



2020 Winter LCM Invitational
February 8th (Saturday) and 9th (Sunday)

HOSTED BY:	St. John's Legends, Tel: (709) 864-3802 www.legendswimming.com
LOCATION:	The Aquarena Westerland Road, St. John's, NL Tel: (709) 864-3798
FACILITY:	8 lanes, 50 meters. Quantum System from Swiss Timing with OSB14 Starting Blocks.
APPROVED BY:	Swim Newfoundland & Labrador. All current SNC rules and warm up procedures will apply. Exhibition swims will not be permitted.
MEET REFEREE:	TBD
MEET MANAGERS:	Ian Duffett and Norma Noseworthy sjlmeetmgr@gmail.com
OFFICIALS:	<p>Assistance with officiating by qualified persons from each club is always appreciated. (The Aquarena requires more than 40 officials per session). All officials are to wear black pants and black footwear. Level 1 officials (Timers and the Chief Timer) are to wear white tops. All other officials are to wear a red polo shirt. Scheduling of official's assignments may be made directly with Mandy Bull at officials.legends@gmail.com</p> <p>OFFICIALS' MEETING: There will be an Officials' Meeting 30 minutes prior to the start of each session. Attendance is mandatory.</p> <p>-</p> <p>Saturday morning, February 8, 2020 – 7:30AM Sunday afternoon, February 9, 2020 – 12:30PM</p> <p>SNL POLICY STATES:</p> <p>Officials</p> <p>(a) Clubs participating in sanctioned meets shall be required to provide Officials for each session. As a minimum, Clubs registering:</p> <p>(i) 5 swimmers or less – 1 Official per session (ii) 6 to 20 swimmers – 2 Officials per session (iii) Over 21 swimmers – 3 Officials per session</p> <p>(b) The Meet Manager or designate, shall be responsible to ensure that there are sufficient Officials from the Host club to fill vacant positions not covered by officials from the participating clubs.</p> <p>(c) Clubs are required to submit the list of officials with team entries.</p>

	(d) Exception to this requirement will be granted to St. Pierre and Labrador.
ELIGIBILITY:	All swimmers are to be registered with Swim NL, SNC and/or FINA. All swimmers must have valid SNC registration and entries without a valid SNC registration number will be declined.
SESSION TIMES	<p>Saturday morning, February 8, 2020 – 7:00 AM to 11:30 AM Sunday afternoon, February 9, 2020 – 12:00 PM to 3:30 PM</p> <p><u>Session times include warm up start times. Warm ups will be 55 minutes in duration.</u></p> <p>Meet Management reserves the right to adjust start and end times for all sessions.</p>
ENTRIES:	<p>The only Meet Package that will be considered as valid is the most current version found on https://www.swimming.ca/en/events-results/.</p> <p>Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9-digit ID numbers and/or correct date of birth. Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet.</p> <p>All entries must be in Hy-Tek format (or other compatible format) and submitted via https://www.swimming.ca/en/events-results/.</p> <p>No entries will be accepted directly by meet management. Teams are required to ensure that the Hy-Tek database is properly configured to include coach and club contact information.</p> <p>Meet management reserve the right to move events and/or limit the number of heats in order to run the meet in the time allotted.</p>
DECK ENTRIES:	No deck entries
TIME TRIALS:	Time trials may be considered by meet management if time permits.
ENTRY DEADLINE:	The Meet Manager must be able to view entries no later than 6:00 PM Friday, January 24, 2020. All late team entries will incur a \$100.00 penalty with no exceptions, payable to the St. John's Legends. (Receipt of entries will be confirmed by SNC system.)

