

**Nepean Kanata Barracudas
Short Course Fall Invitational
October 18-19, 2014**

**Hosted by:
The Nepean Kanata Barracudas Swim Club**

**Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, ON K2G 1W2**



**Sanctioned by:
Swim Ontario**



General Information

Date:	18 - 19 October 2014
Hosted by:	Nepean Kanata Barracudas
Location:	Nepean Sportsplex 1701 Woodroffe Ave. Nepean, ON K2G 1W2
Facility:	8-lane, 25m competition pool with Kieffer lane ropes and ARES electronic timing and scoreboard
Meet Manager(s):	Megan Dodge megandodge0@gmail.com
General Inquires:	Kyle Gorman, NKB Club Manager P: 613-723-2278 F: 613-723-9374 E: barracudas@swimnkb.com
Meet Referee:	Doug Nielsen
Officials:	Volunteer official requests and inquiries to be directed to the NKB Chief Official's Chair, Kevin Little [Officials@SwimNKB.com] .
Sanction:	Swim Ontario. Current FINA rules will apply. The one start rule and SNC warm-up procedures will be in effect for this meet.
Split Times:	Meet Management acknowledged the SO policy with banning the future use of split times as official times and requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.
Age Groups:	Events are all Timed Finals. Sessions are grouped by ages: 12 & Under and 13 & Over. Events within each session will have all ages and sexes seeded together. Results will be published according to age group and sex (10&U, 11, 12, 13, 14 and 15 & over). Swimmers age will be determined as of the first day of the meet (i.e. 18 October 2014).
Standards:	Not Applicable

Entries: Swimmers may enter three individual events per session for a meet total of 6 events

Submission: Electronically in Hy-Tek format (SC meters) via Swim Canada website

Deadline: 10 October 2014

Payment: Make cheque(s) payable to "NKB"

Fees: \$7.00 per individual event

To submit entries:

- 1 . All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via www.swimming.ca. No entries will be accepted directly by meet management.
- 2 . Please ensure all entries contain valid 9 digit Swim Canada ID registration numbers.

~You will be sent confirmation of receipt of your entries~

Scratches: Meet Management should be informed of scratches prior to the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

Points / Awards: Not Applicable

Coaches' Meeting: Time: 12:30 PM, Saturday, 18 October 2014 Location: **TO BE DETERMINED**

Hospitality: A selection of food and refreshments will be made available throughout the meet for coaches and officials only.

Results: The meet will run on Hy-Tek Meet Manager for Windows with results posted live on the NKB website [\[www.SwimNKB.com\]](http://www.SwimNKB.com). Results may also be downloaded from the Meet Management office at the end of any given session so long as the associated coach provides the necessary medium (i.e. Memory Stick).

SESSION DETAILS:**Saturday, 18 October 2014 ***SESSION 1, **12 & Under:** Warm-up @ 12:00 PM, Start @ 1:00 PM

Event 1	10 & under 50 Free
Event 2	12 & under 400 Free
Event 3	12 & under 100 Back
Event 4	10 & under 50 Breast
Event 5	12 & under 200 Breast
Event 6	12 & under 100 Free
Event 7	12 & under 200 IM

Saturday, 18 October 2014*SESSION 2, **13 & Over:** Warm-up @ 5:00 PM, Start @ 6:00 PM

Event 8	13 & Over 400 Free **
Event 9	13 & Over 100 Back
Event 10	13 & Over 200 Breast
Event 11	13 & Over 100 Free
Event 12	13 & Over 200 IM

Sunday, 19 October 2014*SESSION 3, **12 & Under:** Warm-up @ 8:00 AM, Start @ 9:00 AM

Event 13	10 & under 50 Fly
Event 14	12 & under 400 IM***
Event 15	12 & under 100 Breast
Event 16	12 & under 200 Free
Event 17	12 & under 100 Fly
Event 18	10 & under 50 Back
Event 19	12 & under 200 Back

Sunday, 19 October 2014*SESSION 4, **13 & Over:** Warm-up @ 12:00 PM, Start @ 1:00 PM

Event 20	13 & Over 400 IM***
Event 21	13 & Over 100 Breast
Event 22	13 & Over 200 Free
Event 23	13 & Over 100 Fly
Event 24	13 & Over 200 Back

* In the event of oversubscription, Meet Management reserves the right to adjust the warm-up/session start times.

** In the event of oversubscription or session length issues, Meet Management reserves the right to swim the 400 Free as 2 per lane

*** In the event of oversubscription or session length issues, Meet Management reserves the right to limit the number of heats of 400IM. Limits will be imposed such that slower heats will be eliminated



SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”