

Hosted By:

Swimming Newfoundland and Labrador & Mount Pearl Marlins Swim Club.

Competition Dates

Friday May 31st, 2024
Saturday June 1st, 2024
Sunday June 2nd, 2024

Location

The Summit Centre, 126 Smallwood Drive. Mount Pearl, NL 8 Lane, 25m pool with Colorado electronic timing.

Sanctioning

Swimming Natation Canada (SNC)
Swimming Newfoundland & Labrador (SNL)

Meet Manager

Trent Carter: marlinsmeetmanagement@gmail.com

Officials Coordinator

Rory Tweedie: chairofficialsmarlins@gmail.com

Referee:

Mike Greene: rentalmike68@gmail.com

Facility Rules

The pool deck area is limited to swimmers registered in the meet, registered Coaches, and Officials that are working in the current session only.

Entries

Entries MUST be submitted using the SNC online entry procedures at www.swimming.ca/MeetList.aspx no later than Monday, May 20th by 11:59pm. All late team entries submitted after the entry deadline will incur a \$100.00 penalty WITH NO EXCEPTIONS.

Meet Manager will acknowledge team entries with a meet entry report by midnight Wednesday May 22nd

All meet communications including the entry report will be emailed to the coach/team representative who submits the entries on the SNC site. If another coach would like to receive communications directly from the meet manager, please email the meet manager.

Entry Fees

Championship entry fees are set by SNL. Championships meet fees are \$100.00 per swimmer, which includes the \$2.00 levy for the Officials Development Fund and \$10.00 to the Swimmer Development Fund. Entry fees are due at the start of the warm-up of the first session.

Scratches and changes will be accepted until 5:00pm Sunday May 26th. After this time no refunds will be issued. New additions will be accepted no later than this date and will incur a \$100.00 penalty (payable to SNL)

Meet fees can be paid via eTransfer to SNL: swimnl@sportnl.ca

Eligibility

Swimmers must be registered with SNC or FINA affiliate by the meet entry deadline and must have met the qualifying standards to compete in this Championship Meet. Swimmers must swim a minimum of one (1) qualifying event. All qualifying times must have been achieved at an SNL/SNC sanctioned event.

Swimmers are NOT required to have achieved their championship qualifying time(s) in the current season but must be qualified for their current age group, based on their age on the first day of competition.

Age Groups

Championship Age Groups are as follows,

12&Under
13-14
15&Over

Entry Limitations

12&U and 13 age groups require 2 qualifying times, one of which must be 200m or greater event using SCM or LCM times. Swimmers may then swim up to 6 events plus relays

14, and 15 & Over age groups:

1 qualifying time = 4 events, plus relays
2 qualifying times = 6 events, plus relays

All relay swimmers must be entered in individual events. A maximum of two (2) swimmers may be from a younger age group.

Rules

- SNC rules and warm-up procedures will govern the meet.
- SNC Swimwear rule in effect GR.5.
- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
- Exhibition swims may be permitted at the discretion of Meet Management in empty lanes during prelims only.
A fee of \$10 will be applied to each exhibition swim.
- Time Trials may be added to the meet for those seeking SNC qualifying standards, if time permits, at the discretion of the meet manager.

Meet Format

Distance;

- All swimmers swimming the 800 and/or 1500 free MUST have met the qualifying standard in one of 800 or 1500. Proof of qualifying times must be available through the Swimming Canada Registration Tracking And Results System (RTR).
- Positive check in with the clerk of the course for prelims and finals will be required 45 minutes prior to the start of the **PRELIM** session.
- The fastest heat of the 800 and 1500 free of each gender will be swum as the first event during finals sessions.
- The 800 and 1500 Free will be swum as timed finals by time and will run fast to slow

General;

- Preliminary Heats will be circle seeded by entry time and not by age group.
- With the exception of the 800/1500 free all events will be swum as preliminaries and finals.
- There will be (A) Finals for each age group/gender.
- (B) finals will be offered in events with 20 or more official results after the prelim session if time allows and may be restricted to events and/or age groups.
- Finals will be swum (A) Final followed by (B) Final
- There will be an open warm-up at the scheduled time in the meet package.
- During each session, swimmers can avail of the warm-up pool.
- Meet Management reserves the right to combine events, heats and doubling of lanes.

