

**2023**  
**ESMS**  
**EQUIPMENT**  
**NWT TERRITORIALS**

**Hosted By**



**SESSION 1**

FRIDAY FEBRUARY 10, 2023

WARM UP: 4:15PM --- START: 5PM

**SESSION 2**

SATURDAY FEBRUARY 11, 2023

WARM UP: 12PM --- START: 12:45PM

**SESSION 3**

SUNDAY FEBRUARY 12, 2023

WARM UP: 6AM --- START: 6:45AM

HOSTED BY: YELLOWKNIFE POLAR BEAR SWIM CLUB  
RUTH INCH MEMORIAL POOL, YELLOWKNIFE  
25M, 5 LANE POOL, SANCTION #PENDING



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1. Eligibility: All swimmers currently registered with SNC, Swim Alberta or other FINA related organizations are eligible to enter the 2023 SMS Equipment NWT Championships. The swimmer's age will be determined as of the first day of the meet.

2. Age Groups:

<b>FEMALES</b>	8 and under	9 & 10	11 & 12	13 & 14	15 & over
<b>MALES</b>	8 and under	9 & 10	11 & 12	13 & 14	15 & over

3. All events will be swum as open seeded (slowest to fastest) but broken by age groups for awards and points.

4. Entries: The maximum number of swimmers permitted in the meet will be 150.

- a. A limit of 7 individual events.
- b. 200 meter events will not be open to novice & 10/U swimmers.
- c. Each individual entry must have an entry time – even if it is an estimate
- d. To enter the 400M Free proof of time is required with the 10 & under having a minimum time of 8:30.00 Minutes.
- e. Entries must be done online at [swimming.ca](http://swimming.ca)

5. Entry Fees: Entry fees are \$7.50 for individual events. No refunds after the entry deadline.

6. Entry Deadline : **Friday February 3, 2023**

- a. Please provide the following:
  - i. HyTek Entries
  - ii. Entry Summary form (club information)
  - iii. Entry fees by mail (cheque or money order made payable to Yellowknife Polar Bear Swim club) Box 20007 Yellowknife, NT X1A 1R0

7. Billeting: Billeting is not available for this meet.

8. Deck Entries: Deck entries will **not** will be accepted.

9. Events: The event schedule is attached. The Meet Management reserves the right to alter or modify the program, following receipt of entries. Coaches will be notified as early as possible of any changes.



10. Meet Rules: The meet will be conducted under published FINA and/or IPC rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations, including all changes effective by the start date. Swim Alberta and NWT Swimming policies and procedures, where appropriate, will also apply. This meet is sanctioned by Swim Alberta. Swimming Canada warm-up procedures will be in effect. Warm-up lanes will be assigned with one sprint lane available for the second half of warm-ups.
11. Competition and Diving Readiness Standards: Entry to competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.
12. Diving: Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1. The current Swim AB/Swimming Canada/FINA Rules shall govern the meet, except where specifically modified in this meet package.
13. Seeding: All events will be seeded from SLOWEST TO FASTEST as mixed gender. Novice and 10/U will be seeded as mixed gender. All events will be timed finals.
14. Safe Sport: Swim Alberta provides a fun, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe, and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination. Swim Alberta further recommends that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others
15. Modesty Wear: All swimmers are permitted to race with modesty wear at all competitions sanctioned by Swim Alberta. It is not required to declare the use of modesty wear to the Referee. Modesty wear is considered additional body coverage using a fabric that is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage, meaning it does not aid buoyancy, strength, speed, or endurance.
16. Scratches: Please submit all scratches to the Marshaller no later than 15 minutes before the end of warm-up for each session.



17. Officials: Visiting clubs who would like to volunteer officials are encouraged to do so. Please submit names and positions with entries.
18. Awards: Ribbons will be awarded for 1<sup>st</sup> to 6<sup>th</sup> place by age group / gender. Aggregate age award medals (by gender) will also be awarded. A total of 3 medals will be awarded per age group for male & female. In the event of a tie for 3<sup>rd</sup> place two bronze medals will be awarded.
19. Scoring: Points will be awarded as follows for team scoring:
- a. Individual Events: 7-5-4-3-2-1.
20. Meet Package Pick-Up: Coaches packages will be distributed during the Coaches meeting prior to the start of the Friday and Saturday session.

## Event list

PM Friday, Feb 10	Saturday, February 11	Sunday, February 12
800 Freestyle	50 Backstroke	200 IM
400 IM	25 Breaststroke	100 IM
50 Freestyle	200 Freestyle	100 Butterfly
200 Butterfly	25 Butterfly	200 Backstroke
200 Breaststroke	50 Butterfly	100 Breaststroke
	25 Freestyle	100 Freestyle
	100 Backstroke	
	50 Breaststroke	
	25 Backstroke	
	400 Freestyle	

