

**Nepean Kanata Barracudas  
Short Course Fall Invitational  
October 24-25, 2009**

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

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

**Sanctioned by:  
Swim Ontario**



## **General Information**

<b>Date:</b>	24-25 October 2009
<b>Hosted by:</b>	Nepean Kanata Barracudas
<b>Location:</b>	Nepean Sportsplex 1701 Woodroffe Ave. Nepean, ON K2G 1W2
<b>Facility:</b>	8-lane, 25m competition pool with Kieffer lane ropes and ARES electronic timing and scoreboard
<b>Meet Manager(s):</b>	Simon Davis [ <a href="mailto:MeetManager@SwimNKB.com">MeetManager@SwimNKB.com</a> ]
<b>General Inquires:</b>	Kathleen Milne, NKB Office Manager P: 613-723-2278 F: 613-723-9374 E: <a href="mailto:Kathleen@SwimNKB.com">Kathleen@SwimNKB.com</a>
<b>Meet Referee:</b>	Stan Kondrat
<b>Officials:</b>	Volunteer official requests and inquiries to be directed to the NKB Chief Official's Chair, Jenny McKay [ <a href="mailto:Officials@SwimNKB.com">Officials@SwimNKB.com</a> ].
<b>Sanction:</b>	Swim Ontario. Current FINA rules will apply. The one start rule and SNC warm-up procedures will be in effect for this meet.
<b>Age Groups:</b>	Events are all Timed Finals. There is a mixture of events, those divided by age and sex and also events that are Open. Please see the note that follows the event list for details. Results will be published according to age group and sex (10&U, 11, 12, 13, 14 and 15 & over), with the exception of the Open relay events, which will be published by sex only. Swimmers age will be determined as of the first day of the meet (i.e. 24 October 2009).
<b>Standards:</b>	Not Applicable

**Entries:** Swimmers may enter two individual events per session plus 2 relays (meet total) for a total of 8 events.

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

**Deadline:** 14 October 2009

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

**Fees:** \$5.50 per individual event, \$8.00 per relay

**To submit entries:**

1. All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via [www.swimmeet.ca](http://www.swimmeet.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: 12:45 PM, Saturday, 24 October 2009  
Location: **TO BE DETERMINED**

**Hospitality:** An extended 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).

## Order of Events:

WOMEN EVENT #	EVENT	MEN EVENT #
<b>Saturday, 24 October 2009 ***</b>		
SESSION 1: Warm-up @ 12:30PM, Start @ 1:30PM		
1.	10 & under 100 Free Relay	2.
3.	Open 800 Free Relay*	4.
5.	10 & under 100 Free	6.
7.	Open 100 Fly*	7.
8.	10 & Under 50 Back	9.
10.	Open 100 Back*	10.
<b>Saturday, 24 October 2009 ***</b>		
SESSION 2: Warm-up @ 5:30PM, Start @ 6:15PM		
11.	Open 400 Free * **	11.
12.	10 & under 50 Breast	13.
14.	Open 100 Breast*	14.
15.	10 & under 50 Free	16.
17.	Open 100 Free*	17.
<b>Sunday, 25 October 2009 ***</b>		
SESSION 3: Warm-up @ 8:00AM, Start @ 9:00AM		
18.	10 & under 200 Medley Relay	19.
20.	Open 400 Medley Relay*	21.
22.	10 & under 50 Fly	23.
24.	Open 50 Fly*	24.
25.	10 & under 100 IM	26.
27.	Open 200 IM*	27.
28.	10 & under 200 Free Relay	29.
30.	Open 400 Relay*	31.

\* The Open individual events will be seeded according to time regardless of age and sex. Results will be published such that swimmers are separated by sex and age group. The Open relays will be open as regards to age, but not sex.

\*\* In the event of oversubscription, Meet Management reserves the right to limit the number of entries and / or swim two per lane in the 400 Free.

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

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOST

## ***Request for Officials***

Please provide a club contact as well as a list of people who will be at the meet and would be willing to offer their services as officials. This information can either be submitted electronically to the NKB Club Officials Chairperson, Jenny McKay [[Officials@SwimNKB.com](mailto:Officials@SwimNKB.com)] or along with your team's meet entries.

Club Name: \_\_\_\_\_

Officials' Chairman: \_\_\_\_\_

Home: (     ) \_\_\_\_\_

Work: (     ) \_\_\_\_\_

Email: \_\_\_\_\_

Name	Level of Certification	Sessions Available	Desired Position

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## **RISK MANAGEMENT / WARM-UP PROCEDURES 2008**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ..... and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

### **GENERAL WARM-UP RULES:**

- Swimmers shall enter the water **FEET FIRST** in a cautious manner.
- **No Running on the pool deck or Diving from the side of the pool.**
- **Meet Management shall provide signage to indicate designated lane use during warm-up.**
- **Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.**
- **Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.**
- **Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.**
- **Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.**
- **Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.**

### **SPECIFIC/SPRINT WARM-UP PERIOD:**

- **Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.**
- **Outside Lanes should be designated as Sprint Lanes.**
- **Only 'one-way' swimming shall be permitted in Sprint Lanes.**
- **Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.**

The following statement shall appear in the meet information and in posted notices:  
"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### **EQUIPMENT:**

- **FLUTTER BOARDS and PULLBUOYS are allowed.**
- **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.**



SNC Board Approved