

EAST COAST SHORT COURSE CHAMPIONSHIPS

February 28-March 3rd, 2013

11/19/2012

Hosted & Sanctioned by: Swim Nova Scotia

Location: Dalplex Pool, 6260 South St. Halifax

Meet Managers: Sue Jackson, suejack01@yahoo.com
& Bette El-Hawary, swimming@sportnovascotia.ca

Head Official:
Lynn Sitland: lsitland@live.com

Entries:

Email hy-tek entries will be accepted via SNC web upload only (www.swimmeet.ca).

Entries due by: Thursday February 21st, 2013

LATE ENTRIES WILL NOT BE ACCEPTED

Entry Fees:

\$50 flat fee (entry limits are listed on page 8 at the bottom of the qualifying times). Cheques only please; (No cash accepted). Please make cheques payable to Swim Nova Scotia

The amount of fees due are based on the entries confirmed on February 25th at noon. Fees are due at the start of the warm-up at the first (Thursday) session.

Facility Rules: The pool deck area is limited to swimmers registered in the meet, registered Coaches and Officials that are working the current session only. All others are asked to remain in the spectator seating areas.

Meet Rules:

SNC rules will govern the meet
SNC Warm-Up will be in effect
FINA One-Start Rule in effect

Coaches:

All coaches must be registered with CSCTA & SNC.
There will be a coaches technical meeting on Thursday February 28th in the pool classroom at 8:00am.

Eligibility:

The qualifying times are attached.

All swimmers who are members of SNC or are associated with a FINA affiliated country.

Meet Format:

- All events will be swum as "Senior" seeded during prelims but broken out in the following age categories for finals/awards/points:

12 & Under

13 & 14

15 & Over

A swimmer's age is determined as of the first day of the meet.

- All events will be swum as heats and finals with the following exception:
- 800m and 1500m Freestyle events will be swum alternating, fastest to slowest and seeded by time with the fastest heat of female 800m and male 1500m swimming at night.
- The 800m and 1500m Freestyles are scored and awarded separately by gender, but swum together seeded by time, except for the last heat which will be females for the 800 and males for the 1500. (The genders could be combined if there are empty lanes in the final and time is of consideration.)
- To swim the 400m Free, 400m IM, 800m Free and 1500m Free swimmers must have the EC Champs qualifying time. All ages - if attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.
- Relays will be swum as timed finals; the top 8 ranked relays for 14, and the top 16 ranked relays for 15 and Over in each gender will swim during finals. All others will swim during prelims. Proof of time is required for all relay entries. Unproven times will be changed to NT.
- The 400m Freestyle and I.M. will both be swum fastest to slowest during prelims, alternating genders.
- There will be consolation finals in the 15 & Over age group, as long as there are a minimum of 12 swimmers entered, based on the numbers in the preliminary results. The consolation final will be swum before the final in each 15 & Over event.

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- There will be no deck entries and no exhibition swims. Time trials *may* be available at the discretion of meet management.

PARA Swimmers:

- All para swimmers (Sport Class 1 to 14) must hold at least a Provincial Classification designation to be eligible to compete in the meet
- Classification information is available at: www.swimming.ca/ParaswimmingClassification
- Para swimmers will be judged using the most current version of the IPC Swimming Rules and Regulations which can be found at: www.ipc-swimming.org/rules_regulations or the SNC Rulebook with the technical rules updates provided in SNC Para Swimming Newsletters
- Sport Classes eligible for competition are 1-10, 11-13 and 14
- There is no age restrictions for Para swimming
- All para swimmers' entries must include the swimmers classification numbers (i.e., S7, SB6, SM7) as part of their name
- Swimmers may compete in integrated format heats and dedicated Para Swimming finals

Scratches:

The first scratch deadline, following each preliminary session shall be 30 minutes following the time the results have been posted. The last scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the finals session. A \$20 penalty (to be paid immediately by the team) will be enforced during Finals. The team will be ineligible to swim until the penalty is paid. The swimmer that misses their swim during finals will not swim for the remainder of that session.

The meet management reserves the right to re-seed 400 IM, 400 Freestyle and 800/1500 Freestyle after the heat sheets are submitted. Meet management reserves the right to double lane slower heats should entry load be too heavy. As a courtesy please submit scratches as soon as possible to meet management for heats.

The meet will be run cardless, however, for distance events all swimmers are required to do a positive meet check-in. During finals, once an alternate is called, the "no show" is final. Time

cards will be used for all relays and the 800 and 1500 Freestyle events.

Relay Rules:

Each club is allowed to enter two relays per event number as long as they meet the following criteria:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legitimately entered in the meet in an individual event. SNC Relay Rule 2.3 may be used for relays in the 15 & Over age group only.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.

