



SPRING  
**SPLASH-N-DASH**



**INVITATIONAL 2024**

**March 15-17, 2024**

**Corner Brook Arts and Culture Centre**

**Swimming Pool**

11 University Drive, Corner Brook, NL



## GENERAL INFORMATION

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

**Dates:** 15<sup>th</sup> March 2024 – 17<sup>th</sup> March 2024

**Location:** Corner Brook Arts and Culture Centre  
11 University Drive, Corner Brook, NL

**Spectator Admission:** No charge.

**Pool:** 6 lanes - 25 meters.

**Referee(s):** Eric Rose (Level 5)  
[Rose.eric@icloud.com](mailto:Rose.eric@icloud.com)  
709-769-3742

**Sanction:** Swimming Newfoundland and Labrador

**Meet Manager:** Lisa MacArthur  
[meetmanager@cbrapids.com](mailto:meetmanager@cbrapids.com)  
(709) 630-2613

**Officials Coordinator:** Glenn MacArthur  
[officials@cbrapids.com](mailto:officials@cbrapids.com)

<b>Important Dates:</b>	<b>01 Feb 2024</b>	<b>1800 NST</b>	<b>Entry acceptance</b>
	<b>5 Mar 2024</b>	<b>2000 NST</b>	<b>Entry deadline</b>
	<b>7 Mar 2023</b>	<b>1800 NST</b>	<b>Coaches entry review notification</b>
	<b>11 Mar 2023</b>	<b>1700 NST</b>	<b>Scratch date</b>
	<b>13 Mar 2023</b>	<b>1800 NST</b>	<b>Confirmation of warm up times, Session Reports, and Updated Team Entries.</b>
	<b>15 Mar 2023</b>		<b>Age-up date – first day of the meet</b>
	<b>15 Mar 2023</b>	<b>1810 NST</b>	<b>Coaches meeting</b>
	<b>15 Mar 2023</b>	<b>1835 NST</b>	<b>Officials meeting</b>
	<b>15 Mar 2023</b>	<b>1900 NST</b>	<b>Meet start</b>



## MEET INFORMATION

### Rules:

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

### Package:

- The only meet package that will be considered as valid shall be the most current version found on [www.swimming.ca](http://www.swimming.ca).

### Description:

- This is an open invitational meet for competitive swimmers.
- All events will be gender divided, open aged, standard seeding timed finals, slowest to fastest.
- The meet will have four sessions, two morning sessions and two evening sessions.
- All Swimmers may compete in a maximum of 6 events plus two relays.
- Swimmers may compete in **either** the 800 Freestyle **or** 1500 Freestyle events. These will be swum as mixed events and may be combined.
- Meet management reserves the right to limit entries in 200 m and 400 m events.
- Manual timing will be in use.

### Relays:

- ***A maximum of 2 relay teams per age group per club per event.***
- The age of the oldest swimmer will determine the relay age group.
- Completed relay team entries (with swimmers' names) are required.
- Relay changes only, **NOT entries**, will be accepted up to the start of the session in which the relay is scheduled and the team is entered.
- Clubs may enter as many teams as they wish in the relays.
- Each swimmer may enter only one relay per session for the meet.
- Relays will be divided into groups, male and female. Each relay team must be composed of either 4 female or 4 male swimmers.
- If a relay team has a swimmer from another club on their relay team, their times will be listed as an exhibition time only.

### Warmups:

- SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT.
- Sprint lanes will be available for the last 10 minutes of warm-up. Lanes 1 and 6 will be used for sprinting and are designated as diving lanes with one-way traffic only
- Swim Canada Warm-up procedures will be posted during the meet.



#### Officials:

- Officials can sign up by emailing Glenn MacArthur at [officials@cbrapids.com](mailto:officials@cbrapids.com). Official Signup sheets can be found in the Pool lobby area near the Canteen of the Arts and Culture Pool at the beginning of each session. Officials are asked to check their name to confirm their presence.
- ***Teams are encouraged to support each session. With a 6-lane pool, there is an increased demand for on-deck officials and the Rapids kindly thank all volunteers in advance. Parents who are qualified officials that have children swimming the 800 or 1500 free are encouraged to officiate during this 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 after each session. This food is uncontrolled with respect to allergies and dietary needs.

#### Coaches:

- There will a coaches meeting held at 1810 NST 15<sup>th</sup> March 2023, in the Party Room of the Arts and Culture Pool. 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 provide the cell phone number of the coach attending the meet to the meet manager before the start of the meet.
- 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.
- Meet Management and Referees reserve the right to request a coach to produce coaching credentials. Failure to produce credentials may result in the coach being asked to leave the pool deck.

#### Photography and Video:

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

## ENTRIES & SCRATCHES

#### Meet Management Conditions:

- Meet Management reserves the right to limit entries in any event, session, or the meet to maintain facility session times.
- 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.
- Meet Management reserves the right to impose an event swim time cut-off or prohibit NT entries.



