



Juniors

February 10-12, 2017

Hosted By:

Wolfville Tritons Swim Club

Sanctioned By: Swim Nova Scotia

Location: Acadia Athletic Complex

Meet Manger: Sue Jackson

Meet Referee: Lynn Sitland

Entries: Entries should be submitted online via www.swimmeet.ca **by Friday February 3, 2017**

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 payable at the start of the first warm-up on Friday; Payable to WTSC

Eligibility: All registered swimmers who meet the attached qualifying standards. Swimmers who are fully qualified for Nova Scotia Provincial Championships are not eligible for this meet.

Format: SNC Rules will govern the meet; SNC Warm Up procedures will be in effect. Preliminary events (H) will be swum seeded by time regardless of age. Swimmers will be separated by age group for finals and reporting of results. Timed finals (TF) will be swum by age group.

The 400/800/1500m Freestyle will be swum fastest to slowest. Meet management reserves the right to swim 2 swimmers per lane during the prelims session.

They will be seeded and swum as open/mixed genders and scored by age group and gender.

Distance Freestyle – For the 800m, & 1500m races, the top 6 overall times, regardless of gender will advance to finals.

There will be a coach's meeting Friday February 10 at 8:00am.

12 & under swimmers are not eligible to enter the 100m individual events.

Relays:

Each club can enter one (1) relay per event number if they meet the following criteria:

- At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
- 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.
- At least three swimmers must be legally entered in the meet in an individual event.
- A swimmer may only swim once per event, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.

A second relay may be entered for clubs with four (4) or more swimmers qualified, entered, and swimming in the event's Age Group. A maximum of two (2) relay team swimmers may move up from younger Age Groups. A third relay may be entered for clubs with eight (8) or more swimmers qualified, entered, and swimming in the event's Age Group, etc.

*Only two relays per team may score (teams must declare their scoring relays when they submit their relay names).

Note that swimmers must to choose to swim either the mixed relays or the gender specific relays.

All relays will be swum at the end of finals.

Scratches: The first scratch deadline following each preliminary session shall be 30 minutes following the time the results have been posted. The last



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scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the finals session. A \$20 penalty (to be paid immediately by the team) will be enforced during Finals. The team will be ineligible to swim until the penalty is paid. The swimmer that misses their swim during finals will not swim for the remainder of that session.

The meet will be run cardless, however, for distance events, all swimmers are required to do a positive meet check-in. During finals, once an alternate is called, the "no show" is final. Time cards will be used for all relays and the 800 and 1500 Freestyle events.

Awards:

Best time ribbons for all 12 and under N.S. swimmers.

High Point Awards (medals) for 12 & under, 13-14 and 15 & over age groups based on aggregate high points for the top three swimmers in each age group.

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

Officials: Lynn Sitland lsitland@live.com

Canteen: Healthy canteen available



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Event Listing- Prelims: WU: 7:00am Start: 08:30am/Finals: WU: 3:30pm Start: 4:30pm

PRELIMS: FRIDAY FEBRUARY 10, 2017			
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
9	Open	200m Breaststroke	10
11	Open	800m Freestyle- 2 per lane	12
FINALS: FRIDAY FEBRUARY 10, 2017			
--	Open	800m Freestyle TOP SIX	--
9	12 & Under/13-14/15+	200m Breaststroke	10
3	12 & Under/13-14/15+	200m Butterfly	4
5	12 & Under/13-14/15+	400m Individual Medley	6
7	12 & Under/13-14/15+	50m Backstroke	8
101	PARA	100m Backstroke*	101
1	12 & Under/13-14/15+	200m Freestyle	2
13	Open	4 x 100m Mixed Freestyle Relay	13
15	12 & Under	4 x 100m Freestyle Relay	16
17	13-14	4 x 100m Freestyle Relay	18
19	15 & Over	4 x 100m Freestyle Relay	20
PRELIMS: SATURDAY FEBRUARY 11, 2017			
21	Open	50m Freestyle	22
23	Open	100m Breaststroke	24
25	Open	200m Backstroke	26
27	Open	100m Butterfly	28
29	Open	400m Freestyle- 2 per lane	30
FINALS: SATURDAY FEBRUARY 11, 2017			
21	12 & Under/13-14/15+	50m Freestyle	22
23	12 & Under/13-14/15+	100m Breaststroke	24
25	12 & Under/13-14/15+	200m Backstroke	26
102	PARA	100m Breaststroke*	102
27	12 & Under/13-14/15+	100m Butterfly	28
29	12 & Under/13-14/15+	400m Freestyle	30
14	Open	4 x 50m Mixed Freestyle Relay	14
31	12 & Under	4 x 50m Freestyle Relay	32
33	13-14	4 x 50m Freestyle Relay	34
35	15 & Over	4 x 50m Freestyle Relay	36
PRELIMS: SUNDAY FEBRUARY 12, 2017			
37	Open	200m Individual Medley	38
39	Open	100m Freestyle	40
41	Open	50m Butterfly	42
43	Open	100m Backstroke	44
45	Open	50m Breaststroke	46
47	Open	1500m Freestyle- 2 per lane	48