Additional relays may be entered by clubs that have five (5), nine (9), etc or more swimmers qualified, entered, and swimming in the event's age group. A maximum of two (2) relay team swimmers may move up from younger age groups. A maximum of two relays per event per team will score, these must be designated in advance.

Relay cards must be submitted by the designated time that meet management announces during the technical meeting; Coaches may come to the office and change the names on the cards up to 15 minutes before the relay is scheduled to start.

Exhibition non-scoring relay teams may not swim in finals, regardless of proven entry time.

Scoring:

Scoring for individual/relay events:

50-30-20-15-14-13-12-11;

9-7-6-5-4-3-2-1 for consolation finals (where applicable).

Scoring for high point awards will be based on the individual event scoring system.

Awards:

There will be **High Point Individual Awards** for each Male / Female swimmer in each age group.

Medals will be awarded for first, second and third in individual and relay events.

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Ribbons will be awarded for 4th-8th place for individual events and relay events.

Top High Point Team will receive an award.

Swimmers of the Meet Male and Female, swimmers of the meet, (based on this year's FINA Points).

Timers/Officials:

Qualified officials from all clubs are welcomed and encouraged to participate. Please send to Lynn Sitland, a list of officials from your club who are willing to help. For each official, indicate name and level of certification. All officials wishing to be evaluated are requested to notify Lynn in advance.

Please submit names of interested officials to:

lsitland@live.com

Allergy Alert

PLEASE NOTE: No peanuts or peanut products are permitted at the meet due to some swimmers being severely allergic.

Canteen: A canteen will be available throughout the weekend in the main lobby of Dalplex at the front desk offering nutritious items.

Merchandise:

Please see separate pre-order form.

Team Aquatic Supplies will be on site throughout the Event in the main lobby of Dalplex.

Parking:

If you are planning to park in the Dalplex Pool parking lot, you will be required to purchase your own parking permit from the main Security Office for Dalhousie University.

The security office is located 6135 University Ave in the McCain Building. **Note** that all Coaches and volunteer Officials that are signed up in advance will receive a free parking permit upon check-in for their session.

Accommodations:

Cambridge Suites Hotel- 1583 Brunswick St. Halifax, \$119/night (Studio Suite) or \$139/night (One Bedroom Suite) includes continental breakfast. For reservations contact: 902.492.9133 or 1.888.417.8483 Booking ID 9973.

Delta Halifax- 1990 Barrington St. Halifax, \$117/night. For reservations contact: 1.888.423.3582 and reference HASWIM. Online bookings available at:

<http://www.deltahalifax.com/haswim>

Web page:

Live results will be available throughout the weekend at

www.swimnovascotia.com/online

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EAST COAST CHAMPIONSHIPS - EVENT LIST

PRELIMS – Thursday, February 28 th , 2013				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
1	Open	50m Freestyle	Open	2
3	Open	200m Breaststroke	Open	4
5	Open	100m Backstroke	Open	6
Break 15 Minutes				
7	Open	1500m Freestyle*	--	--
--	--	800m Freestyle*	Open	10
11	12 and Under	4 x 200m Freestyle Relay	12 and Under	12
13	13 and 14	4 x 200m Freestyle Relay	13 and 14	14
15	15 and Over	4 x 200m Freestyle Relay	15 and Over	16
<i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals Fastest heats of relays will swim during finals (fastest 2 heats of 15+ relays)</i>				
FINALS - Thursday, February 28 th , 2013				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	--	800m Freestyle	Top 8	10
1	12 & Under	50m Freestyle	12 & Under	2
1	13-14	50m Freestyle	13-14	2
1	15 and Over	50m Freestyle	15 and Over	2
	OPEN PARA	50m Freestyle PARA	OPEN PARA	
3	12 & Under	200m Breaststroke	12 & Under	4
3	13-14	200m Breaststroke	13-14	4
3	15 and Over	200m Breaststroke	15 and Over	4
5	12 & Under	100m Backstroke	12 & Under	6
5	13-14	100m Backstroke	13-14	6
5	15 and Over	100m Backstroke	15 and Over	6
7	Top 8	1500m Freestyle	--	--
Break 15 Minutes				
11	12 and Under	4 x 200m Freestyle Relay	12 and Under	12
13	13 and 14	4 x 200m Freestyle Relay	13 and 14	14
15	15 and Over	4 x 200m Freestyle Relay	15 and Over	16

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EAST COAST CHAMPIONSHIPS - EVENT LIST

PRELIMS – Friday, March 1 st , 2013				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
17	Open	100m Breaststroke	Open	18
19	Open	200m Freestyle	Open	20
21	Open	50m Butterfly	Open	22
Break 15 Minutes				
23	Open	400m Individual Medley*	Open	24
25	12 and Under	4 x 100m Freestyle Relay	12 and Under	26
27	13 and 14	4 x 100m Freestyle Relay	13 and 14	28
29	15 and Over	4 x 100m Freestyle Relay	15 and Over	30
*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals Fastest heats of relays will swim during finals (fastest 2 heats of 15+ relays)				

