preliminaries

Any swimmer who has not checked in, will not be allowed to swim those events

Relays

Deadline to return the relays:

The end of Saturday's preliminaries

Deadline for Relay "name changes":

30 minutes before the start of the Sunday session

Finals:

There is a positive check-in with the Clerk of course for all finalists.

SCRATCHES Finals:

Swimmers may scratch without penalty within thirty (30) minutes after the conclusion of the preliminary session.

We are also asking all coaches to make their *scratches for finals in hand writing and put them in the scratch box at the clerk of course table*. By doing so, the meet committee will have time to find an alternate.
PLEASE CHECK RESULTS BEFORE LEAVING!

START LIST

No card will be given to the swimmers, Timekeepers will have a list of swimmers and start list will be posted on deck.

Relays: Cards will be given to coaches.

IMPORTANT

Following the rule of the city of Montreal, shoes, except the ones used on deck, will not be permitted, and this rule is for all participants.

Sandals are obligatory for swimmers

MISCELLANEOUS

Coffee, meals and refreshments will be available for coaches in the hospitality room, VIP room, 3rd floor

Start lists and Finals programs will be available in the club's folder at the clerk of course.

Results and Finals programs will be posted in the hallway of deck level.

Please be sure your lockers are locked.

Results will be available on the CAMO Web site

IMPORTANT

We have rooms for your swimmers to rest in between sessions; please advise us if you need them

An adult must be present in the room; \$10.00 as a deposit, will be asked for the key.

WARM UP PROCEDURE

Please read in SNC Rules Book: Risk Management/Warm up Procedures: APP F-1

During the designated warm up period, the swimmer shall enter the water

IN A CAUTIOUS MANNER. NO JUMPING NO DIVING!

Non-compliance with these procedures will result in the removal of the swimmer from his first

Event of the day

RULE no CSW 2.1.6 will be in effect

- The diving pool will be available for preliminaries
- For finals, the South pool will be available

For Finals:

The warm up preceding the finals is reserved only to swimmers entered at the finals. The diving pool will not be available for finals, but you will have the other 25m pool.

Lanes # 0 and # 9 will be used as Sprint lanes for the finals only

Meet Managers

Nicole Normandin

Benoit Tassé

Fernand Deslauriers

Benoit Pilon

Good luck to everyone!