



**Acadia Senior Meet
Acadia Athletics Complex
Acadia University
Wolfville, NS
January 8th & 9th, 2016**

Hosted by: Acadia University
Facility: 25 m course, 6 lane, ARES Semi-electronic timing
Sanction: Swim Nova Scotia

Entries:

- The Acadia Senior Meet is open to any qualified registered competitive swimmers regardless of age.
- Qualifying Standard
 - 15 & Over – no standard
 - 14 year - NSAG qualified
 - 13 & Under - AG Nat fully qualified/coaches discretion
- Swimmers are permitted to enter a maximum of 3 individual events per session and a maximum of 5 individual events in the competition. There is no limit on the number of relay events entered.
- Qualifying times are in place for this meet, bonus swims are available
 - Swimmers with 1-4 qualifying times = 5 individual swims
- **As per Swim Nova Scotia policy, 12 and under swimmers are not permitted to enter 100m events.**
- Entries shall be submitted via www.swimmeet.ca, inquiries can be sent to:
Meet Manager:
 - Sue Jackson suejack01@yahoo.com
 - Phone (902) 542-3195 (home)

Head Official: Lynn Sitland

- Please submit senior officials availability by Jan 3, 2016 to Lynn at lsitland@live.com
- Please submit timers availability by Jan 3, 2016 to Sue at suejack01@yahoo.com

Entry Deadline: Received by midnight Sunday January 3rd 2016

Entry Fee: Entry fee is \$30/swimmer, fee waived for University swimmers
ALL cheques are to be made payable to the **Wolfville Tritons Swim Club**

Cash Prize: Prizes for the highest FINA Scoring swim of the meet - Male & Female

Scoring:

- Individual Events: 7, 5, 4, 3, 2, 1
- Relays: 14, 10, 8, 6, 4, 2

Events: The meet will be run in three sessions with all events being timed finals.

- The distance events (800's and 1500's) on Friday will swim fastest to slowest.
- A positive check-in, 45 minutes prior to the beginning of the session is required for all distance events.
- Relay names are to be submitted approximately 30 minutes before the beginning of the respective relay event.



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- There will be a 120 minute break on Saturday following Event 22, Men's 4 x 50 Free Relay. The actual timeline will be distributed upon arrival on Friday or earlier if possible.

Electronic Timing

- The Acadia pool is equipped with OSB11 starting blocks. Touch pads and the score clock will not be in use for this meet. An ARES and semi-automatic timing (plungers) will be used.

Warm-up Procedure: SNC Warm-up procedure will be in place for this meet, see procedure attached.

Event Order:

Session 1		
Friday, January 8th, 2016		
Warm-up 5:00 pm – 5:55 pm		
Session begins 6:00 pm		
1	800 Free	2
3	1500 Free	4
Session 2		
Saturday, January 9th, 2016		
Warm-up 9:00 am – 9:55 am		
Session begins 10:00 am		
5	100 Breast	6
7	200 Back	8
9	50 Fly	10
11	400 Free	12
13	50 Breast	14
15	200 Fly	16
17	100 Free	18
19	200 IM	20
21	4 x 50 Free Relay	22
Session 3		
Saturday, January 10th, 2015		
Warm-up 60 minutes prior to the start of the session		
Session begins 120 minutes following the conclusion of		
Session 2		
23	100 Back	24
25	200 Breast	26
27	50 Free	28
29	100 Fly	30
31	200 Free	32
33	50 Back	34
35	400 IM	36
37	4 x 50 Medley Relay	38



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November 25, 2014

**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."