

## **GENERAL INFORMATION**

- This competition is a SHORT COURSE competition.
- SNC designated meet rules will govern the competition.
- The competition is open to swimmers who are a registered member in good standing with Swimming Canada.
- Meet entry deadline is
- Qualifiers will NOT be permitted to upgrade their entry times after the entry deadline
- Relay entry times must be proven at registration. Any relay entry time not proven at registration will be entered as NT

## **COMPETITION ADMINISTRATION**

Hosted by:

Co-Meet Manager:

Email:

Co-Meet Manager:

Email:

Officials Director:

Email:

Entries Co-Ordinator:

Email:

### **Facility:**

8 lane - 25m competition pool

Sanction: Provided by Swim PEI

**Technical Meeting:** when and where

### **Meet Registration:**

Club representatives or coaches are required to register at the pool during the following times:  
Coaches must be registered with the CSCTA and must show their membership badge to have access to the pool deck.

*All attending coaches must be listed with their entries AND THE COACH INFORMATION FORM MUST BE COMPLETED.*

Access to the pool will be through the locker rooms .

## **ENTRIES**

Entry Deadline:

Entries must be received on or before

Time:

Entry time upgrades will not be accepted past the entry deadline.

Please send provincial record files in a separate Hytek file

Late entries are subject to SNC Designated Meet Rule SNC 2.2.5 and may be refused by Meet Management.

### **Warm-Ups**

Friday prelims

Friday finals

Saturday prelims

Saturday finals

Sunday prelims

Sunday finals

**Time Trial**

There will be a time trial offered at \_\_\_\_\_ for a cost of \_\_\_\_\_ per event.  
The trial will consist of two heats of swims of not more than 400 metres

**Entry Fees:**

- Individual pool events: \$8 per swimmer.
- Relays: \$ 12 per relay.
- Relay only swimmers : \$ 6 per swimmer
- Time trial entries : \$10 per each swim
- There shall be no exhibition swims
- There shall be no deck entries
- Fees must be paid in *Canadian Funds* by cheque, money order or cash.
- Please make all cheques or money orders payable to: “
- All entry fees must be paid prior to the Technical Meeting

No fees = No swims.

**Meet standards:**

The 2009-2010 Short Course & Long Course standards are the entry standards  
These standards are available on the Swimming PEI website.  
Enter website address

**Qualification Period:**

All short course meter and long course meter times done since September 1, 2009 are eligible for entry.

**Bonus Swims:**

Each swimmer may swim up to three (3) individual bonus events based on the following:

1 QT = 1 bonus swims

2 QT = 2 bonus swims

3 or more QT = 3 bonus swims.

Bonus swims are to be entered with actual times for seeding purposes (do not enter as NT).

Swimmers may enter more than three events if they meet the qualifying standards for each event they select.

**Seeding:**

After all times have been received, entries will be seeded as follows.....

COACHES, PLEASE DO NOT CONVERT ENTRY TIMES.

**Proof of Time:***Individual Events:*

- All entries will be proven via the on-line entry system. All times not proven via the on-line entry system must be proven at or prior to registration.
- Meet management may challenge any entry time before or during the competition. It is the responsibility of the club to prove any entry times if requested. Any club not able to prove an entry time when challenged will be fined \$100.00.
- Entry time upgrades will not be accepted past the entry deadline.

*Relay Events:*

- All relay entry times must be proven utilizing swimmers entered in the meet.
- Relay times must be proven prior to or at registration. Any relay team NOT proven by the end of the registration period will be entered at NT.

### **Submitting Entries:**

All entries must be submitted via the on-line entries system  
No entries will be accepted directly by meet management

**Meet management reserves the right to adjust the meet format after entries are received to ensure this competition offers appropriate session lengths and competitive opportunities.**

### **MEET FORMAT**

#### **Preliminaries**

- All preliminary heats will be swum using eight (8) lanes.

#### **Finals**

- All finals will be swum using eight (8) lanes.
- There will be finals for all age group events (excluding time finals) for swimmers aged 15 and under. There will be A and B finals for swimmers aged 16 and over provided a minimum of 12 swimmers are entered in the event. Enter order if medal presentations - example  
The order during finals shall be "B" Final; "A" Final; "B" Final; followed immediately by the medal presentations for the previously completed "A" Final.

### **Records**

Coaches are asked to make meet mgmt and the session referee aware of an event where they expect a record setting swim . This enables the proper paper work and swim suit confirmation to occur in a timely manner.

### **Rules**

SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET

FINA swim suit rules will be in effect

FINA one start rule will be in effect

### **Relays**

- Relays will be swum as time finals. All heats will be swum during the Finals sessions .

### **800/1500 Freestyle**

- The 800 and 1500 meter freestyle events are offered for both male and female swimmers.
- All 800 and 1500 meter freestyle events are time finals.
- The top 8 entered swimmers in each of the men's and women's 800m and 1500m events will swim during finals sessions. All remaining heats will be swum at the end of preliminaries. On -----, all women's 800m and men's 1500m heats will be swum alternating female / male – fastest to slowest. On -----, the fastest heats of the men's 800m and women's 1500m events will swim during finals. The slower heats will be swum at the end of preliminaries alternating female / male – fastest to slowest. Meet management reserves the right to "double-lane" these events if necessary.

