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| **DATE(s):** | April 8 – 10, 2022 | **REGION:** | Eastern |
| **HOSTED BY:** | Nepean Kanata Barracudas |
| **LOCATION:** | Nepean Sportsplex, 1701 Woodroffe Ave. Nepean, ON K2G 1W2 |
| **FACILITY:** | 8-lane, 50m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard |
| **PURPOSE & DESCRIPTION:** | Interclub Racing |
| **MEET PACKAGE:** | The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca) |
| **COMPETITION COORDINATOR:** | Doug Nielsen | Level: | 5 |
|  | If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted  |
| **MEET MANAGER:** | Min Liu | Email: | meetmanager@swimnkb.com |
| **SAFETY COORDINATOR:** | Karen Gormley | Email: | safety@swimnkb.com |
| **SAFETY AT COMPETITION:** | Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. COVID Safety Procedures, Concussion Management & Event Photography procedures will be in effect. For complete details click [HERE.](https://drive.google.com/file/d/1aJ74cmN9IyOsEZqzXIYh1NBacDtSTjtE/view?usp=sharing) |
| **RACING EVENT:** | **Sanctioned as Closed Invitational by Swim Ontario.** |
|  | All current Swimming Canada rules will be followed. All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](https://drive.google.com/file/d/1aIMdjBPI5YPe3_9Kqg--rg1RiqPGGZMK/view?usp=sharing) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.Please note that [Swimming Canada Competition Warm-Up Safety Procedures](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/) will be in effect.  |
|  | Starts will be conducted from | Starting Platforms (blocks) |
| **ELIGIBILITY:** | All athletes must be registered as Competitive swimmers with Swimming Canada.  |
|  | This event includes participants from the following clubs: | Nepean Kanata Barracudas, ROCS, Cornwall Sea Lions, Goulbourn Sea Hawks, GO Kingfish, Trent Swim Club, Kingston Blue Marlins and Natation Gatineau. |
| **FACILITY ENTRANCE REQUIREMENTS:** | The participant is responsible to ensure all entrance requirements have been met.  |
| **AGE UP DATE:** | Ages submitted are to be as | April 8, 2021 |
| **ENTRY LIMITS:** | The maximum number of participants per session is | 300 |
|  | Each club is limited to the following number of swimmers | As per communication with Meet Manager |
|  | The maximum number of entries per swimmer is | 7 |
| **ENTRY SUBMISSIONS:** | Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca) . Meet Management will not accept entries via email. |
|  | Entries must include all attending coaches. |
|  |[ ]  NT entries are not permitted |
|  |[x]  Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with “NT”. |
|  |[ ]  Qualifying standard for entry is:  |  |
|  |[ ]  Qualifying period for entry to the meet is: |  |
|  |[ ]  Relay swimmers must be entered in a non-relay event in order to compete. |
| **CONVERSION:** |[ ]  Entry times can be converted. Times will be converted by the host. |
|  |[ ]  Entry times are not to be converted. Please submit times in course achieved. |
|  |  [ ]  | Times will be converted by the host |
|  |  [ ]  | Times will not be converted |
| **ENTRY DEADLINE:** | **March 25, 2022** |
|  | Changes to entries will be accepted until | **April 1, 2022** |
| **ENTRY FEE:** |[ ]  No Fee |
|  |[x]  Individual Events  | $ 11+HST=$12.43 | Relay Events | $ 0 |
|  |[ ]  Swimmer Fee | $ Click here to enter text. |
|  |[x]  Payment Method: | Clubs should etransfer club fees to nkbswimming@gmail.com – password: meets |
| **COACH’S****REGISTRATION:** | Meet management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](https://docs.google.com/spreadsheets/d/1ERIGxKgqDeLxbwd5Bru4Jh8p5pUyRysViA1zuivcofI/).  If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet.  Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance. |
| **SEEDING:** |[x]  Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times). |
|  |[ ]  Seeding will be in the following order:* Entries with qualifying **short course** times in metres
* Entries with qualifying **long course** times in metres, then
* Entries with no qualifying times.
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|  |[ ]  Seeding will be in the following order:* Entries with qualifying **long course** times in metres
* Entries with qualifying **short course** times in metres, then
* Entries with no qualifying times.
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| **SCHEDULE OF SESSIONS:** |

| **Session #** | **Date** | **Warm-up period****(i.e. 1:00pm-1:50pm)** | **# of warm-ups** | **Start of session** | **Approx. Finish of session** | **Time Final/Heats /Finals** |
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| 1 | Fri. Apr. 8, 2022 | 3:00 – 4:00 PM | 1 | 4:00 PM | 8:30 PM | Timed Finals |
| 2 | Sat. Apr. 9, 2022 | 7:30 – 8:30 AM | 1 | 8:30 AM | 11:30 AM | Timed Finals |
| 3 | Sat. Apr. 9, 2022 | 11:30 – 12:30 AM | 1 | 12:30 PM | 5:00 PM | Timed Finals |
| 4 | Sat. Apr. 9, 2022 | 5:00 – 6:00 PM | 1 | 6:00 PM | 9:00 PM | Timed Finals |
| 5 | Sun. Apr. 10, 2022 | 7:30 – 8:30 AM | 1 | 8:30 AM | 1:00 PM | Timed Finals |
| 6 | Sun. Apr. 10, 2022 | 1:00 – 2:00 PM | 1 | 2:00 PM | 6:30 PM | Timed Finals |
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**SCHEDULE OF EVENTS:**

