

2016 NORTHWEST NARWHAL



Allstate®

L O N G C O U R S E

*Spring Classic*

*April 2 - 3<sup>rd</sup>, 2016*

*C.J. Sanders Fieldhouse, Lakehead  
University*



2016 Northwest Narwhal LC Allstate Spring Classic

DATE:	April 2-3 2016	Region: Northwestern
HOSTED BY:	Northwest Narwhal Swim Club	
LOCATION:	Lakehead University, CJ Sanders Fieldhouse, 955 Oliver Road, Thunder Bay, ON	
FACILITY:	8 Lane 50 m pool with a manual timing system	
PURPOSE:	To obtain long course times for swimmers in all age groups	
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>	
STRUCTURE OF MEET:	Timed Finals	
AWARDS:	Medals 1 <sup>st</sup> – 3 <sup>rd</sup> & Ribbons 4 <sup>th</sup> to 8 <sup>th</sup> place for Individual events. Medals 1 <sup>st</sup> -3 <sup>rd</sup> place for relays only. Age Groups by gender - 8 and under, 9 – 10, 11 – 12, 13 – 14, 15 – 16, 17 and over.	
SCORING:	Individual 9-7-6-5-4-3-2-1 Relay 18-14-12-10-8-6-4-2	
COMPETITION:	<b>Sanctioned (Sanction Type: Sanction) as an Age Group meet</b> by Swim Ontario. All current Swimming/Natation Canada (SNC) rules will be followed. Seeding for all swims will be optimized by distance and stroke.	
COACH'S MEETING:	A coaches meeting will be held 15min prior to start of the 1 <sup>st</sup> session at the shallow end of the Pool.	
MIXED-GENDER:	The SO statement on mixed-gender swimming is set out in the Club Manual, as follows: Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances: 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.

In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

**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.

**COACH'S 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.

**AGE UP DATE:** Ages submitted are to be as April 2, 2016.

**ENTRY FEE:** \$7.50 per event & \$15.00 per relay

**MEET REFEREE:** Suzann R. Doherty, Level 5 [srdoherty@avenueii.com](mailto:srdoherty@avenueii.com)

**MEET MANAGER:** Erica Moorhouse, Level 3 [meek44@gmail.com](mailto:meek44@gmail.com)  
Steve Dafoe, Level 3 [stevedafoe@shaw.ca](mailto:stevedafoe@shaw.ca)

**Hy-Tek QUESTIONS:** David Iwanyszyn [davidi\\_nwn@hotmail.com](mailto:davidi_nwn@hotmail.com)

**RULES/SAFETY:** S.N.C. warm up procedures will be in effect. Please read and adhere to the safety procedures.

#### SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>	<u>Finish</u>	<u>Estimated Duration</u>
<u>1</u>	April 2/2016	Time Final	7:00am	8:00am	11:30am	3:30
<u>2</u>	April 2/2016	Time Final	1:30pm	2:30pm	6:00 pm	3:30
<u>3</u>	April 3/2016	Time Final	7:00am	8:00am	11:30am	3:30

**TIME SPLITS:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.  
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 in question.

**SCHEDULE OF EVENTS:**

Session 1  
Warmups 7:00 – 7:50  
Session start time 8:00 a.m.  
50 Free  
200 Breast  
50 Back  
100 Fly  
200 IM  
4x100 Free Relay

Session 2  
Warmups 1:30 to 2:20 p.m.  
Session Start Time – 2:30 p.m.  
100 Breast  
50 Fly  
200 Free  
100 Back  
400 IM  
4 x 100 Medley Relay

Session 3  
Warmups 7:00 to 7:50 a.m.  
Session Start Time – 8:00 a.m.  
100 Free  
50 Breast  
200 Fly  
200 Back  
400 Free

Meet management reserves the right to move events in the interest of time as needed.

**ENTRIES:** No Qualifying times other than the 400m events

Qualifying standard (All Age groups)  
400IM 8:00  
400FR 7:30

Hy-Tek Entry Deadline – March 14, 2016 at 11:59 p.m. (entries can only be submitted via [swimming.ca](http://swimming.ca))  
After that time, fees will be calculated; no refunds will be granted for missed swims.  
Swimmers may swim maximum of 3 events per session.  
Relay swimmers must be entered in a non-relay event in order to compete.

- SEEDING:** Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".
- Seeding will be in order of times entered, as converted pursuant to the conversion process below, followed by swimmers entered with non-standard times and those entered with NT (no times)
- CONVERSION:** Please submit converted times using Hy-Tek default conversion factor.
- DECK ENTRIES:** Swimmers entered on deck must have valid proof of SNC registration (number) as an active, competitive swimmer  
Deck entries will be accepted for empty lanes only (no new heats will be created):  
Charge for deck entries is \$ 15.00 per entry, except for fee of \$20.00 for Relays, payable in cash prior to the event.
- SCRATCHES:** Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.  
No scratch penalty shall be imposed for late or day of scratches.
- MEET RESULTS:** The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet and uploaded as soon as possible to [www.swimming.ca](http://www.swimming.ca)
- OFFICIALS:** Teams are asked to provide a minimum of 2 officials per session. Contact Suzann R. Doherty @ [srdoherty@avenueii.com](mailto:srdoherty@avenueii.com). Sign up at <http://www.signupgenius.com/go/904044BA9A92FA20-2016>
- NOTES:** Photographers must obtain consent from the meet manager prior to taking photos on deck.  
One photographer per team.



## **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.



## **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.”**