



**38th ANNUAL
THUNDERBOLT INTERNATIONAL
SWIM MEET**
HOSTED BY: THUNDER BAY THUNDERBOLTS

May 28, 29 and 30th, 2010
CANADA GAMES COMPLEX
420 WINNIPEG AVENUE
THUNDER BAY, ONTARIO
CANADA

SANCTIONED BY: SWIM ONTARIO

2010 THUNDERBOLT INTERNATIONAL INVITATIONAL SWIM MEET

MEET MANAGEMENT:

Meet Manager: Tom Bishop tom.bishop@twin-city.ca
Jon Cuthbertson info@thunderbolts.ca

Meet Referee: Janice Trush janicetrush@hotmail.com

Entries Chair: Bruce Halvorson halvorsons@shaw.ca
807-767-3379

Technical Contact: *Stewart McLean, Head Coach* fifteenmeters@aim.com
Phone: (807) 344 9802

Sessions:

Friday MAY 28th:

WARM-UPS: 4:00 - 4:55 P.M.
START: 5:00PM

SATURDAY MAY 29th:

13 & Over	WARM-UP	7:30 – 8:25 A.M.
	START	8:30am.
12 & Under	WARM-UP	12:00 – 12:55 P.M.
	START	1:00 P.M.
FINALS	WARM-UP	5:00-5:55PM
	START	6:00PM

SUNDAY MAY 30th:

13 & Over	WARM-UP	7:30 – 8:25 A.M.
	START	8:30am.
12 & Under	WARM-UP	12:00 – 12:55 P.M.
	START	1:00 P.M.
FINALS	WARM-UP	5:00-5:55PM
	START	6:00PM

All times are Eastern Daylight Time
Maximum time limit of 4 hours per session

Facility:

One of Canada's top aquatic facilities, the Canada Games Complex features an 8-lane 50-metre pool with a 25-meter warm-up/warm-down pool. An electronic Colorado timing system will be used for all sessions.

Athlete Eligibility:

All athletes must be registered with a FINA affiliated aquatic organization.
All International teams must provide a Team Manager Athlete Roster as proof of registration.
Entries must reflect athletes' ages as of the first day of competition.
Meet Management reserves the right to delete a swimmer (Canada only) from an entry or results file for incorrect or absent 9 digit ID numbers and/or correct date of birth.
All athletes must conform to the listed Pre-Requisite times to be eligible for this competition.

Pre-Requisite Times:

12 AND UNDER: 200 IM 6:00 /200 FREE 5:00
13 AND OVER: 200 IM 5:00 /200 FREE 4:00

Coach Eligibility:

All coaches must be registered with a recognized coaching association and may be required to provide proof of accreditation.

ENTRIES:

Hy-Tek Events File will be available on the Swim Canada website www.swimmeet.ca and www.thunderbolts.ca .

All entries are to be submitted to both www.swimmeet.ca and e-mailed to the entries chair as an attachment to the e-mail.

Please check that your team name, address, and contact information are listed correctly in this file.

Entry Limitations:

Meet entries will be limited to 3,500 swims, on a first-come/first-serve basis
Swimmers will be limited to 10 individual events over the course of the competition. Teams may enter any number of relays in the appropriate events.
Swim-ups will be allowed within each particular session.
Deck entries will be accepted only where empty lanes are available. No new heats will be created. All Deck entries will be swum EXHIBITION and will be not eligible for points or awards.

Entry Deadline: Thursday May 13, 2010- 5:00PM EST.

Entry Fees:

SPLASH FEE:	\$ 4.00 per swimmer (including relays-only swimmers)
INDIVIDUAL:	\$ 7.00 per events
RELAY:	\$ 12.00 per team
DECK ENTRIES:	\$10.00 per swim

ALL entry fee cheques must be submitted to meet management the start of warm-ups on the first day of the swim meet. (U.S. or Canadian \$ funds /cheques accepted at par)

Make cheques or money orders payable to: Thunder Bay Thunderbolts Swim Club

EVENTS:

All events will be swum Senior Seeded.

Finals and Timed finals will be sorted according to gender and the following age categories.

10 and Under, 11-12, 13-14, 15&Over

800 Free will swim as TIMED FINAL events seeded fastest to slowest alternating Girls/Boys.

Meet management also reserves the right double up all heats except for the TOP 8 Qualifiers.

(Awards will be broken out by Age groups.)

Any 400 meter event with 8 or less swimmers will be moved to finals.

In accordance with Swim Ontario's Long-term Athlete Development Strategy, all 12 and under events will be swum TIMED FINAL.

