

NATIONAL CAPITAL CUP

FEBRUARY 14-16, 2025

MEET INFORMATION

Name of Meet: National Capital Cup
Date February 14-16, 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

Competition Coordinator Julie Hewitt Level IV jhewittm1@gmail.com,
Andrew Barton Level IV documeant@gmail.com
Meet Manager Heidi Wechselberger, meetmanager@swimnkb.com
Entry Contact Heidi Wechselberger, meetmanager@swimnkb.com
Officials Shari Schaepper, officials@swimnkb.com
Description: Dash for Cash, Open Heats & Finals

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

The [Swim Ontario Concussion Management](#) & Swimming Canada Event Photography and Swim Ontario Event Photography procedures 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 February 14, 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 January 21, 2025 (Midnight)

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

Fees \$12.00 + \$1.00 (SwimON Gold Bonus) + HST = \$14.69 per individual event

Changes to entries will be accepted until February 10, 2025

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

Deck Entries Deck entries will be allowed

Standards Not Applicable

Seeding Fastest to Slowest for all races.

Conversion: No qualifying times - converted entry times accepted.

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: 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. Feb 14, 2025	Timed Finals	All ages	1:00 PM	2:00 PM
2	Sat. Feb 15, 2025	Heats	All Ages	7:30 AM	8:30 AM
3	Sat. Feb 15, 2025	Finals	All Ages	4:30 PM	5:30 PM
4	Sun. Feb 16, 2025	Heats	All Ages	7:30 AM	8:30 AM
5	Sun. Feb 16, 2025	Finals	All ages	4:30 PM	5:30 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.

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.

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

- Friday, February 14, 2025 - Time: 1:30 pm - during the warmup for session 1.
- Location: On Deck Classroom (meet management office), behind the trampoline in the deep end of the pool.

AWARDS

Individual Awards

- Cash awards for selected events
- Medals for 1st - 3rd place by gender

Cash Awards

- **1500 ELIMINATOR (\$900)**
7 & 8 PLACE AT 600m: No prize money and not eligible for further rewards but can continue the race
5 & 6 PLACE at 900m: \$25 each and not eligible for further rewards but can continue the race
3 & 4 place at 1200m: \$50 each and not eligible for further rewards but can continue the race
2 place at the 1500 will receive \$100
1 place at the 1500 will receive \$200
- **200 FLY ELIMINATOR (\$900)**
Round 1: 8 swimmers, 200m fly, drop 2 for Round 2: \$0
Round 2: 6 swimmers, 150m fly, drop 2 for Round 3: \$25
Round 3: 4 swimmers, 100m fly, drop 2 for Round 4: \$50
Round 4: 2 swimmers, 50m fly. 2nd place receives \$100, 1st place receives \$200.
- **SKINS 50s (\$1800)**

6x50 on 2:00

Swimmers will be stopped from continuing at the following rounds and prizes:

Round 1: 7th & 8th place (No award)

Round 2: 6th place (\$10)

Round 3: 5th place (\$20)

Round 4: 4th place (\$30)

Round 5: 3rd place (\$40)

Round 6: 2nd place (\$50)

1st place: \$75

Receiving Awards

- Awards will be handed out at the completion of the event.

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

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

Friday, [Timed Finals]

Event

1500 Heats + ELIMINATOR*

50 BREASTSTROKE + SKINS**

50 BACKSTROKE + SKINS**

50 BUTTERFLY + SKINS**

50 FREE + SKINS**

400 IM

Saturday, [Prelims/Finals]

Event

200 FLY - [ELIMINATOR - FINALS]

100 FREE

200 BACKSTROKE

100 BREASTSTROKE

400 FREE

200 IM - [MYSTERY IM - FINALS]

Sunday [Prelims/Finals]

Event

200 FREE

100 FLY

100 BACK

200 BREASTSTROKE

800 FREE

1500 Eliminator and Skins will be swum as the last two heats of the event.

***1500 ELIMINATOR- TOP 8 EACH GENDER - Heats will alternate male/female**

200 FLY ELIMINATOR- TOP 8/GENDER- Heats will alternate male/female

Round 1: 8 swimmers, 200m fly, 7th & 8th place finisher will NOT continue to Round 2

Round 2: 6 swimmers, 150m fly, 5th & 6th place finisher will NOT continue to Round 3

Round 3: 4 swimmers, 100m fly, 3th & 4th place finisher will NOT continue to Round 4

Round 4: 2 swimmers, 50m fly.

SKINS 50s - Top 8 per gender - Heats will alternate male/female

6x50 on 2:00

All swimmers compete in Round 1

Swimmers will be stopped from continuing at the following rounds

Round 1: 7th & 8th place finisher will NOT continue to Round 2

Round 2: 6th place finisher will NOT continue to Round 3

Round 3: 5th place finisher will NOT continue to Round 4

Round 4: 4th place finisher will NOT continue to Round 5

Round 5: 3rd place finisher will NOT continue to Round 6

Round 6: Head to Head last remaining 2 swimmers