FINALS – Friday, March 1 st , 2013				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
17	12 and Under	100m Breaststroke	12 and Under	18
17	13 and 14	100m Breaststroke	13 and 14	18
17	15 and Over	100m Breaststroke	15 and Over	18
19	12 and Under	200m Freestyle	12 and Under	20
19	13 and 14	200m Freestyle	13 and 14	20
19	15 and Over	200m Freestyle	15 and Over	20
21	12 and Under	50m Butterfly	12 and Under	22
21	13 and 14	50m Butterfly	13 and 14	22
21	15 and Over	50m Butterfly	15 and Over	22
	OPEN PARA	50m Butterfly PARA	OPEN PARA	
23	12 and Under	400m Individual Medley	12 and Under	24
23	13 and 14	400m Individual Medley	13 and 14	24
23	15 and Over	400m Individual Medley	15 and Over	24
Break 5 Minutes				
25	12 and Under	4 x 100m Freestyle Relay	12 and Under	26
27	13 and 14	4 x 100m Freestyle Relay	13 and 14	28
29	15 and Over	4 x 100m Freestyle Relay	15 and Over	30

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PRELIMS – Saturday, March 2 nd , 2013				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
31	Open	200m Backstroke	Open	32
33	Open	50m Breaststroke	Open	34
35	Open	100m Butterfly	13 and Over	36
Break 15 Minutes				
37	Open	400m Freestyle*	Open	38
39	12 and Under	4 x 100m Medley Relay	12 and Under	40
41	13 and 14	4 x 100m Medley Relay	13 and 14	42
43	15 and Over	4 x 100m Medley Relay	15 and Over	44
<i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals Fastest heats of relays will swim during finals (fastest 2 heats of 15+ relays)</i>				
FINALS – Saturday, March 2 nd , 2013				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
31	12 and Under	200m Backstroke	12 and Under	32
31	13 and 14	200m Backstroke	13 and 14	32
31	15 and Over	200m Backstroke	15 and Over	32
	OPEN PARA	50m Breaststroke PARA	OPEN PARA	
33	12 and Under	50m Breaststroke	12 and Under	34
33	13 and 14	50m Breaststroke	13 and 14	34
33	15 and Over	50m Breaststroke	15 and Over	34
35	12 and Under	100m Butterfly	12 and Under	36
35	13 and 14	100m Butterfly	13 and 14	36
35	15 and Over	100m Butterfly	15 and Over	36
37	12 and Under	400m Freestyle	12 and Under	38
37	13 and 14	400m Freestyle	13 and 14	38
37	15 and Over	400m Freestyle	15 and Over	38
Break 5 Minutes				
39	12 and Under	4 x 100m Medley Relay	12 and Under	40
41	13 and 14	4 x 100m Medley Relay	13 and 14	42
43	15 and Over	4 x 100m Medley Relay	15 and Over	44

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PRELIMS – Sunday, March 3 rd , 2013				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
45	Open	200m Butterfly	Open	46
47	Open	100m Freestyle	Open	48
49	Open	200m Individual Medley	Open	50
51	Open	50m Backstroke	Open	52
Break 15 Minutes				
9	Open	800m Freestyle	--	--
--	--	1500m Freestyle	Open	8
<i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals</i>				
*FINALS – Sunday, March 3 rd , 2013				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	----	1500m Freestyle	Top 8	8
45	12 and Under	200m Butterfly	12 and Under	46
45	13 and 14	200m Butterfly	13 and 14	46
45	15 and Over	200m Butterfly	15 and Over	46
47	12 and Under	100m Freestyle	12 and Under	48
47	13 and 14	100m Freestyle	13 and 14	48
47	15 and Over	100m Freestyle	15 and Over	48
	OPEN PARA	100m Freestyle PARA	OPEN PARA	
49	12 and Under	200m Individual Medley	12 and Under	50
49	13 and 14	200m Individual Medley	13 and 14	50
49	15 and Over	200m Individual Medley	15 and Over	50
51	12 and Under	50m Backstroke	12 and Under	52
51	13 and 14	50m Backstroke	13 and 14	52
51	15 and Over	50m Backstroke	15 and Over	52
Break 15 Minutes				
9	Top 8	800m Freestyle	----	--
53	12 and Under	4 x 50m Medley Relay	12 and Under	54
55	13 and 14	4 x 50m Medley Relay	13 and 14	56
57	15 and Over	4 x 50m Medley Relay	15 and Over	58
Break 15 Minutes				
59	12 and Under	4 x 50m Freestyle Relay	12 and Under	60
61	13 and 14	4 x 50m Freestyle Relay	13 and 14	62
63	15 and Over	4 x 50m Freestyle Relay	15 and Over	64

