

## 2024 NL SUMMER GAMES SWIMMING TECHNICAL PACKAGE

*Technical Packages for the NL Games are developed by the Provincial Sport Organization governing each respective sport. Questions should be directed to the Technical Chairperson as noted in Section 1 below, or to the Sport NL Games Coordinator Janine Campbell by email [jcampbell@sportnl.ca](mailto:jcampbell@sportnl.ca) or phone 709-576-3397.*

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### 1. TECHNICAL CHAIRPERSON

Duffy Earle [duffy.earle@gmail.com](mailto:duffy.earle@gmail.com)

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### 2. CONVENER

TBD

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### 3. ELIGIBILITY

Open to all players within the age classification guideline as well as all coaches and managers, as directed in Section 4.1 of the NL Games Policy Manual issued by Sport Newfoundland and Labrador.

Regional Team tryouts will be open to swimmers who are fully registered members (in good standing) with Swimming Newfoundland and Labrador (NL) and who have competed at a Swimming NL sanctioned competition in the previous 12 months.

Regional Team tryouts will be open to swimmers who are fully registered members (in good standing) with a Swimming NL swim club (winter or summer club) in that same region. *Examples:* swimmers registered with the Gander Lakers are eligible to try out for the Central Region Team – OR – swimmers registered with the Springdale Bluefins are eligible to try out for the Western Region Team. If a swimmer is a member of a club outside of their primary residence region, they are permitted to do so as per Swimming NL transfer rules. However, they must declare which region they intend to try out for before regional qualifiers as outlined in Section 7 below.

For a list and a map for the regions of the 2024 NL Games please visit [HERE](#).

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#### 4. AGE CLASSIFICATION

As per NL Games Policies all Olympic Program Athletes must be at least 11 years of age by January 1st, 2024, and not older than 18 years of age as of December 31, 2024. (DOB 2006 - 2012)

##### **Olympic Program**

There will be two divisions for each gender:

1) **Senior Division:** 4 male 4 female.

- Men's: 17&18 years old as of December 31, 2024
  - Year of Birth: 2006 or 2007
- Women's: 17&18 years old as of December 31, 2024
  - Year of Birth: 2006 or 2007

2) **Junior Division:** 8 male 8 female.

- Men's: 16 years old and under as of December 31, 2024
  - Year of Birth: 2008 - 2012
- Women's: 16 years old and under as of December 31, 2024
  - Year of Birth: 2008 - 2012

**Note:** If there are not enough athletes in a region to fulfill the Senior Division, the athletes eligible for the Junior Division may fill any remaining spots. The team size will not exceed 12 athletes.

##### **Paralympic:**

- 13-21 years old as of December 31, 2024 (DOBs 2003 - 2011)
  - must be a member of Swimming NL and classified as a para swimmer.
  - one male and one female Paralympic athlete may be selected per region.

##### **Special Olympics:**

- 14-21 years old as of December 31, 2024 (DOBs 2003 - 2010)
  - must be a registered member of the NL Special Olympics Association and Swimming NL.
  - one male and one female Special Olympics athlete may be selected per region.

Any athlete not associated with a Special Olympics NL club can contact [Special Olympics NL](#) to register at no cost.

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## 5. PARTICIPANTS PER REGION

### 5.1. ATHLETES

#### **Female Team**

12 athletes + 2 athletes with disabilities\* (1 athlete from Special Olympics plus 1 Athlete with a physical disability). See *Section 4 for Division descriptions*.

#### **Male Team**

12 athletes + 2 athletes with disabilities\* (1 athlete from Special Olympics plus 1 Athlete with a physical disability) See *Section 4 for Division descriptions*.

### 5.2. STAFF

Regional teams are permitted to carry a maximum of four staff: two females and two males (excluding attendants). The staff will consist of three coaches and one manager. The Head Coach must be certified at minimum SWIM101 (trained).

There must be at least one female staff for every 8 female athletes. If there are 8 female athletes or less, only one female coach may accompany the team.

There must be at least one male staff for every 8 male athletes. If there are 8 male athletes or less, only one male coach may accompany the team.

Each athlete with a disability (intellectual or physical) is permitted to have an attendant. The attendant must be the same gender as the athlete.

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## 6. STAFF SELECTION

Coaches and managers must be at least 19 years of age as of December 31, 2023. All team staff must have a current Criminal Record Check/Vulnerable Sector Check on file, complete [Safe Sport Training](#) Module and [Rule of Two Module](#) (both of which are free).

All coaches must be in good standing with the Newfoundland and Labrador Swim Coaches Association, and the Canadian Swim Coaches Association to coach in a

sanctioned competition in Canada. Swimming NL policy requires that all head coaches are certified at SWIM101 (trained) to coach on deck.

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## 7. REGIONAL QUALIFIERS

Each competing region must hold a regional qualifier for team selection which must be held by **July 12, 2024**. Contact the Technical Chairperson for information on Regional Coordinator and competitions.

***\*\*Regional Coordinators and dates of qualifiers not yet determined\*\****

### Meet Qualification

All Regional qualifying meets for the 2024 Newfoundland and Labrador Summer Games will be held on or before **July 12, 2024**.

Regional Team Manager and/or Regional Coaches must submit the Regional Team Representatives on the appropriate forms **by July 1, 2024**.