**Charges:**

- Meet management reserves the right to charge \$100.00 for all late entries or to refuse late entries.
- Meet management reserves the right to charge \$10.00 per occurrence for the following:
  - - A swimmer with greater than six individual events.

**Qualifying Standard:**

- The meet is open to competitive swimmers.

**Eligibility:**

- All athletes must be registered as Competitive Swimmers with Swim Canada, or any other amateur swimming organization recognized by FINA.
- A valid SNC registration number is required for all Canadian swimmers, and entries without a Swim Canada registration number will be declined entry.

**Entries:**

- Swimmers are restricted to entering no more than three individual events per session.
- Age-up date is the first day of the meet, 15<sup>th</sup> March 2024.
- Email hy-tek entries will be accepted via SNC online system. Limited email entries will be accepted with justification and at the discretion of meet management.
- Entry acceptance begins 1800 NST, 24<sup>th</sup> January 2024.
- Entry deadline is 2000 NST, 5<sup>th</sup> March 2024.
- All entries will be processed after the entry deadline. Teams will have an opportunity to review their club 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.

**Psych Sheet:**

- The psych sheet will be emailed to coaches no later than 14<sup>th</sup> March 2024.

**Charges and Entry Fees:**

- Entry fees are set at **\$50.00** per swimmer. Payment to the Corner Brook Rapids Swim Club is due at the start of the first meet session. Cheque or e-transfer only please (cash not accepted)
- Please make cheque payable to Corner Brook Rapids Swim Club; or send e-transfer to [treasurer@cbrapids.com](mailto:treasurer@cbrapids.com)
- **Fees due are based on the entries confirmed on March 11, 2024 at 5:00 p.m. (NST) – Scratch deadline.**
- \$10.00 deck entry fee per entry (no refund), payment required with submission at Meet Manager Desk.



**Deck Entries:**

- Deck entries must be made 30 minutes prior to start of the session.
- Deck entries will only 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:**

- There are no penalties for late scratches or no-shows.
- Meet Management may not accommodate swimmers who no-show.
- Meet Management may not accommodate requests to move a swimmer to another open lane.
- Any accommodations are at the sole discretion of meet management and are not tied to precedents.

## RESULTS/SCORING & AWARDS

**Results:**

- Results will be posted on the deck and outside the officials' area throughout the session.

**Scoring:**

Scoring for swimmers will be based on FINA Points in individual events for the following age groups:

- 10 & Under
- 11-12
- 13-14
- 15 & over

**INDIVIDUAL AWARDS**

- Certificates will be given to all participants.
- Place ribbons will be awarded to the top 3 (three) finishers in each age group in all events.
- A Best Times Box will be placed on deck for random draw prizes at the end of the meet prior to the awards announcements.
- Top Achiever awards will be given to the highest 3 (three) total FINA point scorers based on individual events, both male and female, in each age group.

**TOP TEAM AWARD**

- Teams must have at least 15 swimmers at the meet to qualify for top team award.
- Top team award will be based on total FINA points accumulated by each swimmer on the team divided by the number of swimmers on that team at the meet.



## SESSION INFORMATION

### Session Schedule:

Session	Morning	Evening
March 15		1755 – Warm-up
		1900 – Session Start
		2030 – Session End

Session	Morning	Evening
March 16	07:30 – Warm-up	1600 – Warm-up
	08:35 – Session Start	1705 – Session Start
	1230 – Session End	2000 – Session End

Session	Morning	Evening
March 17	0730 – Warm-up	
	0835 – Session Start	
	1200 – Session End	

### Note

- Warm-up ends 5 minutes before start of session. Swimmers are expected to have vacated the pool by this time.
- Warm-up will be two 30-minute sessions



**Event Schedule:**

Session	Morning	Evening
March 15		800 Free (mixed) 1500 Free (mixed)

Session	Morning	Evening
March 16	200 Back 100 Breast 50 free 200 Fly 50 back 400 IM	400 Free 100 Fly 50 Breast 100 Free 200 IM 4 x 50 Free Relay

Session	Morning	Evening
March 17	200 Free 100 IM 50 Fly 200 Breast 100 Back 4 x 50 Medley Relay	No sessions

**Note**

- Swimmers are restricted to 3 **NT** entries for distances of 200-meter events.
- Swimmers may compete in a maximum of 6 events plus 2 relays.
- Swimmers may compete in **either** the 800 Freestyle **or** 1500 Freestyle events. These will be swum as mixed events and may be combined.
- Meet management reserves the right to limit entries in 200 and 400 m events.
- If a swim team adds a swimmer from other swim team – this will be added as an exhibition time and not added to overall team scoring.

**PRE-COMPETITION**

- A Safety Marshall will be appointed by Meet Management prior to each swim competition, or this role can also be filled by the Meet Manager.
- Meet Management will work with the Arts and Culture Centre Pool to confirm all facility logistics and expectations.
- All officials will be recruited and assigned positions prior to the day of competition.

