

Mount Pearl Marlins

Sink or Swim Invitational

November 15-17, 2024
Mount Pearl Summit Center
126 Smallwood Drive, Mount Pearl, NL



Oct 10, 2024

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GENERAL INFORMATION

Dates:	November 15-17, 2024		
Location:	Mount Pearl Summit Center 126 Smallwood Drive, Mount Pearl, NL		
Spectator Admission:	No charge		
Pool:	8 lanes 25 meters plus two 25 meter lanes for additional warm up and cool down throughout the meet		
Coordinating Referee:	TBD		
Sanction:	Swimming Newfoundland and Labrador		
Meet Management:	Lynn Taylor lynnmichelletaylor@gmail.com 709-764-8199		
Officials Coordinator:	Josh Hare chairofficialsmarlins@gmail.com (709) 743-3414		
Important Dates:	November 7, 2024	2100 NST	Entry Deadline
	November 8, 2024	2100 NST	Team Entries and Session Report
	November 12, 2024	2100 NST	Scratch Deadline
	November 13, 2024	2100 NST	Final version of team entries
	November 15, 2024	0645 NST	Coaches Meeting
	November 15, 2024	0700 NST	Officials Meeting
	November 15, 2024	0730 NST	Meet Start

MEET INFORMATION

Rules:

- Swim Canada rules will govern the meet. Swim Canada Warm-Up safety procedures will be in effect. World Aquatics One-Start Rule (False Start DQ) in effect.

Meet Package:

- The only meet package that will be considered as valid shall be the most current version found on www.swimming.ca.

Description:

- Swim Newfoundland and Labrador sanctions the meet as an open invitational.
- The meet will include six (6) sessions, Prelims in the morning and Finals in the evening on Friday, Saturday, and Sunday.
- 10 and under swimmers will have the opportunity to swim finals in all 50's and 100's.
- The 400/800/1500 Free and 400 IM will be timed-final events. Swum boys and girls, open age, and seeded fastest to slowest. The fastest boy and fastest girl heat for the 400 Free and 400 IM will be swum during the evening session. 800 and 1500 will all be swum in the morning session. Positive check in will be required for 800 and 1500 by the start of the session.
- Prelims for all remaining events will be swum boys and girls, open age, and seeded slowest to fastest.
- The last three heats for all events will be circle seeded, with the exception of 400, 800 and 1500 events, which will be seeded fastest to slowest.
- Finals for all remaining events will be swum female and male, A-Final only for each age group.
- Age Groups
10 and under, 11-12, 13-14, 15 and over.

Relays:

- All relays are timed-final events.
- Teams are permitted to enter two relay teams per club per age group. Only the A-team will score. If there are empty lanes clubs can enter additional teams and may combine clubs to swim exhibition, with lanes awarded at meet managers discretion.
- Relay cards will be used. Relay cards are to be submitted 45 minutes prior to the start of the session. A late relay card or non-submission will result in the relay team being scratched.
- Name changes can be made up to 30 minutes before the start of all relays, coaches are asked to keep this to a minimum, and may be refused by meet management if unreasonable.

Warmup:

- **SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT.**
- Warm-up for prelims and finals will be 60 minutes.
- Sprint lanes will be available for the last 20 minutes of warm-up. Lanes 1, 2 and 8 will be used for sprinting and are designated as diving lanes with one way traffic only. Lane 7 will be designated for pacing. The safety marshall will use their discretion to open or close sprint lanes as needed.
- The two lanes of the leisure pool may be used by swimmers 11 & younger or swimmers who are not comfortable in the main pool.
- The leisure pool may be used for warm-up and cool down during competition.

Officials:

- Official Signup sheets can be found in the multi-purpose room on the second floor of the Summit Centre at the beginning of each session.
- Teams are encouraged to support each session. With an 8-lane pool, there is an increased demand for on-deck officials and the MPM kindly thank all volunteers in advance.
- All swimmers entered in 800/1500 Free events must provide at least one official for that session.
- There will be an official's meeting held 30 minutes prior to the start of each session.
- Officials are to be in position 5 minutes prior to the start of the session.
- Food and refreshments will be provided to coaches and officials prior to and during each session. Please note that food is uncontrolled with respect to allergies and dietary needs.

Coaches:

- There will be a coaches meeting at 0645 NST, November 15, 2024 on the second floor of the Summit Centre. Each team shall send a representative.
- All Coaches must be in good standing with their respective provincial bodies.
- Coaches must submit contact information plus email address where they can receive messages from meet management. Please email this information when submitting entries.
- Coaches requesting information on a DQ must speak to the Referee.

On Deck Access:

- Only participating swimmers and registered coaches plus officials are permitted on deck.

Photography and video:

- Only meet management sanctioned photography and video recordings are permitted on deck.
- Coaching video is considered sanctioned.

Medical Taping:

- Requests for medical taping may be made at the meet management desk for review by the referee.

ENTRIES & SCRATCHES**Meet Management Conditions:**

- Meet Management reserves the right to limit, or exclude entries, in any event, session, or the meet to maintain facility session times. Each session shall not exceed four hours.
- Meet Management reserves the right to modify session times and event order as necessary to accommodate meet requirements and will notify coaches whenever possible.
- Meet Management reserves the right to combine heats and events when numbers warrant.

Eligibility:

- All athletes must be registered as Competitive Swimmers with Swim Canada, or any other amateur swimming organization recognized by World Aquatics.
- There is no entry standard, note entry limitations below.