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| ***Session #*** 1 – Open Age Group |  | ***Session #*** 2 – 13 & Over |  | ***Session #*** 3 – 12 & Under |
| ***Event #*** | ***Event*** | ***Gender*** |  | ***Event #*** | ***Event*** | ***Gender*** |  | ***Event #*** | ***Event*** | ***Gender*** |
| **1** | **400 Free** | Mixed |  | 4 & 5 | 50 free | Heats by gender |  | 11 | 200 Free | Mixed |
| **2** | **800 Free** | Mixed |  | 6 | 100 Fly | Mixed |  | 12 | 100 Fly | Mixed |
| **3** | **1500 Free** | Mixed |  | 7 | 100 Back | Mixed |  | 13 | 100 Back | Mixed |
|  |  |  |  | 8 | 100 Breast | Mixed |  | 14 | 100 Breast | Mixed |
|  |  |  |  | 9 | 100 Free | Mixed |  | 15 | 100 Free | Mixed |
|  |  |  |  | 10 | 400 IM | Mixed |  | 16 | 400 IM | Mixed |
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| ***Session #*** 4 – 13 & Over |  | ***Session #*** 5 – 12 & Under |  | ***Session #*** 6 – 13 & Over |
| ***Event #*** | ***Event*** | ***Gender*** |  | ***Event #*** | ***Event*** | ***Gender*** |  | ***Event #*** | ***Event*** | ***Gender*** |
| 17 | 200 Free | Mixed |  | 21 | 200 Fly | Mixed |  | 4 & 5 | 50 Free (Top 8 by gender) |  |
| 18 | 50 Fly | Mixed |  | 22 | 50 Breast | Mixed |  | 28 | 200 Fly |  |
| 19 | 200 Breast | Mixed |  | 23 | 200 Back | Mixed |  | 29 | 50 Breast |  |
| 20 | 50 Back | Mixed |  | 24 | 50 Free | Mixed |  | 30 | 200 Back |  |
| 4 & 5 | 50 Free | Top 16by gender |  | 25 | 200 IM | Mixed |  | 31 | 200 IM |  |
|  |  |  |  | 26 | 50 Back | Mixed |  |  |  |  |
|  |  |  |  | 27 | 200 Breast | Mixed |  |  |  |  |
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| **CHECKIN AND SCRATCHES:** |[ ]  Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session. |
|  |[ ]  All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session. |
|  |[ ]  There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events: |
|  |[ ]  Scratches for finals must be made must be made |
|  |  [ ]  | 30 minutes following the posting of results of last event of prelims sessions |
|  |  [ ]  | 30 minutes following the posting of results of respective event |
| **PENALTIES:** |[x]  No scratch penalty shall be imposed for late or day of scratches. |
|  |[ ]  Failure to participate in a finals event will results in following penalty:   |
| **DECK ENTRIES:** |[x]  No Deck Entries are permitted |
|  |[ ]  Deck Entries are permitted for swimmers already entered in the competition.Deck Entries are Exhibition Only. They are not eligible for scoring or awards.Deck entries will be accepted for empty lanes only (no new heats will be created). |
|  |  | Fee: | $ Click here to enter text. |
| **OFFICIAL SPLIT TIMES:** |[x]  Official Split requests are not permitted. |
|  |[ ]  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 the Referee prior to the commencement of the session (or event) in question. |
| **MIXED-GENDER:** | An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers. |
| **RECORDS:** |[x]  Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.  |
|  |[x]  Swim times achieved at this competition will NOT be used for applications of provincial and national records. |
| **SCORING:** |[ ]  No Scoring |
|  |[x]  The following will be awarded: |
|  |  | **Results:** Official results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca). Results will be published according to age group and sex (10&U, 11, 12, 13, 14 and 15 & over). |
| **AWARDS:** |[ ]  No awards |
|  |[x]  The following will be awarded: |
|  |  | **Awards**: Ribbons 1st – 8th |
| **MEET RESULTS:** | Official Results will be posted within 5 days of completion of the meet to [www.swimming.ca](http://www.swimming.ca)  |
|  |[x]  The meet program will be run on Hy-Tek Meet Manager. |
|  |[x]  Results will be posted as quickly as possible at the meet. |
|  |[x]  Live Results / Meet Mobile are available. |

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| **ADDITIONAL INFORMATION:** |  |