



AGE GROUP DEVELOPMENT LONG COURSE INVITATIONAL #3 June 3-5, 2016



4/6/2016

Hosted by: Swim Nova Scotia & Sackville Waves Aquatic Team

Sanctioned by: Swim Nova Scotia

Location: Dalplex Pool, 6260 South Street, Halifax,

Meet Manager: Bette El-Hawary-
swimming@sportnovascotia.ca

Head Official: Lynn Sitland- lsitland@live.com

Entries: Email hy-tek entries will be accepted via SNC online entries system. Entries due by: Monday May 30th midnight. **LATE ENTRIES WILL NOT BE ACCEPTED** All entry times shall be submitted in long course metres; if a swimmer only has short course times they will be accepted and seeded after the long course entry times.

Entry Fees: \$50.00 flat entry fee. Cheques only please. Please make cheques payable to: **Swim Nova Scotia** (No cash accepted). The amount of fees due are based on the entries confirmed on May 31st at noon. Fees are due at the start of the warm-up at the first session.

Meet Rules: SNC rules will govern the meet
SNC Warm-Up rules will be in effect.

12 & Under's and PARA will have designated warm-up lane 8.

Meet Management reserves the right to split warm-ups if entry load warrants for safety.

Meet Management reserves the right to add breaks throughout the sessions as required.

Facility Rules: Proper footwear and clothing must be worn throughout the building (outside pool area)

Coaches: All coaches must be registered with SNC, CSDTA & NSSCA. There will be a coaches meeting on **Saturday, June 4th at 8:00am** in the pool classroom.

Eligibility: All swimmers must be fully registered with SNC; NS swimmers must be Nova Tech graduates (or coaches discretion 12 & older) and out of Province swimmers must have the NS Provincial Champs qualifying standards.

Senior Meet:

15 & Over

14-year-old NS AG qualified

13 & under AG Nat qualified coach discretion

Junior Meet:

All others

Meet Format:

- The meet will follow a Junior Senior split format.
 - Junior events will be swum Saturday morning and Sunday morning.
 - Senior events will be swum Saturday afternoon and Sunday afternoon.
- There are a maximum of 4 individual events per swimmer plus the relay events plus a distance event.
- All events will be swum as open. Results will be broken out into the following age categories :
 - 12 & Under
 - 13 & 14
 - 15 & Over

- A swimmer's age is determined as of the first day of the meet.

- All events will be swum as timed finals
- 800m and 1500m Freestyle events will be swum as open age group, by gender. They will be swum alternating, fastest to slowest.
- There will be no deck entries and no exhibition swims.

Scratches:

- Scratches will be accepted until May 31st after that the swimmers name(s) may appear in the meet program.



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4/6/2016

- The meet management reserves the right to re-seed 400 IM, 400 Freestyle and 800/1500 Freestyle after positive check-in is complete.

The meet will be run cardless, however, for distance events and relays all swimmers are required to do a positive meet check-in.

Relay Rules:

Each club is allowed to enter unlimited relays per event number as long as they meet the following criteria, a maximum of two relays per team may score:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legally entered in the meet in an individual event.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a specified number in the

program and consisting of one or more heats.

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.

Scoring:

Scoring for individual events:

50-30-20-15-14-13-12-11;

9-7-6-5-4-3-2-1 for consolation finals (where applicable).

Scoring for relays: 50-30-20-15-14-13-12-11

Scoring for high point awards will be based on the individual event scoring system.

Awards:

Best time ribbons for 12 & Under swimmers.

Timers & Senior Officials: Please email Lynn Sitland

With availability, names, preferred position and level of SR. Officials: lsitland@live.com

Results: Live results will be available at:

<http://www.swimnovascotia.com/online>
and also via meet mobile.



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ALL SWIMMERS		
Session #1 : Friday June 3, 2016 Warm Up 3:30- 4:30pm, Meet Start 4:30pm		
FEMALE	EVENT	MALE
1	800 Freestyle	2
3	1500 Freestyle	4
JUNIOR		
Session #2: Saturday June 4, 2016 Warm Up 8:00-9:00am, Meet Start 9:00am		
FEMALE	EVENT	MALE
5	4X50 Free Relay	6
7	200 IM	8
9	100 Free – 13 & O	10
11	50 Breast	12
13	100 Butterfly – 13 & O	14
15	200 Breast	16
17	100 Back -13 & O	18
19	50 Butterfly	20
21	400 Free	22
SENIOR		
Session #3: Saturday June 4, 2016 Warm Up 2:30-3:30 pm, Meet Start 3:30pm		
FEMALE	EVENT	MALE
105	4X50Free Relay	106
107	200 IM	108
109	100 Free – 13 & O	110
111	50 Breast	112
113	100 Butterfly – 13 & O	114
115	200 Breast	116
117	100 Back -13 & O	118
119	50 Butterfly	120
121	400 Free	122
JUNIOR		
Session #2: Sunday June 5, 2016 Warm Up 8:00-9:00am, Meet Start 9:00am		
FEMALE	EVENT	MALE
23	4 X 50 Medley Relay	24
25	200 Free	26
27	50 Back	28
29	200 Butterfly	30
31	100 Breast – 13 & O	32
33	200 Back	34
35	50 Free	36
37	400 IM	38
SENIOR		
Session #3: Sunday June 5, 2016 Warm Up 2:30-3:30 pm, Meet Start 3:30pm		
FEMALE	EVENT	MALE
123	4 X 50 Medley Relay	124
125	200 Free	126
127	50 Back	128
129	200 Butterfly	130
131	100 Breast – 13 & O	132
133	200 Back	134
135	50 Free	136
137	400 IM	138



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4/6/2016

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:

1. 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.
2. 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:

- I. Be visible by safety vest
- II. 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.
- III. Actively monitor all scheduled warm-up periods.
- IV. 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."