



FEBRUARY 1 – 3, 2019  
WELCOME TO THE  
YELLOWKNIFE POLAR BEAR SWIM CLUB

# 2019



## NWT TERRITORIALS

**Hosted by:  
Yellowknife Polar Bear Swim Club**



SESSION 1  
FRIDAY FEBRUARY 1, 2019  
WARM UP: 4PM --- START: 5PM

SESSION 2  
SATURDAY FEBRUARY 2, 2019  
WARM UP: 6 AM --- START: 7AM

SESSION 3  
SATURDAY FEBRUARY 2, 2019  
WARM UP: NOON --- START: 1PM

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 2019 Northern Safety Association 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 limit of 7 individual events and 2 relay entries per swimmer.
- 25M events are open to swimmers 8 and under only.
- Each individual entry must have an entry time – even if it is an estimate
- To enter the 400M Free proof of time is required with the 10 & under having a minimum time of 8:30.00 Minutes.
- Entries must be done online at [swimming.ca](http://swimming.ca)

5. Entry Fees: Entry fees are \$9.50 for individual events and \$11.25 per relay team. No refunds after the entry deadline.

6. Entry Deadline : **January 18, 2019**

- Please provide the following:
  - HyTek Entries
  - Entry Summary form (club information)
  - Entry fees by mail (cheque or money order made payable to Yellowknife Polar Bear Swim club) Box 1712 Yellowknife, NT X1A 2P3

7. Billeting: Billeting is not available for this time trial.

8. Deck Entries: Deck entries will be EXHIBITION only and accepted only if the entry does not create a new heat.



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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. Diving: Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
12. Seeding: All events will be seeded from SLOWEST TO FASTEST as mixed gender. 10 & under and long distance events will be seeded as mixed gender. All events will be timed finals, with the exception of the 200IM and 50 Free. Finals will be held at the beginning of session 3, Saturday Evening/Sunday Morning for the 50 Free and 200IM. Finals will be seeded by gender and age group as per section 2 of this meet package. Ages/gender with fewer than 5 finalists in an event may be combined with other under-subscribed ages &/or gender.
13. Scratches: Please submit all scratches to the Marshaller no later than 15 minutes before the end of warm-up for each session.
14. Officials: Visiting clubs who would like to volunteer officials are encouraged to do so. Please submit names and positions with entries.
15. Awards: Ribbons will be awarded for 1<sup>st</sup> to 5<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. Awards for finals will be awarded differently.
16. Scoring: Points will be awarded as follows for team scoring:
  - a. Individual Events: 7-5-4-3-2-1.



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17. Relays: Swimmers are eligible to swim in 2 relays. Relays will be swum as open mixed events. Deadline for submitting relay names will be prior to the end of each session's warm-up.
18. 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

Friday, February 1 Session 1	Saturday, February 2 Session 2	Saturday, February 2 Session 3
200 Butterfly	200 IM - Prelim	200 IM - Final
25 Breaststroke	25 Free	50 Freestyle Final
1500 Freestyle	50 Freestyle Prelim	<b>10 MINUTE BREAK</b>
400 IM	100 Butterfly	200 Backstroke
25 Butterfly	400 Freestyle	200 Breaststroke
	50 Butterfly	100 IM
	100 Backstroke	50 Backstroke
	50 Breaststroke	100 Breaststroke
	200 Freestyle	100 Freestyle
	25 Backstroke	
	800 Free	
	200 Freestyle Relay	
	200 Medley Relay	

200 IM and 50 Free prelims during session 2, Saturday morning.  
 200 IM and 50 Free Finals during session 3, Saturday afternoon.

**Finals will be swum in two groups. 12 and under/13 and over.**