ENTRY LIMITATIONS:	Swimmers are permitted to enter up to 6 individual events. Swimmers can swim either the 1500m free or 800m free, not both.
ENTRY FEES:	<p>Meet Entry Fees are \$75 per swimmer including the \$2.00 levy for the provincial electronic timing system and \$10.00 for swimmer development fund.</p> <p>Meet Entry Fees for Varsity swimmers are \$13 per swimmer including the \$2.00 levy for the provincial electronic timing system and \$10.00 for swimmer development fund.</p> <p>Cheques should be made payable to St. John's Legends Swim Club or e-transfer to treasurer@sjlegends.com with password 'swimfast'.</p> <p>Meet management reserves the right to refuse deck access to a club for non-payment of complete entry fees.</p>
SEEDING:	<p>Entries must be submitted using provable times.</p> <p>Seeding will be in order of times entered, as converted using Hy-tek default conversion factor, followed by swimmers entered with non-standard times and those entered with NT (no times).</p> <p>All Short Course entry times will be converted to Long Course times, using the default conversion factors in Hy-Tek Meet manager, and then seeded accordingly.</p> <p>Team Entries will be e-mailed by Wednesday, January 29th and any corrections must be received by 6:00 PM, Saturday, February 1st. After this time, no refunds will be issued for scratches.</p> <p>Draft heat sheets will be made available to coaches via email by Wednesday, February 5th.</p>
SPLITS:	Meet management 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 Meet Management and Referee prior to the commencement of the session in question.
SCRATCHES:	Scratches will be accepted up to 45 minutes prior to the start of each session. Coaches are asked to use scratch sheets, which will be available at the Meet Manager's office. Please fill in swimmer's name, event number, heat, and lane.
EVENTS:	All individual events are timed finals. 1500m Free, 800m Free, 400 IM, 400 Free, and 200 Fly will be swum fastest to slowest.

	<table> <tr> <th>Saturday AM</th><th>Sunday PM</th></tr> <tr> <td>1500 Free</td><td>200 Fly</td></tr> <tr> <td>800 Free</td><td>200 Free</td></tr> <tr> <td>200 Back</td><td>100 Back</td></tr> <tr> <td>200 Breast</td><td>100 Breast</td></tr> <tr> <td>50 Fly</td><td>100 Fly</td></tr> <tr> <td>50 Free</td><td>100 Free</td></tr> <tr> <td>50 Back</td><td>200 IM</td></tr> <tr> <td>50 Breast</td><td>400 Free</td></tr> <tr> <td>400 IM</td><td></td></tr> </table>	Saturday AM	Sunday PM	1500 Free	200 Fly	800 Free	200 Free	200 Back	100 Back	200 Breast	100 Breast	50 Fly	100 Fly	50 Free	100 Free	50 Back	200 IM	50 Breast	400 Free	400 IM	
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COACHES REGISTRATION:	<p>All coaches must be in good standing with SNC, the NLSCA and the CSCA to coach at any sanctioned competition.</p> <p>SNL policy requires that all coaches be certified a minimum Skills Coach to receive deck access for this competition.</p>																				
COACHES MEETING:	<p>There will be a mandatory Coaches Meeting prior to the start of the meet. It will be held at 6:45 AM Saturday, February 8th in the Electronics Room. Each team must send a representative.</p> <p>At this time, full payment is due, and certification of coaches will be confirmed. No deck access will be permitted if entry fees and/or certification are outstanding.</p> <p>Any procedural or logistical changes will be broadcast.</p>																				
SCORING:	There will be no scoring for this meet.																				
AWARDS:	There will be no individual or team awards for this meet.																				
RESULTS:	<p>Results will be posted inside the Aquarena and to Meet Mobile as available.</p> <p>The Hy-Tek file with complete results will be available on https://www.swimming.ca/en/events-results/ within 48 hours of the completion of the meet.</p>																				
SAFETY & LIABILITY:	<p>SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET</p> <p>https://swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/</p>																				

	<p>Non-compliance with these procedures will result in the removal of the swimmer from his/her first event of the session.</p> <p>Access to the pool deck will be restricted to swimmers, certified registered coaches, and session officials.</p> <p>Deck access for media and photographers must be granted by the Meet Manager.</p>
FACILITIES	All swimmers must rinse prior to entering the water for warm-up.