

GANDER LAKERS SWIM CLUB



January 31- February 2, 2025

Location:

Joseph R. Smallwood Arts and Culture Center.
Airport Blvd., Gander, NL

Pool: 6 lanes 25 meters

Sanction: Swimming Newfoundland and Labrador

Meet Manager: Jill Hartle

Email: lakersmeetmanager@outlook.com

Officials: Carla Albert

Email: lakersofficials@outlook.com

Referees: Paul MacDonald

Mary Lerner-Pardy

This is an invitational meet and open to all swimmers registered with SNL.

Facility Guidelines:

- **A maximum number of 100 swimmers on deck per session will be accepted. Additional swimmers will be accommodated in the viewing area.**
- Warm-ups will take place in 2 rounds with max of 60 swimmers per round (10 per lane)

General Information:

- Due to severe allergies please ask your team members not to bring products containing peanuts to this facility.
- All Entries must be uploaded onto the meet entry system at <https://www.swimming.ca/MeetList.aspx> no later than 8:00pm **Thursday, January 23, 2025.** *However, it would be appreciated if entries can be made earlier.* Late entries can not be assured acceptance. A \$100.00 penalty will be applied to all late entries.
- Coaches will receive entry reports for review by **Sunday, January 26, 2025.**
- Heat Sheets will be provided to coaches **Wednesday, January 29, 2025.**
- SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET. Warm-up times will be confirmed with coaches once all entries have been received.
- Swimmers and Coaches must be registered and in good standing (Swimmers with SNL and coaches with SNC, NLSCA, CSCA.)
- Deck entries will be at the discretion of the meet manager.
- Canteen services will be available upstairs in the Pool Viewing area.

Events and Seeding

- Sessions will be split for 12 & under and 13 & Over

12 & Under	
Session 1 – Friday	Session 2 – Saturday
4:00 pm – Warm-up	8:00 am – Warm-up
5:00 pm – Start	9:00 am – Start
~8:00 pm End	~12:00 pm - End

13 & Over	
Session 1 – Saturday	Session 2 – Sunday
4:00 pm – Warm-up	8:00 am – Warm-up
5:00 pm – Start	9:00 am – Start
~8:00 pm End	~12:00 pm - End

- Session times will be confirmed once entries have all been received.
- All races will be timed finals.
- All races will be gender divided, open seeded, and results provided by age.
- Meet manager reserves the right to combine heats and events when numbers warrant.
- Meet Management reserves the right to limit entries in any event, session, or the meet to maintain facility session times

Entries:

- Age is determined as the swimmer's age on the first day of the meet "per SNC Rule CGR 1.2.1.4". A swimmer's age shall be as of the first day of the meet.
- Entries will be based on gender and age groups: 10 and under, 11 - 12, 13 - 14 and 15 and over.
- Entry fees are set at \$50 per swimmer. Payment to the Gander Lakers Swim Club is due at the first meet session. (EMT preferred to ganderlakers@outlook.com)
- Scratch forms must be completed by the finish of the first warm-up of each session.
- There will be no refund for scratches received after **Monday, January 27, 2025 6:00pm.**
- There will be a brief coach meeting during the warm-up of the first session. Coaches will be notified of the meeting time.
- Swimmers may participate in a maximum of **6 individual events**. The event maximum does not include relays.
- Swimmers may participate in **either** 800 or 1500m Free.

Relays:

- Maximum of 2 Relay Teams per age group per Swim Club, per event**
- There will be no age restriction on relays. The age of the oldest swimmer will determine the age category of that team. Minimum of 2 swimmers must be in the age category of the relay team.
- Relay entries must be submitted with entries. Changes to names are permitted 30 minutes prior to the start of that session. Relay names will not be printed in any programs.
- Swimmers may swim in all relay events, however they can only participate in their age specific sessions (i.e. All 12 & Under swimmers can only swim relays in the 12 & Under sessions.)

Scoring

- Individual: Points will be based on age groups 10 and under, 11 - 12, 13 - 14, and 15 and over. Timed finals will be scored 1st through 6th, using the following point system 7, 5, 4, 3, 2, 1.
- Relays will be scored using the following point system 14, 10, 8, 6, 4, 2. Only the fastest relay from each team per age group will score.

Awards

- Place Ribbons will be awarded for 1st-6th place for individual events. Place Ribbons will be awarded for 1st-6th place relay teams by age group.
- Top Achiever Gold, Silver and Bronze Medals will be awarded for the overall top aggregate point winners for the following ages: 10 and under, 11 - 12, 13 - 14, 15 and over.

Team Award

- A Top Team award will be given to the team with the highest total points divided by the number of swimmers entered from that team, there is a minimum of 10 swimmers required to qualify for the team award.

Session Events:

12 & Under

Friday PM	Saturday AM
400 Free	800/1500 Free
100 IM	50 Br
50 Back	100 Fly
200 Fly	200 Free
100 Breast	100 Back
200 Back	200 Breast
100 Free	50 Free
50 Fly	400 IM
200 IM	4 x 50 Medley Relay
4x50 Free Relay	

13 & Over

Saturday PM	Sunday AM
400 Free	800/1500 Free
100 IM	50 Br
50 Back	100 Fly
200 Fly	200 Free
100 Breast	100 Back
200 Back	200 Breast
100 Free	50 Free
50 Fly	400 IM
200 IM	4 x 50 Medley Relay
4x50 Free Relay	

Warm-up and Session Times will be emailed when all entries are received, and sessions are timed out.

Warm-up Procedures 2021

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