

# 2025 Festival of Spring

## May 9~11, 2025

### MEET INFORMATION

**Name of Meet:** 2025 Festival of Spring

**Date** May 9-11, 2025

**Hosted by** Nepean Kanata Barracudas Swim Club

**Location** Nepean Sportsplex, 1701 Woodroffe Ave, Nepean, ON, K2G 1W2

**Facility** 8-lane, 50m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard

**Pool Format** Long Course for all races

**Meet Package** The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

**Competition Coordinator** Yik Hon Yu , Level 5 - yikhonyu@yahoo.ca

**Meet Manager** Heidi Wechselberger, [meetmanager@swimnkb.com](mailto:meetmanager@swimnkb.com)  
Whitney Rose, Lance Miller

**Entry Contact** Heidi Wechselberger, [meetmanager@swimnkb.com](mailto:meetmanager@swimnkb.com)

**Officials** Shari Schaepper, [officials@swimnkb.com](mailto:officials@swimnkb.com)

#### Description

**Description:** Sessions are grouped by ages: 12 & under and 13 & over. All 12 & under individual events will be swum as timed finals with all ages and genders seeded together. Some of the 13 & over events will have preliminaries and finals. The Preliminaries will be run by gender with all ages seeded together. Finals will be divided into the following age groups by gender: 13, 14, 15, 16 & over. Only A finals will be swum. **Relays:** Swum as Timed Finals divided into the following age groups by gender: 10 & under, 11-12, 13-14, 15 & over. **1500/800 FR:** Swum as Timed Finals. Open to 13 & over only. Swum fastest to slowest with all ages and genders seeded together. Distance will alternate by heat starting with the 1500. Swimmer's age will be determined as of the 1st day of the meet.

### SAFETY At COMPETITION

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or [www.swimming.ca/safesport](http://www.swimming.ca/safesport)

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

### COMPETITION RULES

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

### **Dive Starts**

As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

- from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from
  - From deep end only

### **Deaf and Hard of Hearing Accommodation:**

**This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:**

- non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light options
  1. **Facility-Provided Strobe Light:** An external strobe light is available at this facility
  2. **Personal Strobe Light:** a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.

**Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**

Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

## **ELIGIBILITY**

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS. This competition is sanctioned as an Invitational, however, foreign swimmer/teams entries will not be accepted.

## **ENTRIES**

### **Age Up Date**

Ages submitted are to be as of May 9, 2025

**Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.** Meet management will:

- not accept entries via email;
- notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;
- notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition

**Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.**

Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.

**Swimmer may enter a total of 6 individual events.**

**Deadline** April 29, 2025 (Midnight)

**Payment** etransfer to nkbswimming@gmail.com – please put “Club Name + NKB FOS” in the message field

**Fees** \$11.00 + \$1.00 (SwimON Gold Bonus) + HST = \$13.56 per individual event

\$13.00 + \$1.00 (SwimON Gold Bonus) + HST = \$15.82 per relay

**Changes to entries will be accepted until May 2, 2025.**

After that time, fees will be calculated. No refunds will be granted for missed swims.

**Deck Entries** No deck entries will be allowed.

**Standards** Not Applicable

**Seeding** slowest to fastest (unless specifically specified)

**Conversion:** No qualifying times - converted entry times accepted.

### Relays

- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.
- Relay cards must be submitted to the meet management office no later than 30 minutes prior to the start of the session the event occurs.

### Mixed Gender

An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.

### SWIM OFFS:

**This competition offers preliminary events.**

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

## SCHEDULE OF SESSIONS

Session #	Date	Type	Ages	Warm up	Start
1	Fri. May 9, 2025	Prelims & Timed Finals	13 & over	10:00 am	10:45 am
2	Fri. May 9, 2025	Timed Finals	12 & under	2:15 pm	3:00 pm
3	Sat. May 10, 2025	Prelims & Timed Finals	13 & over	7:00 am	7:45 am
4	Sat. May 10, 2025	Timed Finals	12 & under	11:15 am	12:00 pm
5	Sat. May 10, 2025	Prelims & Timed Finals	13 & over	4:30 pm	5:15 pm
6	Sun. May 11, 2025	Finals	13 & over	7:00 am	7:45 am
7	Sun. May 11, 2025	Distance - Timed Finals	All Ages	10:00 am	10:45 am
8	Sun. May 11, 2025	Distance - Timed Finals	13 & over	12:15 pm	1:00 pm

## SCHEDULE OF EVENTS, ADDITIONAL EVENT DETAILS

### Schedule of Events

See event list – Appendix A

### Official Time Splits

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place.

### Records:

Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.

## CHECK IN & SCRATCHES

### Scratches:

**Scratches from preliminary and timed final** events shall be made to Chief Administrative Desk (formally Clerk of Course) before the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

**Positive check-in** is required for 400 IM, 800 Free and 1500 Free entries at least 30 minutes before the start of Session 7 at the Chief Administrative Desk (formally Clerk of Course) table to enable these heats to run efficiently. There will be no penalty for swimmers who do not show up for these heats.

**800/1500 Free** will be swum fastest to slowest and will alternate by heat.

**Scratches from finals** shall be made within 30 minutes of the completion of the prelim session to allow for proper seeding and notification of alternates. Late scratches from finals must be made up to 30 minutes before the start of the finals session. There will be no reseeding. No scratches will be allowed after this point. Any swimmers that do not show up for their events after this deadline will be removed from all further events for that session.

