

Hi everyone,

We are looking forward to seeing you on deck this weekend. This email contains all the important points pertaining to how the meet will be run. If you have any questions about what is outlined in this email, Meet Management or Competition Coordinators will make themselves available on the 25m pool deck at 3:30 pm during the warmup for Session 1. Please see '**Coaches' Meeting**' below for more info.

Session timelines have shifted slightly from what was in the meet package. Here they are for ease of reference:

Session Times

Session	Date	Age Group	Prelims/Finals	Warm Up	Start
1	Thursday, June 5	All Ages	Timed Finals	3:15 p.m	4:00 p.m
2	Friday, June 6	13 & over	Prelims	8:00 a.m.	9:00 a.m.
3	Friday, June 6	12 & under	Time Finals	12:15 p.m.	1:00 p.m.
4	Friday, June 6	13 & over	Finals	4:30 p.m.	5:30 p.m.
5	Saturday, June 7	13 & over	Prelims	8:00 a.m.	9:00 a.m.
6	Saturday, June 7	12 & over	Time Finals	12:15 p.m.	1:00 p.m.
7	Saturday, June 7	13 & over	Finals	4:30 p.m.	5:30 p.m.
8	Sunday, June 8	13 & over	Prelims	8:00 a.m.	9:00 a.m.
9	Sunday, June 8	12 & under	Time Finals	12:15 p.m.	1:00 p.m.
10	Sunday, June 8	13 & over	Finals	4:30 p.m.	5:30 p.m.

Please note the following important items in effect for this meet:

CHECK IN & SCRATCHES

12 & Under Sessions

Positive check-in for all swimmers is required 30 minutes prior to the start of the 12 & under time final session to ensure the fastest heat of each age group is full. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes. Failure to participate in the fastest heat without meet management's knowledge or consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. Payment is due to Nepean Kanata Barracudas (paid at the meet management office or by

e-transfer to nkbswimming@gmail.com). Failure to pay before the next event will exclude the swimmer from any further participation in the meet.

13 & Over Sessions/All Age Sessions

Prelims

- Scratches are to be made at the administration desk 30 minutes prior to the start of each session.
- No scratch penalty shall be imposed for late or day of scratches.

Timed Finals

Positive check in for all swimmers is required 30 minutes prior to the start of the session in which the timed final event occurs. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes.

Finals

- Scratches for finals must be made within 30 minutes after the last non distance event of the prelims session.

All Sessions

Failure to participate in an individual final, leg of a relay final, or in a timed final fastest heat event without meet management's knowledge and consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. Payment is due to Nepean Kanata Barracudas (paid at the meet management office or by e-transfer to nkbswimming@gmail.com). Failure to pay before the next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event in finals but will not swim the rest of the meet will not be penalized.

Coaches' Meeting

- Date: Thursday, June 5 at **3:30 p.m.** during the warmup for session 1.
- Location: 25m pool deck
- If requested, a second coaches meeting will be held during warm-ups of the first 12 & Under session of the competition

SCORING

Scoring

- Top 16 swimmers in individual events and the top 16 relays will score team points.
- Individual event points: 25-22-19-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
- Team relay event points: 50-44-38-34-32-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2

AWARDS

Individual and Relay Awards

Medals for 1st, 2nd, 3rd

Ribbons for 4th - 8th

Receiving Awards

- Medals for 12 & under timed final events will be awarded on deck during each session as results are available.
- Medals for 13 & over finals will be awarded on deck during finals, immediately following each event. Top 3 swimmers are encouraged to go directly to the podium to receive medals following each heat.
- All medals and ribbons are to be picked up by swimmers at the awards table. Awards packages will not be mailed after the meet.

Team Awards

- Overall team award to the team with the highest number of team points.
- Small team award to the team with the highest number of points, and fewer than 75 registered competitive swimmers as of June 5, 2025
- These awards will be presented at the end of the last finals session.

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
- Results will be published according to age group and gender (10&Under, 11-12, 13-14, 15-16, 17 & Over)

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.

Thank you,

NKB Meet Management