



November 28 & 29<sup>th</sup> , 2015

AT

CJ SANDERS FIELDHOUSE, LAKEHEAD UNIVERSITY

THUNDER BAY, ONTARIO

SANCTIONED BY: SWIM ONTARIO

HOSTED BY:

NORTHWEST NARWHAL SWIM CLUB

\*\* THE ONLY MEET PACKAGE WHICH WILL BE CONSIDERED AS VALID MUST BE THE MOST CURRENT VERSION FOUND ON [WWW.SWIMMING.CA](http://WWW.SWIMMING.CA) \*\*

# MEET MANAGEMENT

## MEET MANAGERS:

Lawrence Mironsky [lawrence.mironsky@teleco.ca](mailto:lawrence.mironsky@teleco.ca)  
Steve Dafoe

## MEET REFEREE/COMPETITION COORDINATOR:

Suzann Doherty Level V [srdoherty@avenueii.com](mailto:srdoherty@avenueii.com)

## HY-TEK & TECHNICAL QUESTIONS:

DAVID IWANYSZYN - [davidi\\_nwn@hotmail.com](mailto:davidi_nwn@hotmail.com)

## OFFICIALS:

Each Team is asked to supply a minimum of two officials for each session. Officials can be submitted to Suzann Doherty at [srdoherty@avenueii.com](mailto:srdoherty@avenueii.com). All help is welcomed and appreciated.

## FACILITIES

8 LANE 25 METER POOL, warm down lanes will be available in the shallow end.

## MEET INFORMATION:

The meet is open to all regional clubs. Entry deadline is 23:59 EST on Monday Nov 16th. A \$40 NSF fee will be charged, for returned items. Cheques are payable to Northwest Narwhal Swim Club. All entries must be in Hy-tek format and submitted via [www.swimming.ca](http://www.swimming.ca). No entries will be accepted directly from meet management. Any errors are the responsibility of the submitting club. A confirmation list will be provided prior to the meet. The scratch deadline will 30 minutes after the start of the warm-up for each session. There will be no penalty for late scratches.

## ENTRY LIMITATIONS:

Swimmers will be limited to 3 individual events per session. No limits on relay teams. Swim-ups are permitted as per SNC rules. Relay only swimmers are allowed and must be included in the entry lists. All events will be pre-seeded. Deck entries will be accepted only where space is available, and swum as exhibition for times only. Deck entries will not be scored.

Swimmers must be able to comfortably and safely swim 50 metres in order to compete.

Final Relay submissions for the Freestyle relay Event 6 must be submitted **before** the start of Session 1 and the Medley relay Event 7 must be submitted by the **end** of Session 1. Mixed relays may be swum as Exhibition only and will not be scored.

## EXEMPTION:

The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:  
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.

AWARDS WILL BE AWARDED TO THE TOP 8 (First only for relays) IN EACH OF THE FOLLOWING AGE GROUPS:

8&U, 9-10, 11-12, 13-14, 15&O



SCORING: INDIVIDUAL EVENTS 50, 30, 20, 10, 9, 8, 7, 6  
RELAYS EVENTS 50, 30, 20, 10, 9, 8, 7, 6

WARM-UPS SATURDAY MORNING 8:30 TO 9:20AM EST  
SATURDAY EVENING 5:00 TO 5:50PM EST  
SUNDAY MORNING 8:30 TO 9:20AM EST

ENTRY FEES:  
\$7.00 PER INDIVIDUAL EVENTS  
\$12.00 PER RELAY EVENT  
DECK entries: Individual events \$10.00 and \$20.00 per relay.

MEET RULES: SNC RULES WILL GOVERN THE MEET. All Swimmers must be registered with SNC and their provincial or state amateur swimming association. Entries must reflect swimmer's age on the first day of the meet.

ALL EVENTS WILL BE SWUM AS TIMED FINALS, AND WILL BE SENIOR SEEDED AND WITH BOYS AND GIRLS MIXED AND SEEDED TOGETHER. Results will be posted by gender and by age groups as indicated. SWIMMERS ARE LIMITED TO 3 EVENTS PER SESSION AND 9 TOTAL PLUS RELAYS FOR THE MEET. THERE ARE NO PRE-REQUISITES/QUALIFYING TIMES FOR THIS MEET.

Meet Management reserves the right to move relays due to time lines.

**All Swimmers must remain on deck during the session.** Certified Coaches on deck only and proof required as per Swim Ontario requirements. Parents and spectators not involved in officiating are to remain off deck unless approved by Meet Management. All Swimmers, Coaches and people on deck must respect Meet Managements safety rules of the event or may be subject to removal.

Each team will be permitted one photographer on deck approved in advance by Meet Management.

**THE POOL OPENS AT 8:00 A.M. EACH DAY. SWIMMERS WILL NOT BE PERMITTED INTO THE FACILITY UNTIL THAT TIME.**

Meet results will be posted according to SNC rules at

[www.swimming.ca](http://www.swimming.ca)



**SESSION 1 WARM-UP 8:30 TO 9:20AM EST  
START 9:30AM EST**

- EVENT 1 100 FREESTYLE
- EVENT 2 200 BACKSTROKE
- EVENT 3 100 BREASTSTROKE
- EVENT 4 50 BACKSTROKE
- EVENT 5 400 FREESTYLE
- EVENT 6 4X50 FREESTYLE RELAY

**SESSION 2 WARM-UP 5:00 TO 5:50PM EST -  
START 6:00PM EST**

- EVENT 7 4X50 MEDLEY RELAY
- EVENT 8 200 BREASTSTROKE
- EVENT 9 100 INDIVIDUAL MEDLEY
- EVENT 10 50 BUTTERFLY
- EVENT 11 200 BUTTERFLY
- EVENT 12 50 BREASTSTROKE

**SESSION 3 WARM-UP 8:30 TO 9:20AM EST  
START 9:30AM EST**

- EVENT 13 200 FREESTYLE
- EVENT 14 200 INDIVIDUAL MEDLEY
- EVENT 15 100 BACKSTROKE
- EVENT 16 100 BUTTERFLY
- EVENT 17 50 FREESTYLE





## SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### GENERAL WARM-UP:

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

### VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

### SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

### PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**

## SNC POLICY ON SWIMWEAR

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

**MATERIAL** – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and nonconsolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.”

**SHAPE – MEN:** swimwear shall not extend above the navel or below the knee. **WOMEN:** swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

**USE** – Swimmers shall wear only one swimsuit, taping is not permitted.

**CONSISTENCY** – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

