

Coaches Meeting - Espoir 2016 - Updated May 31 at the Coaches meeting

General Information

Meet Team

Chief referee: Suzanne Kostron skostron@rogers.com 613-853-5433
 Assistance Referees: Karen Seymour and Chris Hampshire
 Chief Scorer: Audrey Sribney
 Assistance Scorer: Ted Smith
 Meet Manager: Diane Rutherford

Chief Scorer Update - Audrey Sribney

Roster Review and Signature - please hand this in to Audrey at the end of the coaches meeting
 Identify all scratches
 Review all alternates for accuracy
 e-registration

Pre-Swimmers

Figures:

11-12	2 pre-swimmers
13-15	2 pre-swimmers
SSWCD	No pre-swimmers

Routines

13-15 Duet Prelims	2 pre-swimmers
13-15 Solo Prelims	2 pre-swimmers
11-12 Duet Finals	2 pre-swimmers
13-15 Team Prelims	TBD
11-12 Solo Finals	2 pre-swimmers
13-15 Solo Finals	2 pre-swimmers from Prelims
13-15 Duet Finals	2 pre-swimmers from Prelims
11-12 Team Finals	1 pre-swimmer
AWD Solo	No pre-swimmers
13-15 Team Finals	2 pre-swimmers from Prelims

Figure Breaks

11-12 Breaks: One stretch break during figure panels Barracuda may take a few stretch breaks

13-15 Breaks:

Panel #	Stretch Break	30 minutes	Stretch Break
Panel 1	after # 63	after # 125	after # 172
Panel 2	after # 120	after # 186	after # 3
Panel 3	after # 190	after # 10	after # 56
Panel 4	after # 11	after # 68	after # 113

multiple breaks

NOTE: The Barracuda panels will likely start 15 minutes later and will have multiple breaks

Location and Time of Draws

Thursday night

Sick Swimmer (still swimming)

Please advise the chief ref before your swim if you have a swimmer that is not feeling well

National Team Duet demo

A demo will be held Thursday during the Welcome Ceremony on June 2nd and again on Friday June 3rd
 They will be training in the pool on Thursday starting at 2pm and again on Friday from 9:30 to 1:30. They are aware the NTT phase 2 is happening on Friday and will only use a small space in the pool

Pool Availability (during events, not during warm up and only in cordoned off area for solo and duets) no access during team events

Open Pool Times

Wednesday 14:30 to 16:10

Thursday 11:30 to 11:55

Friday 15:00 to 16:00

Saturday 10:00 to 11:00

- 11-12 teams can warm up 15 minutes in the dive tank and then will have 5 minutes per team with music. Please follow start list order. No access to shallow pool

- 13-15 teams will have access to shallow pool. No music and no access to music

Figure Panel Layout

Age Groups
13-15
11-12
AWD

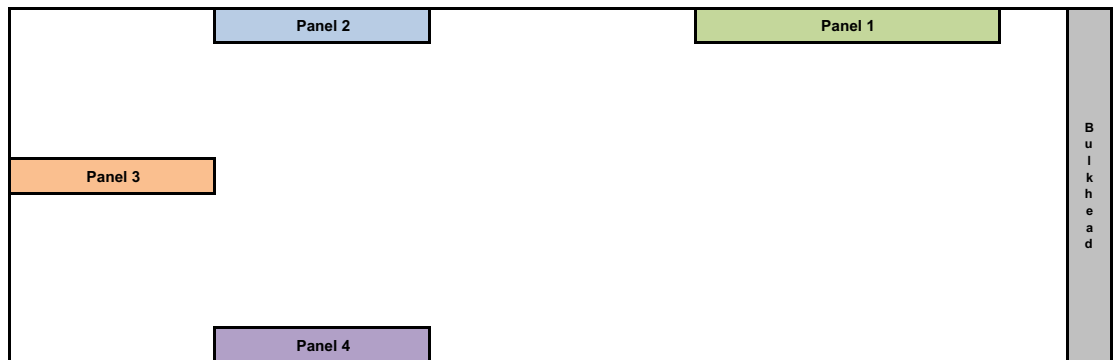
Panel 1
Ariana Starting swimmer # 1

Panel 2
Barracuda Spinning 360 Starting swimmer # 60
Ballet leg Single Starting swimmer # 1
Swordfish Straight Leg Starting swimmer # 18

Panel 3
Porpoise spin up 180 Starting swimmer # 119

Panel 4
Flamingo Bent Knee Starting swimmer # 178
Tower Starting swimmer # 35
Barracuda Starting swimmer # 52
Surface prawn Kip Flamingo Bent Knee Barracuda spin 180

North Visitor Stands



South Visitor Stands

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Warm Ups

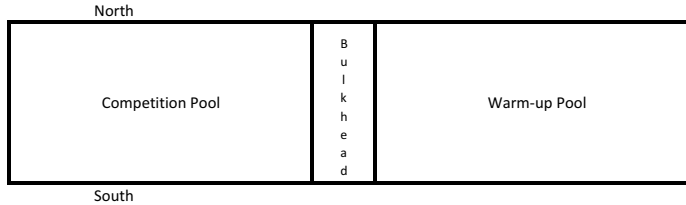
Figure Warm Ups

Figure Warm Ups: no routine warm up allowed during figure warm up and figure events

13-15 Figures: 2 groups of 20 minutes each

Group 1: half team (and pre-swimmers) will start in the competition pool for 20 minutes, then will move to the warm up pool