Entries:

- Swimmers may enter up to six individual events plus the relays.
- Swimmers are restricted to entering no more than three individual events per session.
- Swimmers who have not met 200 free 3:20, 200 IM 3:35, and those 10 and under (regardless of time) are not permitted to enter 400/800/1500 meter events, and no more than two 200 meter events.
- Age-up date is November 15, 2024.
- Electronic entries will be accepted via SNC online system only. Limited email entries may be accepted at the discretion of meet management.
- Entry deadline is 2100 NST, November 7, 2024.
- All entries will be processed after the entry deadline.
- Teams will have the opportunity to review club entries.
- Relay entries shall include swimmer names with entries.

Para-Swimmers

- Para-swimmers must be classified as per Swim Canada with their names reflecting their classification.
- Para-swimmers will swim in able-body events and will be scored as such.

Charges and fees:

- \$50.00 fee per swimmer. Check or e-transfer only please (cash not accepted).
- Please make check payable to Mount Pearl Marlins Swim Team; or send e-transfer to marlinstreasurer2016@gmail.com.
- Fees due will be based on the entries confirmed on 2100 NST, November 12, 2024 (Scratch Deadline) unless confirmed otherwise.
- \$10.00 deck entry fee per entry (no refund), payment required with submission at Meet Manager Desk.

Deck Entries:

- Deck entries may be requested 30 minutes prior to start of the session.
- Deck entries will be accepted based on the availability of empty lanes only and at the discretion of Meet Management.
- Deck entries are exhibition swims only in accordance with Rule C.S.W 3.6.5.

Scratches:**Prelims & Timed-Finals:**

- There are no penalties for late scratches or no-shows.
- Meet management may accommodate swimmers who no-show a race. Such an accommodation will be considered a deck entry and will be based on lane availability.

Finals:

- The scratch deadline for finals will be 30 minutes after the end of Prelims to allow for proper seeding and allocation of alternates. Scratches shall be submitted at the Meet Manager Desk or by email to lynnmichelletaylor@gmail.com
- Swimmers MUST report to the Clerk of Course prior to the event and remain near the starting blocks ready to swim until the race begins.
- A swimmer who missed their swim will not swim any further events that session.

Alternate swimmers:

- In Finals, if a swimmer has not reported when their race is called by the Clerk of the Course, the Clerk of the Course is responsible for informing the Referee and finding the alternate.
- Alternates MUST report to the Clerk of Course prior to the event and remain near the starting blocks ready to swim until the race begins.
- During finals, once an alternate is called, the “no-show” is final.
- If a swimmer fails to step up to the blocks on the referee’s command, swimmers will step down and the alternate will be given the opportunity to swim.

RESULTS/SCORING & AWARDS

Results:

- Results will be posted on the deck and outside the multi-purpose room throughout the session.
- Results will be uploaded to Meet Mobile after the conclusion of the session.
- If the results fail to upload, a copy will be posted on the MPM website.

Scoring:

- The following point system will be used to score event final results for team and individual awards: 10 – 1st, 8 – 2nd, 7 – 3rd, 6 – 4th, 5 – 5th, 4 – 6th, 3 – 7th, 1 – 8th.
- Relay results will be point scored as follows: 20 – 1st, 15 – 2nd, 10 – 3rd, 8 – 4th, 7 – 5th, 6 – 6th, 5 – 7th, 4 – 8th. Only one relay (A-team) per team and age group will score.

Awards

- Medals will be awarded to the top achiever (Total Points) per gender in each age group, 10 and under, 11-12, 13-14, 15 and over.
- Ribbons will be awarded for individual event placings 1st- 8th.
- Top Team: Trophy - Small Team Award (10 to 20 swimmers) and Large Team Award (21 or more swimmers).
- Ties will be broken by most 1st place finishes followed by 2nd place finishes, etc.
- Clubs must enter at least 10 swimmers to qualify for the small team award.
- Team award is based on total points divided by number of swimmers.
- There will be no awards ceremony. Coaches will receive awards at end of meet or via mail.

SESSION INFORMATION

Session	Friday	Saturday	Sunday
Prelims	0630 – Warm-Up	0630 – Warm-Up	0630 – Warm-Up
	0730 – Start	0730 – Start	0730 – Start
	1130 – End	1130 – End	1130 – End
Afternoon Break			
Finals	1600 – Warm-Up	1600 – Warm-Up	1500 – Warm-Up
	1700 – Start	1700 – Start	1600 – Start
	2030 – End	2030 – End	1930 – End

- Warm-up ends 5 minutes before the start of the session. Swimmers are expected to have vacated the pool by this time.
- Warm-up and Start time for Prelims may be adjusted once entries are confirmed.

SESSION	Friday	Saturday	Sunday
Prelims	50 Free 200 Breast 200 Fly 100 Back 200 IM 800/1500 Free (alternating)	100 Free 100 Breast 100 Fly 50 Back 400 Free	100 IM 400 IM 50 Breast 200 Back 50 Fly 200 Free
Finals	50 Free 200 Breast 200 Fly 100 Back 200 IM 200 Free Relay	100 Free 100 Breast 100 Fly 400 Free (fastest Heat) 50 Back 400 Free Relay	100 IM 400 IM (fastest heat) 50 Breast 50 Fly 200 Back 200 Free 200 Medley Relay