AWARDS:

- **Medals:** 1st-3rd for Individual Events / 1st Place for Relays
- **Ribbons:** 4th-8th, for Individual Events / 2nd-8th Place for Relays
- **Overall Team Award(Highest Scoring Team)**

Individual Events: 9, 7, 6, 5, 4, 3, 2, 1

Relays: 18, 14, 12, 10, 8, 6, 4, 2

Individual Outstanding Performance Awards:

Girls and Boys 10 & Under

- Highest combined FINA points score for 200 IM / 200 FR

Girls and Boys: 11- 12 Yrs:

- Highest combined FINA score for 400 IM / 400 FR

Girls and Boys 13-14 Yrs and 15&over:

- Highest combined FINA score for 400 IM / 800 FR

Speed Demon Award

- Highest combined points total in the Four 100m Stroke Events
- For Each Age Category and Gender

Thunderbolt Speeding Tickets

- Recognition of personal best (PB) performances throughout the meet

RESULTS:

"Live" results will be posted on Thunder Bay Thunderbolts website: WWW.THUNDERBOLTS.CA

final results file on the Swim Canada website: www.swimming.ca

SNC Warm-up Procedures

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 & 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 PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED

THUNDERBOLT INTERNATIONAL SWIM MEET
COMPETITION SCHEDULE (long course)

Session #1

FRIDAY, MAY 28, 2010 WARM-UP: 4:00 –4:55PM START 5:00PM				
EVENT #	FEMALE	EVENT	MALE	EVENT #
1	12&U	200 Free Relay(TF)	12&U	2
3	13&over	200 Free Relay(TF)	13&over	4
5	11&12	400 I.M(TF)	11&12	12
7	13&over	400 I.M heats	13&over	8
9	12&U	200 Medley Relay(TF)	12&U	10
11	13&over	200 Medley Relay(TF)	13&over	12
13	OPEN	800 FREE(TF)	OPEN	14

Session #2

SATURDAY, MAY 29, 2010 WARM-UP: 7:30-8:25AM START: 8:30AM				
EVENT #	FEMALE	EVENT	MALE	EVENT #
15	13&over	200M FREE	13&over	16
17	13&over	100M FLY	13&over	18
19	13&over	200M BREAST	13&over	20
21	13&over	100M BACK	13&over	22
23	13&over	200 IM	13&over	24
25	13&over	50M FREE	13&over	26

Session #3

SATURDAY, MAY 29, 2010 WARM-UP: 12:00-12:55PM START: 1:00PM (TIMED FINALS)				
EVENT #	FEMALE	EVENT	MALE	EVENT#
27	12 &Under	200 I.M	12 &Under	28
29	12&Under	50M FREE	12 &Under	30
31	10&U	50M BREAST	10&U	32
33	12&under	200M BREAST	12 &Under	34
35	12 &Under	100M FLY	12 &Under	36
37	12&Under	100M BACK	12 &Under	38
39	12 &Under	200M FREE	12 &Under	40

Session #4 FINALS

SATURDAY, MAY 29, 2010 WARM-UP: 5:00-5:55PM START: 6:00PM				
EVENT #	FEMALE	EVENT	MALE	EVENT #
15	13&over	200M FREE	13&over	16
17	13&over	100M FLY	13&over	18
19	13&over	200M BREAST	13&over	20
21	13&over	100M BACK	13&over	22
25	13&over	50M FREE	13&over	26
7	13&over	400 IM	13&over	8

THUNDERBOLT INTERNATIONAL SWIM MEET
COMPETITION SCHEDULE (long course)

Session #5

SUNDAY MAY 30, 2010 WARM-UP: 7:30-8:25AM START: 8:30AM				
EVENT #	FEMALE	EVENT	MALE	EVENT #
41	13&over	100M BREAST	13&over	42
43	13&over	200M FLY	13&over	44
45	13&over	100M FREE	13&over	46
47	13&over	200M BACK	13&over	48
49	13&over	400M FREE	13&over	50

Session #6

SUNDAY MAY 30, 2010 WARM-UP: 12:00-12:55PM START: 1:00PM TIMED FINALS				
EVENT #	FEMALE	EVENT	MALE	EVENT #
51	12&Under	400 FREE	12&Under	52
53	12&Under	100M BREAST	12&Under	54
55	10&U	50M FLY	10&U	56
57	12&Under	200M FLY	12&Under	58
59	12&Under	100M FREE	12&Under	60
61	10&U	50M BACK	10&U	62
63	12&Under	200M BACK	12&Under	64

Session #7 FINALS

SUNDAY MAY 30, 2010 WARM-UP: 5:00-5:55PM START: 6:00PM				
EVENT #	FEMALE	EVENT	MALE	EVENT #
23	13&over	200 IM	13&over	24
41	13&over	100M BREAST	13&over	42
43	13&over	200M FLY	13&over	44
45	13&over	100M FREE	13&over	46
47	13&over	200M BACK	13&over	48
49	13&over	400M FREE	13&over	50