Group 2: second half will start in the warm up pool for 20 minutes, then will move to the competition pool



11-12 and AWD Figures: 25 minute warm up, both pools are open

Routine Warm Ups

Routine Warm Ups: no tapping please

13-15 Duet Prelims	First warm up (20 Min.): 2 preswimmers and duets 1 to 12. Second warm up (20 Min.): Duets 13-26
13-15 Solo Prelims	First warm up (20 min) : 2 preswimmers and solos 1 to 11. Second warm up (20 Min.): Solos 12-24
11-12 Duet Finals	All competitors in the competition pool
11-12 Solo Finals	All competitors in the competition pool
13-15 Solo Finals	All competitors in the competition pool
13-15 Duet Finals	All competitors in the competition pool
SSWCD Solo	All competitors in the competition pool

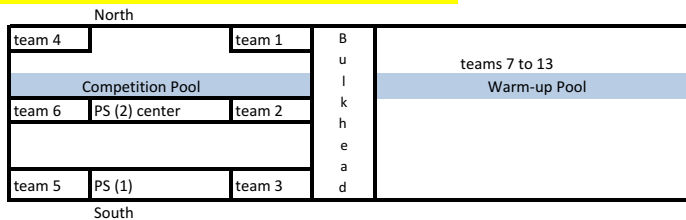
Routine Warm Ups

13-15 Team Prelims

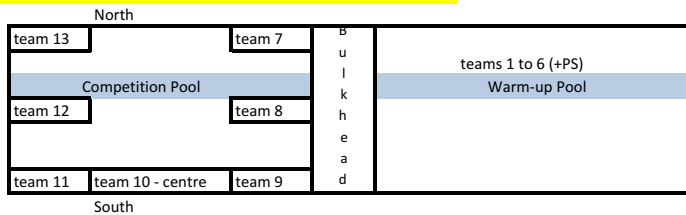
First 30 minute warm-up group is Teams 1 to 13 +PS

15 minute lap warm up for everyone

First 15 minutes teams 1 to 6 (and pre-swimmers) are in the competition pool.
three 5 minute rotations down the pool

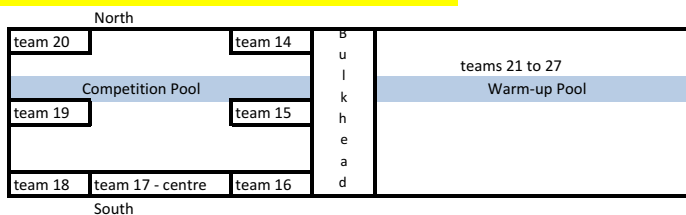


Second 15 minutes teams 7 to 13 are in the competition pool.
three 5 minute rotations down the pool

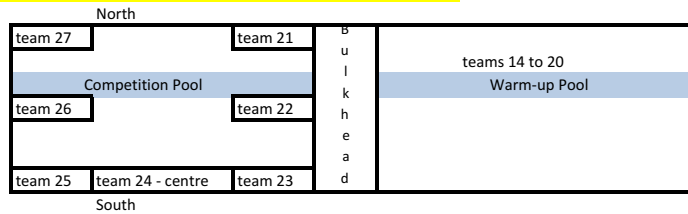


Second 30 minute warm-up group is Teams 14 to 27

First 15 minutes teams 14 to 20 are in the competition pool.
three 5 minute rotations down the pool



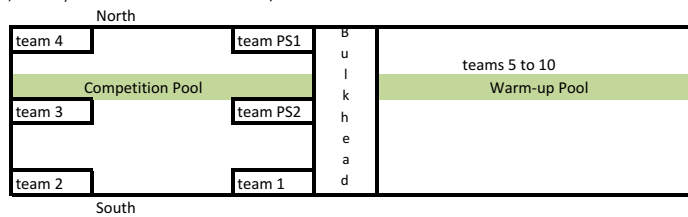
Second 15 minutes teams 21 to 27 are in the competition pool. Rotate every <2 minutes clockwise
 three 5 minute rotations down the pool



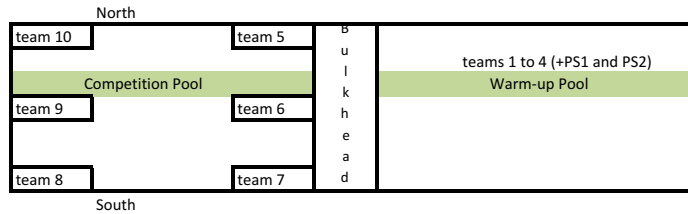
Routine Warm Ups

13-15 Team Finals

First 15 minutes teams 1 to 4 (+2 PS) are in the competition pool.
 Group 1 (PS1, PS2, team 1) has bulkhead access for ~7 1/2 minutes. Then rotate three positions clockwise
 Group 2 (team 2, team 3, team 4) has bulkhead access for ~7 1/2 minutes



Second 15 minutes teams 5 to 10 are in the competition pool.
 Group 1 (team 5, team 6, team 7) has bulkhead access for ~7 1/2 minutes. Then rotate three positions clockwise
 Group 2 (team 8, team 9, team 10) has bulkhead access for ~7 1/2 minutes



11-12 Team Finals

30 minute warm-up in the competition pool.
 Group 1 (team 1, team 2, team 3, team 4) has bulkhead access for ~15 minutes. Then rotate four positions clockwise
 Group 2 (team 5, team 6, team 7, PS) has bulkhead access for ~15 minutes

