



DARTMOUTH –INVITATIONAL
NS Age Group Development # 2 SCM - November 13 - 15, 2015
Hosted by DARTMOUTH CRUSADERS SWIM CLUB

LOCATION: Dartmouth Sportsplex, 110 Wyse Road Dartmouth, Nova Scotia
(902) 469-8610 dartcrusaders@eastlink.ca
8 lane 25 metre Competitive Pool; 2 lane 25 metre Warm-down Pool

SANCTIONED BY: Swim Nova Scotia
Short Course Timed Final Competition

MEET MANAGERS: York Friesen
Yorkfriesen@gmail.com
Patrick Rooney
prooney@dexter.ca

REGISTRATION: York Friesen
yorkfriesen@gmail.com

MEET REFEREE: York Friesen
yorkfriesen@gmail.com

Officials wishing to volunteer at this event, please email York Friesen with your preferred positions.

ENTRY DEADLINE: Teams must upload Hy Tech entries to the National meet system. Entries to be received no later than: Friday **November 6th, 2015 at midnight**. Entries received will be acknowledged by e-mail on or before Monday, November 9th.

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

ENTRIES & FEES: Entry Fee \$30.00, Relay Events Free

Cheques are payable to DCSC or Dartmouth Crusaders Swim Club and are to be delivered in the amount due to the meet manager on the first day of the meet. **Fees are based on the entries received by the entry deadline.** There will be no refunds. No cash will be accepted on the pool deck. One Cheque only per Club.

There is a **maximum of 6 individual events** per swimmer.



Meet management reserves the right to restrict entries and change events should session time outs exceed pool availability.

Deck entries are at the discretion of Meet Management and only to fill empty lanes. No substitutions accepted.

SCORING:

There will be no scoring

ELIGIBILITY:

To compete in relay or individual events, swimmers must have a 200 IM time under 3:55 and 200 Free under 3:40. NS swimmers must be registered with Swim Nova Scotia. Out-of-province swimmers must have the 2015-16 NS Provincial Championship Standards.

<http://www.swimnovascotia.com/?q=yearround-meets>

SWAD and SO entries are encouraged. Include custom, best estimate of times if a race time not already established.

SEEDING:

The meet is an Age Group Development Meet in accordance with the Nova Scotia Rules and Competitions 2015/16. All events will be run as timed finals. Swimmers will be seeded slowest to fastest (except distance free). Accurate session time out is aided by the submission of time with all entries; entry of a time rather than NT would be appreciated.

MEET RULES:

SNC rules will govern the meet. Please refer to Swim Nova Scotia COMPETITIONS RULES AND GUIDELINES 2014-2015 (www.swimnovascotia.com) for details.

PROGRAM:

- The meet will be swum as open events and ranked by age group: Female & Male (12&U, 13-14, 15&O)
- The **400, 800 and 1500 freestyle will be seeded fastest to slowest.**
- Swimmers may **enter only one of either the 1500 or 800 Freestyle** events.
- **Event 1 & 2** - 800 free will alternate fastest heat of women (2 per lane) then fastest heat of men (2 per lane); then heat 2 women and heat 2 men. - **Event 3 & 4** - 1500 freestyle will be the fastest heat of women (2 per lane) then fastest heat of men(2 per lane). Remaining heats of 800 free and 1500 free will be mixed and alternate heat of mixed 800 free then heat of mixed 1500 free.



- Meet management reserves the right to run all heats as 2 per lane and to restrict the number of overflow heats to preserve a reasonable time out as defined by the meet management.
- Any swimmer eliminated from the 800 / 1500 due to time out will be given the option to enter an alternate event.
- Meet management will publish the heats prior to the meet and ask for scratches prior to the meet start date in order to make all possible efforts to accommodate all who want to enter.
- Order of acceptance of entries for 800m and 1500m freestyle:
 1. fastest proven times women in each event
 2. fastest proven times men in each event
 3. fastest proven times mixed for remaining spots
 4. unproven times
- 400 Free: Meet management reserves the right to swim 2 per lane
 - if session time outs Friday evening are favorable and session time out Saturday afternoon with the 400 free is too long, meet management reserves the right to move slower 400 free heats to Friday evening. Teams will be notified by Monday November 9th
- **All 100 metre events** will be for the 13-14 and 15 &O age groups only.
- **Relays are MIXED** and must have 2 male and 2 female members (SW10.10). Maximum of 3 relays per team in each age group.
- Meet Management will initiate breaks as required.

OFFICIALS:

Clubs seeking deck experience for officials should submit name/position requests to meet referee York Friesen.

Clubs are reminded of the SNS policy for participating clubs to contribute officials. Clubs entering 3 or more swimmers are to provide at least one official per session. Clubs entering 20 or more swimmers are required to provide at least two officials per session. Officials' names should accompany entries.

AWARDS:

Ribbons awarded 1-8th place inclusive in all individual events. Ribbons awarded 1-3rd in relays. Spot Awards will be

given throughout the meet. Ribbons will be awarded for Best Time swims for NS 12 and under.

WARM-UPS:



SNC Warm-up procedures will be in effect. Coaches will be notified of any change in the schedule.

Friday split: **14&over then 13&under**
Saturday am split: 13&under then 14&over
Saturday pm split: 13&under then 14&over
Sunday am split: 13&under then 14&over
Note: the split is to accommodate the group that races first.

ACCOMMODATION:

Holiday Inn, Wyse Road, Dartmouth:
<http://www.hiharbourview.ca/halifax-hotels/>
Call and refer to Block Code B67 Dartmouth Crusaders for a discounted rate of \$112+ tax (includes breakfast & parking). Reserve by Oct 30 – 902-449-0670.
Rooms are available Friday & Saturday night.

SUPERVISION:

Supervision of athletes while at the pool and between sessions is the responsibility of the legal guardian and/or the person(s) assigned by each participating teams for their athletes. It is not the responsibility of the host club: Dartmouth Crusaders.

Session #1: Friday Nov 13, 2015		
Warm Up 3:00pm – 4:00pm, Start 4:15 pm		
FEMALE	EVENT	MALE
1	800 Freestyle (2 per Lane) – 1 heats each W/M	2
3	1500 Freestyle (2 per Lane) - 1 heat each W/M	4
	Overflow 800 Free Mixed (2 per Lane)	
	Overflow 1500 Free Mixed (2 per Lane)	
5	400 Freestyle (2 per Lane)	6

Session #2: Saturday November 14, 2015		
Warm Up 7:30 am-8:30 am, Start 8:45 am		
FEMALE	EVENT	MALE
7	50 Butterfly	8
9	200 Free	10
11	100 Breast	12
13	200 IM	14

Session #3: Saturday, November 14, 2015		
Warm Up 3:30pm – 4:30pm, Start 4:45 pm		
FEMALE	EVENT	MALE
15	12-U 4X50 Mixed Medley Relay	3 teams per club
16	13-14 4X50 Mixed Medley Relay	3 teams per club
17	15 and Over Mixed 4X50 Medley Relay	3 teams per club
18	50 Free	19
20	200 Back	21
22	50 Breast	23
24	100 Fly	25
5	400 Freestyle (2per lane)	

Session #4: Sunday, November 15, 2015		
Warm Up 7:30 am– 8:30 am, Start 8:45 am		
FEMALE	EVENT	MALE
26	100 Back	27
28	200 Breaststroke	29
30	200 Butterfly	31
32	100 Free	33
34	50 Back	35
36	400 IM	37