Relays;

- All relays will be swum as time final events and will be seeded by age group if timing allows
- The fastest relay per team, per age group will score
- Relay cards will be distributed at the coaches meeting on May 31st. Relay cards MUST be

submitted by the end of the morning session prior to that relay

- Relay name changes only, not entries will be accepted 30 minutes prior to the start of the session. Relay names will not be printed in any public documents to ensure coaches right to change the relay swimmer's names up until that time.

Coaches

All coaches must be in fully registered and in good standing with the SNC, NLSCA, and CSCA to coach at any sanctioned competition.

There will be a coaches' meeting in the electronics room at 7:15am Friday morning (May 31st).

Scratches

All events will be pre-seeded. Coaches may pick up their meet information package upon receipt of entry fees from Meet Manager at the coaches meeting. The meet referee will be available at that time. Coaches must complete scratches in writing on the provided scratch forms and present them to the Meet Manager or designate.

HEATS: Coaches are asked to submit Scratches 30 minutes prior to the start of the session. Please notify the meet manager as soon as possible of any late scratches.

FINALS: Scratch deadline will be 15 minutes after the conclusion of the morning session immediately preceding the finals that day. Failure by a swimmer to scratch from a final by this time shall result in the swimmers being scratched from all remaining events, including relays that day (CSW 3.6.3).

Scoring

Scoring for Individual & Relay:

1st – 8th - 50,30,20,15,14,13,12,11

9th – 16th – 9,7,6,5,4,3,2,1 (For B Finals where applicable)

All Events will be scored by age groups described in this package.

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

Awards

Individual Event Awards

Medals for 1st, 2nd & 3rd place
Ribbons for 4th – 8th place

Relay Event Awards

Ribbons for 1st, 2nd & 3rd place

Top Achiever Awards

Top Achiever Awards will be awarded to the top 3 swimmers in each age group and gender based off total point scores

Top Team Award

Top Overall Team with the highest aggregate point total.

Most Improved Team Award

Awarded to the team with the greatest improvement of total points per swimmer 2024 vs 2023

Performance Swim of the Meet

These awards will be given to the Swimming Newfoundland and Labrador male and female swimmer with the highest FINA point scores, based on the most recent FINA World Points Chart, attained during finals.

Of those two swims the one with the highest FINA point score will be awarded the Jacinta Sheppard Memorial Award.

Officials

To assist in running successful Championships, clubs are asked if they could provide assistance as per SNL policy 6.09 (F)

Timers, Chief Timers and Volunteers are asked to wear white shirts and black pants. Level Two and above officials are required to wear red shirts and black pants.

2024 SNL PROVINCIAL CHAMPIONSHIPS SCHEDULE OF EVENTS

FRIDAY MAY 31	SATURDAY JUNE 1	SUNDAY JUNE 2
PRELIMS	PRELIMS	PRELIMS
Warm-Up: 7:00-8:20am Officials Meeting: 8:00am Session: 8:30am-11:30am 50 Free 200 IM 100 Breast 200 Back 400 Free	Warm-Up: 7:00-8:20am Officials Meeting: 8:00am Session: 8:30am-11:30am 50 Back 200 Breast 100 Fly 400 IM 100 Free Break 800 Free (Time Final)	Warm-Up: 7:00-8:20am Officials Meeting: 8:00am Session: 8:30am-11:30am 50 Breast 200 Fly 200 Free 100 Back 50 Fly Break 1500 Free (Time Final)
FINALS	FINALS	FINALS
Warm-Up: 4:00-5:20pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm 50 Free 200 IM 100 Breast 200 Back 400 Free Break 4 x 50 Free Relay	Warm-Up: 4:00-5:20pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm 800 Free (Fast Heat) 50 Back 200 Breast 100 Fly 400 IM 100 Free Break 4x 50 Medley Relay	Warm-Up: 4:00-5:20pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm 1500 Free (Fast Heat) 50 Breast 200 Fly 200 Free 100 Back 50 Fly Break 4 x 100 Free Relay

**** Warm up duration and session start times are subject to change and may be adjusted by Meet Management from what is published here once final entries have been received.**

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.”