

Rapids 2021 Time Trial
Hosted by Corner Brook Rapids Swim Club
10 January 2021
Class II Time Trial

- PURPOSE:** To give swimmers the opportunity to improve swim times for 2020-2021 swim season.
- DATE:** Sunday, January 10, 2021; 9:30 a.m. to 12:15 p.m.
- LOCATION:** Hodder Memorial Recreation Complex, 8 Crescent Street, Deer Lake, NL
- POOL:** 25 metres, 2 lanes, manual timing.
- SANCTIONED:** Swimming Newfoundland and Labrador
- REFEREE:** Mike Greene
Level 4
CORNER BROOK , NL
Email: rentalmike68@gmail.com
TEL: 709 632-3173
- ELIGIBILITY:** This is a closed time trial for swimmers belonging to the Corner Brook Rapids Swim Club. All swimmers must be registered members in good standing with SNL. This time trial is open only to members of the Corner Brook Rapids Swim Club and a maximum of 21 swimmers. The maximum swimmer number of 21 and spacing restriction are in place because of the NL Public Health Special Measures Order Covid Restrictions in relation to pool occupancy restrictions. Should there be any last-minute cancellations causing swimmer availability, then the Meet Manager has the right to accept any other competitive swimmer with the Corner Brook Rapids Swim Club who are presently on the waiting list.
- ENTRIES:** Swimmers may enter up to three (3) events. All entries will be deck seeded. Meet manager may limit numbers in events due to time restrictions.
All entries must be uploaded to the meet entry system at www.swimming.ca/MeetList.aspx
- RULES:** SNC rules will govern the meet. SNC warm-up procedures will be in effect.

- SEEDING:** Events will be open seeded and mixed gender.
- COACHES:** SNL requires all coaches to be in good standing with the Coaches' Association, NLSCA and CSCTA.
- OFFICIALS:** Officials are requested to be on deck at 9:20 a.m. The Chair of Officials is Jeff Nelson. Officials willing to volunteer can contact Jeff at jandtnelson@nl.rogers.com . There will be no officials meeting in the facility prior to the time trial. The Chair of Officials will email the identified officials of their duties prior to the time trial.

Health Measures in Effect for this Time Trial:

- There will be two warmup sessions for this time trial. After swimmer entries are received, the coach will be notified when their swimmers will be able to enter the Recreation Facility as entry will occur in two waves of time periods. (Group1 and Group 2)
- Group 1 will be able to enter pool changerooms to get changed at **8:40 a.m.** on January 10, 2021. Group 2 will be allowed to enter pool changerooms at **9:00 a.m.** Swimmers of these group to be determined prior to time trial. It is recommended that swimmers wear swimwear to the pool.
- **PPE masks** will be worn by all swimmers attending this time trial while entering the facility and while on the swim deck when not swimming.
- **PPE masks** will be worn by all Officials and Coaches on deck during the warm-up and time trial event.
- There will be no spectators allowed in facility to view the time trial.
- There will be only two lanes used during the time trial - **Lanes 2, and 5.** Lane 1, 3, 4 and 6 empty lanes will be utilized distancing precautions.
- Swim Teams are not to gather in large groups while on deck.
- Swimmers are to walk in a clockwise direction on pool deck when entering the Dive Block area and will exit in a clockwise direction when exiting the pool. The Referee and Starter will provide exiting directions after an event is completed by a swimmer.

EVENTS:

Warm-up for Group 1 begins 8:45 a.m. Warm-up for Group 2 begins at 9:05 a.m.

First event begins at 9:30 a.m. Events: 400 IM, 400 Free, 200 IM, 200 Free, 100 Free, 100 Back, 100 Breast, 100 Fly, 50 Free, 50 Back, 50 Breast and 50 Fly.