***\*\* Meet manager entry deadline will be confirmed later\*\****

### 7.1. REGIONAL QUALIFIER COMPETITION

- 7.1.1. A qualifier competition will be arranged by the Regional Representative and the Head Coach. The qualifier should include all events offered at the games, formatted like a sanctioned event (time trial). Each region must communicate selection criteria to the athletes 1 week prior to completion of entries.

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## 8. REGIONAL CONTACTS

St. John's North	TBD
Mount Pearl South	TBD
Avalon	TBD
Eastern	TBD
Central	TBD
Western	TBD
Labrador	TBD
Host	TBD

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## 9. REGISTRATION DEADLINE

Each regional team must be registered with the Host by July 19, 2024.

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## 10. COACHES MEETING

One coach or staff representative from each region and each sport is required to attend the following meetings in the Host region at the commencement of the NL Games:

1. **Coach / Manager General Meeting - *date, time and location to be confirmed.***  
Chaired by SportNL and including brief presentations from the Host Committee - will cover logistical information on transportation, accommodations, food services, entertainment, venues, etc.
2. **Sport Technical Meeting - *date, time and location to be confirmed.***  
Chaired by the Technical Chair of your sport - will cover sport-specific technical information for your competition.

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## 11. SANCTION

This competition is sanctioned by Swimming Newfoundland and Labrador. The rules for this competition will be governed by Swimming Natation Canada.

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## 12. SCHEDULE

Swimming competition is during **FIRST HALF** of the 2024 NL Summer Games from August 10th - 12th, 2024.

Competition Events:

	<b>Sunday August 11</b>	<b>Monday August 12</b>
<b>AM PRELIMS</b>	100 Free	50m Free
<b>AM PRELIMS</b>	50m Breast	100m Breast
<b>AM PRELIMS</b>	100m Fly	50m Fly
<b>AM PRELIMS</b>	50m Back	100 Back
<b>AM PRELIMS</b>	200 Free	100 IM
<b>PM FINALS</b>	100 Free	50m Free
<b>PM FINALS</b>	50m Breast	100m Breast
<b>PM FINALS</b>	100m Fly	50m Fly
<b>PM FINALS</b>	50m Back	100 back
<b>PM FINALS</b>	200 Free	100 IM
<b>PM FINALS</b>	4 x 50 Free Relay	4 x 50m Medley Relay

Final schedules will be posted on [www.nlgames.ca](http://www.nlgames.ca) in early August after regional teams are selected and registration is completed.

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**13. VENUE**

Carbonear Pool

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**14. MEDALS**

*\*\* Format to be confirmed \*\**

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**15. TECHNICAL INFORMATION**

SNC rules will govern the meet.

Exhibition swims **WILL NOT** be permitted.

**Meet Format**

- The meet will consist of Preliminary heats swum in the AM and Finals swum in the PM.

- Preliminary Heats will be standard seeded by entry time and not by division.
- There will be A and B Finals for each division, except for relays. Swimmers will only be eligible for finals in the division in which they are entered.
- Relays will be swum as time final events seeded by age group/ division and entry time. The top 6 teams in each gender will swim during Finals with all other teams swimming in the morning session.
- All events will be scored by Gender and age category/division.

### **Entries Limitations**

A Hytek Event file will be e-mailed to all Regional Team Managers and Head coaches and entries are to be submitted using Hytek software, as well as a pdf list identifying all swimmers on your team and their division. Both able bodied athletes and athletes with a disability must have competed in a **Regional Team Selection Trial**. *Swimmers are allowed to compete in up to five (5) individual events and one relay event if and only if they are selected to represent their region.*

**Completed relay team entries including names are a must. Each team may enter up to 2 relay teams per gender but only their fastest team will score. The age of the oldest swimmer will determine the age of the relay.** Relay cards will be distributed at the coaches meeting on the first day of swimming competition. Relay cards **MUST** be submitted by the end of the morning session prior to the relays. Relay entry times will be used to seed relays and can be created as a combination of the swimmer's best times using Team Manager. **Relay name changes only, not entries** will be accepted 1/2 hour prior to the start of Finals. Relay names will not be printed in any public documents to ensure the coaches right to change the relay swimmers' names up until that time.

Relay swimmers must be entered in individual events.

## Point System

Place	Individual Events Points	Relay Points
1st	50	50
2nd	30	30
3rd	20	20
4th	15	15
5th	14	14
6 <sup>th</sup>	13	13
7 <sup>th</sup>	12	
8 <sup>th</sup>	10	
9 <sup>th</sup>	9	
10 <sup>th</sup>	7	
11 <sup>th</sup>	5	
12 <sup>th</sup>	3	

## Deck Access

Access to the pool deck will be restricted to swimmers, coaches, attendants, and session officials.

**Para & CSO swimmers** will be fully integrated into the meet. Finals will be swum in the 50 back, 50 free and 100 free events only. Points for final events only will be awarded by the following criteria:

1. 50 points – better your entry time
2. 30 points – maintain your entry time.
3. 20 points – improvement of 2 seconds or greater of your entry time

## SWIMMING CANADA 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 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.”**

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## 16. NL GAMES POLICIES

All residency policies, sport requirements and regional team selection policies are outlined in the NL Games Policies & Procedures Manual. All roster substitutions/additions guidelines are also clearly outlined in this policy.

The team selection guidelines, as outlined in the above policy, should be thoroughly reviewed to ensure there are no eligibility concerns for any team member. All questions regarding residency rulings should be directed to the Games Coordinator for review.

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### Version Control:

- Version 1.0 - April 10, 2024 - Original