

Nose Creek Swim Association

Dream it! Train it! Live it!



Spring Invitational

March 16-17 2024

Technical & Safety Bulletin

Contact Person

Meet Manager Erin Quiring meet.manager@ncsaswim.ca

Entry Contact Kyoko Taylor entries@ncsaswim.ca

Official Coordinators: Margaret Palmer and Amy McMillan ncsa.officials@ncsaswim.ca

Advisory Referee: [Dave Jenkins](#)

Schedule **Note time changes**

Sessions		Date	Warm up	Start
Session 1 (timed finals and prelims)	All Ages	Saturday March 16, 2024	7:30AM	8:15AM
Session 2 (Finals)	All Ages	Saturday March 16, 2024	4:00PM	4:45PM
Session 3 (timed finals and prelims)	All Ages	Sunday March 17, 2024	7:30AM	8:15AM
Session 4 (Finals)	All Ages	Sunday March 17, 2024	4:00PM	4:45PM

Heat Sheet & Results

- Heat Sheets available for free on [Meet Mobile](#)
- Results will be available on Meet Mobile . Meet mobile results are unofficial and all final results will be published to Swim Canada at the end of the meet.

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Swimmers, Coaches and Officials

- Seton YMCA guidelines are in effect during this meet.
- Access to the facility will utilize the main entrance,
- **Participants 12 years and up must present the access pass and photo ID at the desk. Photo ID can include passports and school ID's. We encourage youth to have a photo saved on their phone to show upon arrival.**
- Access for swimmers and coaches into the pool deck area is permitted 15 minutes prior to the warmup start time.
- Access for meet officials is permitted 45 minutes prior to session start

General

- Event participants are not permitted to use the hot tubs before, during or after the events.
- Athletes/participants are not permitted to change their clothing in the activity areas.
- Please do not bring any glassware into the activity areas, including onto the pool deck. All beverages should be in a sealed, spill proof container.
- Please remind swimmers' family members, parents/guardians are not permitted on the pool deck for safety reasons, except if they are officiating.

Warmup & Cool down

Warm Up:

- Lane 0 & 9 will be diving lanes
- Lane 8 will be setting up backstroke wedges during last 20 minutes warmup time and will be one way swim

Cool Down:

- Cool down lanes will be provided in the non-competition pool from 8:30-1:30 both sessions, lanes TBD

Scratches

- **The Swim Alberta Scratch Rule will be in effect for this competition.**
- To make the meet run more efficiently any last-minute scratches would be appreciated until Friday March 15, 2024 by 3:00pm. Please notify NCSA by e-mail: entries@ncsaswim.ca.

Swimmer Information

- Please inform your swimmers: They are to remain in the water after their swim during preliminary events as the next heat or event will start over them. Swimmers remaining in the water should move to either side of their lane and remain there quietly until the start has been given.
- Please discourage your swimmers from disturbing the next swimmer by waiting directly beneath the starting blocks &/or hanging onto the backstroke starting grips.
- In backstroke preliminary events, when the referee blows the first long whistle the swimmers will leave the pool as the next swimmer enters the water unless instructed differently by the Referee &/or Starter.
- During finals, alternates check in with the Meet Official located near the referees. After check in the swimmers will await direction from Meet Officials.
- Inform Meet Management and the Advisory Referee of all PARA swimmers from your club at the start of each session and discuss if your swimmer(s) will require special attention or assistance on deck, including at the starting blocks.
- If your swimmer(s) have to withdraw from the meet, at any time, as a result of a medical condition, etc., please notify the meet manager and advisory referee, ASAP.

Prizes - Bell Ringer

- Heats will be randomly chosen during session 1 and 2. At the beginning of that heat a bell will ring to indicate it is a prize heat. Swimmers winning that heat will receive a prize. Winners will be announced during the swim meet and are asked to collect their prize from the prize table.
- All prizes must be collected by swimmers or their coach(es) at the conclusion of the Competition.
- Medals for place 1-3 place, ribbons will be given out for 4-8 place, excluding relays

Spectators

- Access to the facility will utilize the main entrance.