### **AWARDS**

- Medals for first, second and third place.
- Combined team championship banner
- Female and Male Swim of the meet (FINA points)

### **Meet Scoring:**

- Individual event scoring:

"A" final: 50-30-20-15-14-13-12-11

"B" final: 9-7-6-5-4-3-2-1

- Relay scoring (Top 16): 50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1

**Scratch Rule:**

**Please note: The "Intent to scratch" rule in effect for all SNC designated meets will NOT be in effect.**

- The scratch deadline for all preliminary heats on the first day of competition (including time finals) will be 30 minutes following the end of the Technical Meeting.
- The scratch deadline for preliminary heats and time finals (including the fastest heats that will swim during finals) on all other competition days will be 30 minutes following the completion of the finals from the previous evening.
- The scratch deadline for finals each night will be 30 minutes following the posting of the results of the corresponding preliminary event. The exact time of the scratch deadline will be published on the posted results.
- "No-Shows", "step-downs" and "unexcused incomplete swims" will be penalized \$50.00 CAD for both preliminaries and finals.(as per SNC rule 3.4)
  - Fines incurred in preliminaries must be paid immediately, The swimmer in question shall not swim subsequent events (current session or other) until the fine has been paid. The swimmers team members will not be affected.
  - Fines incurred in finals must be paid immediately. The swimmer in question shall not swim subsequent events (current session or other) until the fine has been paid. The swimmers team members will not be affected.

**SITE INFORMATION**

Hospitality room for coaches and officials:

A hospitality room will be available for coaches and officials in the ----- Refreshments will be served here throughout the meet.

**Ticket information:**

Meet programs prepared from original entry submissions will be available at a cost of \$.00

**Parking:**

Free on-site parking.

**Lockers:**

Coin operated lockers are available at the pool in the change rooms

**Team Banners:**

All team banners must conform to a 5' x 8' size limitation. Commercial logos on banners must not exceed 100 square inches. There will be a specific area set out for team banners.

**Concessions and food service:**

There is food available on site for purchase

The facility is "Nut free". No glass bottles are allowed on deck.



## RISK MANAGEMENT / WARM-UP PROCEDURES 2005

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ..... and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

### GENERAL WARM-UP RULES:

- Swimmers shall enter the water **FEET FIRST** in a cautious manner.
- **No Running on the pool deck or Diving from the side of the pool.**
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

### SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:  
"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### EQUIPMENT:

- **FLUTTER BOARDS and PULLBUOYS are allowed.**
- **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.**

SNC Board Approved

July 6, 2005

## ORDER OF EVENTS

### Day 1 –

*Preliminaries: Warm-up/ Start:*

Women's Events Event Men's Events

1 50m Butterfly 2

3 200m Freestyle 4

5 100m Backstroke 6

7 200m Butterfly 8

9 800m Freestyle

(slow heats)

1500m Freestyle

(slow heats)

*Finals: Warm-up/ Start:*

Women's Events Event Men's Events

1 50m Butterfly 2

3 200m Freestyle 4

5 100m Backstroke 6

7 200m Butterfly 8

9 800m Freestyle

(fast heat)

1500m Freestyle

(fast heat)

10

### Day 2 –

*Preliminaries: Warm-up/ Start:*

Women's Events Event Men's Events

11 100m Freestyle 12

13 100m Breaststroke 14

15 400m Individual Medley 16

17 50m Backstroke 18

19 4 x 200m Freestyle Relay

(slower heats)

20

*Finals: Warm-up/ Start:*

Women's Events Event Men's Events

11 100m Freestyle 12

13 100m Breaststroke 14

15 400m Individual Medley 16

17 50m Backstroke 18

19 4 x 200m Freestyle Relay

(fastest heats)

Day 3 –

*Preliminaries: Warm-up: / Start:*

Women's Events Event Men's Events

21 400m Freestyle 22

23 100m Butterfly 24

25 200m Backstroke 26

27 50m Breaststroke 28

*Finals: Warm-up: / Start:*

Women's Events Event Men's Events

21 400m Freestyle 22

23 100m Butterfly 24

25 200m Backstroke 26

27 50m Breaststroke 28

29 4 x 100m Freestyle Relay

(all heats)

30

Day 4 –

*Preliminaries: Warm-up: / Start:*

Women's Events Event Men's Events

31 200 Individual Medley 32

33 50m Freestyle 34

35 200m Breaststroke 36

37 1500m Freestyle

(slow heats)

800m Freestyle

(slow heats)

38

*Finals: Warm-up: / Start:*

Women's Events Event Men's Events

800m Freestyle (fast heat) 38

31 200m Individual Medley 32

33 50m Freestyle 34

35 200m Breaststroke 36

37 1500m Freestyle (fast heat)

39 4 x 100m Medley Relay

(all heats)

40

COACHES: Please fill out this form and return with entries or payment.

CLUB: \_\_\_\_\_

**CLUB MAILING ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CLUB PHONE #: \_\_\_\_\_

CLUB CONTACT PERSON: \_\_\_\_\_

PHONE #: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

PHONE #: \_\_\_\_\_

ASSISTANT COACH: \_\_\_\_\_

PHONE #: \_\_\_\_\_

HOTEL: \_\_\_\_\_  
\_\_\_\_\_

PHONE #: \_\_\_\_\_