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2012-2013 East Coast Championships - FEMALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			31.44	30.60	30.27	50 Free	29.51	29.84	30.67			
			1:08.67	1:06.01	1:05.30	100 Free	1:03.68	1:04.37	1:07.00			
2:50.00	2:37.91	2:30.73	2:27.11	2:23.61	2:22.05	200 Free	2:18.59	2:20.11	2:23.44	2:27.01	2:33.95	2:45.78
6:00.24	5:36.16	5:19.10	5:09.33	5:03.50	5:00.22	400 Free	4:52.76	4:55.96	5:01.67	5:11.19	5:27.79	5:51.33
12:27.59	11:36.63	11:00.23	10:44.11	10:27.43	10:20.65	800 Free	10:05.19	10:11.80	10:28.11	10:43.73	11:19.30	12:08.92
24:27.47	22:47.44	21:36.05	21:03.89	20:32.79	20:19.46	1500 Free	19:46.27	19:59.23	20:32.33	21:03.73	22:13.26	23:50.84
			37.00	35.85	35.46	50 Back	34.59	34.97	36.11			
			1:17.89	1:15.63	1:14.81	100 Back	1:12.97	1:13.77	1:16.00			
			2:48.00	2:43.93	2:42.16	200 Back	2:38.16	2:39.89	2:43.89			
			41.00	39.67	39.24	50 Breast	38.27	38.69	40.00			
			1:28.89	1:26.34	1:25.41	100 Breast	1:23.35	1:24.26	1:26.67			
			3:10.89	3:05.57	3:03.57	200 Breast	2:59.03	3:00.98	3:06.22			
			34.67	32.90	32.54	50 Fly	31.78	32.13	33.89			
			1:14.11	1:12.13	1:11.35	100 Fly	1:09.62	1:10.38	1:12.33			
			2:45.44	2:41.53	2:39.78	200 Fly	2:35.89	2:37.60	2:41.33			
3:13.01	3:01.40	2:53.45	2:48.56	2:43.72	2:41.95	200 IM	2:37.95	2:39.67	2:44.44	2:49.15	2:56.86	3:08.19
6:50.24	6:25.47	6:08.14	5:59.44	5:51.15	5:47.35	400 IM	5:38.70	5:42.40	5:50.56	5:58.98	6:15.93	6:40.00

2012-2013 East Coast Championships - MALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			29.04	28.37	27.46	50 Free	26.81	27.72	28.38			
			1:03.34	1:01.63	1:00.00	100 Free	58.49	1:00.11	1:01.70			
2:54.19	2:39.76	2:27.34	2:18.30	2:14.67	2:11.46	200 Free	2:07.43	2:11.30	2:14.90	2:23.73	2:35.86	2:49.94
6:07.74	5:37.28	5:12.32	4:56.44	4:48.80	4:43.46	400 Free	4:36.43	4:41.63	4:49.10	5:04.52	5:28.88	5:58.58
12:54.97	11:50.77	10:50.73	10:15.89	10:05.43	9:56.76	800 Free	9:41.84	9:50.33	10:03.84	10:34.46	11:33.02	12:35.61
24:40.52	22:37.87	21:06.21	20:00.77	19:37.83	19:03.03	1500 Free	18:44.49	19:08.37	19:30.85	20:34.58	22:24.02	24:03.61
			34.19	33.15	32.43	50 Back	31.68	32.28	33.42			
			1:12.88	1:10.54	1:08.86	100 Back	1:07.14	1:08.80	1:11.12			
			2:34.96	2:32.07	2:29.62	200 Back	2:25.95	2:28.04	2:31.12			
			37.48	36.85	36.43	50 Breast	35.57	35.98	36.60			
			1:22.85	1:20.65	1:17.62	100 Breast	1:15.68	1:18.70	1:20.88			
			3:00.49	2:54.78	2:51.46	200 Breast	2:47.24	2:50.43	2:56.00			
			31.45	30.76	29.95	50 Fly	29.19	30.00	30.68			
			1:09.59	1:07.72	1:05.84	100 Fly	1:04.22	1:06.09	1:07.95			
			2:38.79	2:35.65	2:32.32	200 Fly	2:28.54	2:30.98	2:34.85			
3:18.06	3:01.66	2:47.57	2:38.58	2:33.91	2:30.05	200 IM	2:26.38	2:30.11	2:34.63	2:43.39	2:57.16	3:13.16
7:06.58	6:31.24	5:55.48	5:37.42	5:28.91	5:22.38	400 IM	5:14.38	5:20.76	5:29.10	5:46.67	6:21.54	6:54.00

Swimmers may qualify for East Coast Championships using either short OR long course times.

14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) except for 800 & 1500 free

15& Over – require one qualifying time to compete, then get up to 5 bonus swims excluding the 800/1500 free

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at East Coast Championships. If attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.