

"SWIM IN THE TUB"

2012 LONG COURSE DEVELOPMENT MEET

HOSTED BY	Sackville Waves Aquatic Club - SWAT
DATE	Saturday, April 14 and Sunday, April 15, 2012
LOCATION	Centennial Pool (6 lane, 50 meter pool) 1970 Gottingen St., Halifax, NS (902) 490-7219 www.centennialpool.ca
MEET MANAGER	Jacqueline Fitzgerald 864-8515 (h) 478-3640 (cell) Email: jmf@valuecanuck.com
MEET REFEREE	Kim Fleming Email: pfleming@eastlink.ca
SANCTIONED BY	Swim Nova Scotia
ENTRY DEADLINE	<p>All teams are to submit entries using the Swim Canada website. A schedule of times and event numbers is attached for your reference.</p> <p>Entries should be submitted no later than 6:00pm Friday, April 6, 2012. Late entries may not be accepted due to the high number of swimmers expected.</p> <p>Changes in individual entries will be allowed until Wednesday, April 10 at 6:00pm. However, for purposes of entry fee calculations, no swimmers can be deleted after the April 6 submission deadline. Clubs must pay for all swimmers registered as of April 6. If additional swimmers are added after April 6, the club will be required to pay for the additional swimmers. No credit will be given for swimmers removed from the meet. There will be no deck entries and no individual exhibition swims.</p>
ENTRY FEES	\$35.00 flat entry fee per swimmer. Entry fees are based on original file submissions and are non-refundable. <i>Cheques to be made payable to SWAT and should be delivered to Meet Management or to the computer office prior to the start of the meet.</i>
MEET RULES	SNC meet rules will govern the meet. SNC's warm-up procedure will be in effect. FINA One-Start rule will be in effect.
ELIGIBILITY	All swimmers registered with SNC. Nova Tech graduation is the qualifying time. Out of province swimmers are restricted to those with East Coast qualifying standards.
OFFICIALS	We would appreciate each club providing officials for this meet (as per SNS guidelines). Teams with less than 20 swimmers provide 1 official per session and teams with 20 or more swimmers provide 2 officials per session. Please submit your officials' names along with their qualifications and/or officiating preferences to Kim Fleming or meet management along with your entries.

SWIM IN THE TUB 2012

DECK RULES

We request that swimmers, coaches and officials make every effort to adhere to Centennial's facility rules:

1. Footwear – no outdoor footwear allowed on deck
2. Swim bags – We anticipate in excess of 300 swimmers at this meet. Please try to keep the deck tidy i.e. swim bags off the deck floor, garbage disposed of asap, etc
3. Lobby / Canteen area – No loitering in the canteen area due to the number of swimmers and spectators that are expected throughout the meet

FORMAT

This is a timed final, cardless swim meet with electronic times. Swimmers are eligible to swim a **total of 6 events** including a maximum of **two** events **per session**, and a maximum of **one** 200m event **per session**. No relays are scheduled.

NOTE: The top six finishers in the Female and Male 200 Freestyle [regardless of age] will swim in a sudden death eliminator event Sunday morning after the 50 Breast. This eliminator will consist of 5 X 50 Freestyle with the last place person being eliminated each heat, until only one swimmer remains. The 50's will run every two minutes alternating between Female and Male. The swimmers remaining in the eliminator must return to the starting position in the deep end before the end of two minutes. Times for this fun eliminator will NOT be recorded but there will be prizes for all participants.

Swimmers will swim slowest to fastest, by gender, girls swimming the first of each event. The results will be separated by age group. Heat sheets will be provided to the coaches upon their arrival. Swimmers will not be required to check in at the clerk's desk prior to their events.

SCRATCHES

Teams/coaches are asked to submit any known scratches to Jacqueline Fitzgerald by email by **Wednesday, April 11th before 6:00 pm**. Please include team and swimmer's name, age, event #s, and the name of the event. We would like to run as few empty lanes and incomplete heats as possible. We are hoping that this will facilitate accurate heat sheets. Coaches heat sheets and timer lane packages will be prepared Thursday and no further adjustments will be made after that. Any additional scratches must be submitted to the computer office **no later than 30 minutes** prior to the first event of each session.

The 200 fly will require a positive check-in from all swimmers before Session 2 starts on Saturday.

RESTRICTIONS

Due to a high number of swimmers expected, meet management reserves the right to restrict entries and change events. Coaches will be notified of any minor changes at the Coaches Meeting on Saturday, April 14th. If the changes are substantive, they will be communicated earlier in the week via email to the team representatives/coaches.

AWARDS

Ribbons will be awarded for the top 6 swimmers in each event for each age group and gender. Best time ribbons will also be awarded to those in the 12 and under age group.

ACCOMMODATIONS

Citadel Halifax Hotel, 1960 Brunswick St., Hfx (902) 422-1391
Delta Halifax, 1990 Barrington St., Hfx (902) 425-6700 or 800-268-1133
Delta Barrington, 1875 Barrington St., Hfx (902) 429-7410 or 800-268-1133
Holiday Inn Select Hfx Centre, 1980 Robie St., Hfx (902) 423-1161
Cambridge Suites, 1583 Brunswick St., Hfx (902) 420-0555
Prince George Hotel, 1725 Market St., Hfx (902) 425-1986

CANTEEN

A canteen with nutritious snacks will be available.
Food/drink consumption is permitted in the general spectator viewing area.

SCHEDULE OF EVENTS

Coaches Meeting: Saturday @ 8:10 a.m.

Officials Meeting: Saturday @ 8:30 a.m.

Saturday events (Split warm-ups 8:00 – 8:30 age 13 and under and 8:30 – 9:00 age 14 and over - for a 9:05 start)

GIRLS	EVENT	BOYS
1	200 Free	2
3	200 Breast	4
5	50 Back	6
BREAK: 30 MINUTES		
7	50 Fly	8
9	50 Free	10
11	200 Fly	12

Officials Meeting: Sunday @ 8:30 a.m.

Sunday events (Split warm-ups 8:00 – 8:30 age 13 and under and 8:30 – 9:00 age 14 and over - for a 9:05 start)

GIRLS	EVENT	BOYS
13	50 Breast	14
	200 Free Eliminator-top 6 male and top 6 female	
15	200 IM	16
17	200 Back	18

NOTES:

A swimmer can only swim **one** 200m event per session.

A swimmer can only swim **two** events per session (not including the finalists 200 Free Eliminator on Sunday) for a maximum of 6 events for the meet.

Exhibition swimmers will be allowed at the discretion of meet management and if accepted, will be seeded in the slowest heat and only in an empty lane available after all qualified swimmers are seeded.