### Relays:

Relay cards are due 30 minutes before the start of each session. Any relay cards not received at these times will be scratched. **Meet Management reserves the right to cancel relays if the number of individual entries result in session length time violations.**

## COACHES' REGISTRATION & MEETING

### Coach Registration

Meet management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

**Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.**

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

## Coaches' Meeting

- A coaches technical bulletin will be emailed in lieu of an on deck coaches meeting.

## AWARDS

### Individual Awards

- Heat Winner Awards - winner of each heat will receive a ribbon

Medals 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>. Ribbons 4<sup>th</sup> to 8<sup>th</sup>

Final results/awards will be divided into the following age groups:

10 & under	Female & Male
11	Female & Male
12	Female & Male
13	Female & Male
14	Female & Male
15	Female & Male
16 & over	Female & Male

**Relay events:** Ribbons 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

Final results/awards will be divided into the following age groups:

10 & under	Female & Male
11-12	Female & Male
13-14	Female & Male
15 & over	Female & Male

### Receiving Awards

- Heat winner ribbons will be presented to the swimmer as they exit the pool after their heat
- Ribbons are to be picked up by swimmers at the awards table. Awards packages will not be mailed after the meet.

## RESULTS

### Results

- The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet.
- Live Results/Meet Mobile will be available.
- Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)
- Results will be published according to age group and gender (10&U, 11, 12, 13, 14, 15 and 16&O)

## HOSPITALITY

A selection of food and refreshments will be made available between sessions of the meet for coaches and officials only. Please be considerate that food provided is for those in attendance for consecutive sessions.

## APPENDIX A - EVENT SCHEDULE

<b>Session 1 – Friday, May 9, 2025</b>		<b>Warm Up: 10:00AM</b>
<b>Prelims &amp; Timed Finals: 13 &amp; Over</b>		<b>Start: 10:45AM</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
1	400 FREE	2
3	100 FLY*	4
5	200 BREAST	6
7	50 FREE*	8

<b>Session 2 – Friday, May 9, 2025</b>		<b>Warm Up: 2:15 PM</b>
<b>Timed Finals: 12 &amp; Under</b>		<b>Start: 3:00 PM</b>
<b>Event #</b>	<b>Event</b>	
9	200 FREE	
10	100 BACK	
11	50 BREAST (10 & Under)	
12	200 FLY	
13	50 FREE	
14	200 BREAST	
15	4 x 100 FREE RELAY (10 & U Girls)	
16	4 x 100 FREE RELAY (10 & U Boys)	
17	4 x 100 FREE RELAY (11 & 12 Girls)	
18	4 x 100 FREE RELAY (11 & 12 Boys)	

<b>Session 3 – Saturday, May 10, 2025</b>		<b>Warm Up: 7:00 AM</b>
<b>Prelims &amp; Timed Finals: 13 &amp; Over</b>		<b>Start: 7:45 AM</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
19	400 IM	20
21	100 BREAST*	22
23	200 BACK	24
25	100 FREE	26

\*PRELIMS

<b>Session 4 – Saturday, May 10, 2025</b>		<b>Warm Up: 11:15 AM</b>
<b>Timed Finals: 12 &amp; Under</b>		<b>Warm Up: 12:00 PM</b>
<b>Event #</b>	<b>Event</b>	
27	100 FREE	
28	50 FLY (10 & Under)	
29	200 BACK	
30	100 FLY	
31	50 BACK (10 & Under)	
32	100 BREAST	
33	200 IM	
34	4 x 100 MED RELAY (10 & U Girls)	
35	4 x 100 MED RELAY (10 & U Boys)	
36	4 x 100 MED RELAY (11 & 12 Girls)	
37	4 x 100 MED RELAY (11 & 12 Boys)	

<b>Session 5 – Saturday, May 10, 2025</b>		<b>Warm Up: 4:30 PM</b>
<b>Prelims &amp; Timed Finals: 13 &amp; Over</b>		<b>Start: 5:15 PM</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
38	200 IM*	39
40	100 BACK*	41
42	200 FLY	43
44	200 FREE*	45

\*PRELIMS

<b>Session 6 – Sunday, May 11, 2025</b>		<b>Warm Up: 7:00 AM</b>
<b>Finals: 13 &amp; Over</b>		<b>Start: 7:45 AM</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
38	200 IM – 13,14, 15, 16 & Over	39
3	100 FLY – 13,14, 15, 16 & Over	4
40	100 BACK– 13,14, 15, 16 & Over	41
44	200 FREE – 13,14, 15, 16 & Over	45
21	100 BREAST – 13, 14, 15, 16 & Over	22
7	50 FREE – 13, 14, 15, 16 & Ove	8
46	4 x 100 MED RELAY (13 & 14)	47
48	4 x 100 MED RELAY (15 & Over)	49

<b>Session 7– Sunday, May 11, 2025</b>		<b>Warm Up: 10:00 AM</b>
<b>Distance (Timed Finals)</b>		<b>Start: 10:45AM</b>
<b>Event #</b>	<b>Event</b>	
50	400 FREE (12 & Under)	
51	400 IM (12 & Under)	

<b>Session 8– Sunday, May 11, 2025</b>		<b>Warm Up: 12:15 PM</b>
<b>Distance (Timed Finals)</b>		<b>Start: 1:00 PM</b>
<b>Event #</b>	<b>Event</b>	
52	1500 FREE (all ages)	
53	800 FREE (all ages)	