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FINALS: SUNDAY FEBRUARY 12, 2017			
--	Open	1500m Freestyle- TOP SIX	--
37	12 & Under/13-14/15+	200m Individual Medley	38
39	12 & Under/13-14/15+	100m Freestyle	40
103	PARA	100m Freestyle*	103
41	12 & Under/13-14/15+	50m Butterfly	42
43	12 & Under/13-14/15+	100m Backstroke	44
45	12 & Under/13-14/15+	50m Breaststroke	46
49		4 x 50m Mixed Medley Relay	49
51	12 & Under	4 x 50m Medley Relay	52
53	13-14	4 x 50m Medley Relay	54
55	15 & Over	4 x 50m Medley Relay	56



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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool **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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions



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VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

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.”



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2016-2017 Juniors FEMALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
				35.92	35.52	50 Free	34.82	35.21				
				1:17.48	1:16.65	100 Free	1:15.14	1:15.96				
3:22.91	3:08.43	2:59.94	2:52.64	2:48.64	2:46.81	200 Free	2:43.54	2:45.33	2:49.26	2:56.41	3:04.74	3:18.94
7:10.03	6:41.21	6:20.90	6:03.09	5:56.22	5:52.37	400 Free	5:45.46	5:49.23	5:55.97	6:13.43	6:33.35	7:01.60
14:52.20	13:51.46	13:07.93	12:35.99	12:16.36	12:08.41	800 Free	11:54.12	12:01.92	12:21.17	12:52.48	13:35.16	14:34.70
29:11.35	27:11.91	25:46.81	24:43.23	24:03.39	23:47.79	1500 Free	23:19.80	23:35.09	24:14.15	25:16.48	26:39.91	28:37.01
				42.09	41.63	50 Back	40.82	41.26				
				1:28.79	1:27.83	100 Back	1:26.10	1:27.05				
				3:12.44	3:10.36	200 Back	3:06.63	3:08.67				
				46.57	46.06	50 Breast	45.16	45.65				
				1:41.42	1:40.32	100 Breast	1:38.35	1:39.43				
				3:37.83	3:35.48	200 Breast	3:31.26	3:33.56				
				38.67	38.25	50 Fly	37.50	37.91				
				1:24.71	1:23.79	100 Fly	1:22.15	1:23.05				
				3:09.69	3:07.63	200 Fly	3:03.95	3:05.97				
3:54.18	3:36.48	3:27.04	3:17.92	3:12.18	3:10.11	200 IM	3:06.38	3:08.41	3:14.04	3:22.98	3:32.23	3:49.59
8:09.60	7:40.14	7:19.39	7:01.93	6:52.11	6:47.66	400 IM	6:39.67	6:44.03	6:53.66	7:10.78	7:31.12	8:00.00

2016-2017 Juniors MALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
				32.52	31.45	50 Free	30.83	31.88				
				1:10.51	1:08.61	100 Free	1:07.26	1:09.13				
3:28.01	3:10.77	2:51.53	2:38.24	2:34.01	2:29.48	200 Free	2:26.54	2:30.99	2:35.13	2:48.16	3:07.03	3:23.93
7:18.90	6:42.55	6:03.41	5:39.11	5:30.35	5:24.25	400 Free	5:17.89	5:23.87	5:32.47	5:56.29	6:34.66	7:10.30
15:24.87	14:08.26	12:37.16	11:48.30	11:32.46	11:22.50	800 Free	11:09.12	11:18.88	11:34.42	12:22.32	13:51.62	15:06.73
29:26.98	27:25.08	24:33.35	22:53.41	22:27.04	21:59.03	1500 Free	21:33.16	22:00.63	22:26.48	24:04.46	26:52.82	28:52.33
				37.86	37.16	50 Back	36.43	37.12				
				1:20.70	1:18.76	100 Back	1:17.21	1:19.12				
				2:53.65	2:51.20	200 Back	2:47.84	2:50.25				
				42.20	41.72	50 Breast	40.91	41.38				
				1:32.32	1:28.77	100 Breast	1:27.03	1:30.50				
				3:19.91	3:16.17	200 Breast	3:12.33	3:15.99				
				35.19	34.24	50 Fly	33.57	34.50				
				1:17.52	1:15.33	100 Fly	1:13.85	1:16.00				
				2:57.10	2:54.24	200 Fly	2:50.82	2:53.63				
3:56.43	3:40.46	3:19.99	3:01.38	2:56.08	2:51.70	200 IM	2:48.34	2:52.63	2:57.82	3:16.07	3:36.14	3:51.79
8:26.74	7:54.79	7:04.32	6:26.03	6:16.25	6:08.77	400 IM	6:01.54	6:08.87	6:18.47	6:56.00	7:45.48	8:16.80

Swimmers may qualify for Juniors using either short OR long course times.
15 & U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) individual swims
16 & Over – require one qualifying time to compete, then get up to five bonus swims for a total of 6 (six) individual swims