



CANDY CANE INVITATIONAL

December 11th-13th

Location: Wilson's Aquatic Centre, Rath Eastlink Community Centre
625 Abenaki Road, Truro – (902) 893-2224

Sanctioned By: Swim Nova Scotia

Hosted By: Truro Centurions Swim Club

Meet Manger: Miranda Bates
mirandaelliott@gmail.com
(902) 957-7946

Meet Referee: Lynn Sitland
lsitland@live.com

Officials wishing to volunteer at this event, please email **[Kevin Sangster](mailto:kevin.sangster@cibc.com)** with your preferred positions. Kevin can be reached at **kevin.sangster@cibc.com**.

Entry Deadline: Teams must upload Hy-Tek entries to the National meet system. Entries will be received until midnight on **Friday December 4th**, 2015. Changes will be allowed until **Monday December 7th** at **5pm**. After that date, clubs will be required to pay for all entries.

A schedule of times and event numbers is attached for reference.

There will be no deck entries and no exhibition swims.

Entry Fee: \$40.00 flat fee per swimmer, relays no charge. Each swimmer may enter a maximum of six (6) individual events.

Cheques are due at the start of the first warm-up on Friday;
Payable to **TCSC**

Eligibility: All SNC registered swimmers who have graduated from the NovaTech program. Out of province swimmers must have the 2015-16 NS Provincial Championship Standards.
<http://www.swimnovascotia.com/?q=yearround-meets>

PARA Swimmers: Swimmers that are PARA classified are eligible to attend (Coaches discretion). Clubs should enter any PARA swimmers in the open



CANDY CANE INVITATIONAL

December 11th-13th

events for prelims; meet management will deck enter the PARA events for finals.

Format:

SNC Rules will govern the meet; SNC Warm Up procedures will be in effect. The FINA One-start rule will be in effect.

Preliminary events (heats) will be swum seeded by time regardless of age.

Swimmers will be separated by age group for finals and reporting of results. Age groups will be as follows:

Female 13 & Under
Female 14 & Over
Male 14 & Under
Male 15 & Over

B Finals for all age groups will be swum provided there are 12 eligible swimmers in the preliminary event.

The 400/800/1500m Freestyle will be swum fastest to slowest, alternating gender (400). They will be seeded and swum as open/mixed genders and scored by age group and gender.

Swimmers may choose to swim either the 800m or 1500m Freestyle but not both. Note that the fastest heat of 800/1500 will swim during finals, this heat maybe mixed gender and will be finalized after the entry deadline.

Distance Freestyle - 400m, 800m, & 1500m **may** be swum 2 per lane.

12 & Under swimmers are not eligible to enter the 100m Individual events.

Relays:

Relays are swum by gender and age group (Female 13 & Under / Female 14 & Over and Male 14 & Under / Male 15 & Over)

There will be a maximum of 3 relays per team in each age group and gender. Athletes may “swim up” an age group, provided that there are 2



CANDY CANE INVITATIONAL

December 11th-13th

swimmers of the correct age in the relay. No swimmer will be allowed to “swim down” an age group.

Official Split Times:

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 advise the Referee prior to the commencement of the session in question.

Awards: Ribbons for 1st to 8th place finishes in each age group (individual and relay events.) Best time ribbons for all 12 and under N.S. swimmers.

Scoring: 50-30-20-15-14-13 points for individual and relay events.

Canteen: There is a canteen at the host facility.

Host Hotel: Holiday Inn Truro
Please see attached poster for details



CANDY CANE INVITATIONAL

December 11th-13th

Warm Up - Heats: 8:00am-9:30am Finals: 4:00pm-5:00pm

FRIDAY DECEMBER 11 th , 2015			
Women's Event #	Age Group	Event	Men's Event #
1	Open	200m Freestyle	2
3	Open	200m Butterfly	4
5	Open	400m Individual Medley	6
7	Open	50m Backstroke	8
--	PARA	100m Backstroke* <i>to swim during finals only</i>	--
9	Open	200m Breaststroke	10
11	Open	800m Freestyle* F8 to swim during finals, mixed genders	12
13	13 & Under (Female) 14 & Under (Male)	4 x 50m Freestyle Relay ** to swim during finals only	14
15	14 & Over (Female) 15 & Over (Male)	4 x 100m Freestyle Relay ** to swim during finals only	16
SATURDAY DECEMBER 12 th , 2015			
19	Open	50m Freestyle	20
21	Open	100m Breaststroke	22
--	PARA	100m Breaststroke* <i>to swim during finals only</i>	--
23	Open	200m Backstroke	24
25	Open	100m Butterfly	26
27	Open	400m Freestyle	28
29	13 & Under (Female) 14 & Under (Male)	4 x 50m Medley Relay ** to swim during finals	30
31	14 & Over (Female) 15 & Over (Male)	4 x 50m Freestyle Relay ** to swim during finals	32



CANDY CANE INVITATIONAL

December 11th-13th

Warm Up - Heats: 8:00am-9:30am Finals: 4:00pm-5:00pm

SUNDAY DECEMBER 13 th , 2015			
38	Open	200m Individual Medley	39
40	Open	100m Freestyle	41
--	PARA	100m Freestyle* <i>to swim during finals only</i>	--
42	Open	50m Butterfly	43
44	Open	100m Backstroke	45
46	Open	50m Breaststroke	47
12	Open	1500m Freestyle* F6 to swim during finals, mixed genders	12
48	13 & Under (Female) 14 & Under (Male)	4 x 100m Medley Relay ** <i>to swim during finals</i>	49
50	14 & Over (Female) 15 & Over (Male)	4 x 100m Medley Relay ** <i>to swim during finals</i>	51



CANDY CANE INVITATIONAL

December 11th-13th

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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”



Holiday Inn Hotel & Conference Centre Truro

437 Prince Street
Truro, Nova Scotia
B2N 1E6

902.895.1651
888.895.1651

www.holidayinn.com/trurons

CANDY CANE INVITATIONAL SWIM MEET

\$99 + 15% HST

call to book your room today

888.895.1651

Quote 'Candy Cane Invitational Swim Meet'

guestroom amenities...

114 modern guestrooms

- Flat screen television with cable channels
- Mini-fridge, microwave
- Complimentary high-speed Internet
- Complimentary parking
- In-house dining at 'Bistro on Prince'
- Salt water pool and fitness centre

what makes us unique...

solar power

- our salt-water and domestic hot water are heated by 26 solar panels

salt water pool

- our pool is healthy to swim in as it uses less than half the chemicals of a chlorinated pool

fitness centre

- large hotel fitness centre including treadmills, free weights, universals machines, and a rowing machine



Like us on Facebook
www.facebook.com/holidayinntruro