



# KEN DUNN MEMORIAL CHAMPIONSHIPS

June 4-6<sup>th</sup>, 2010

4/19/2010

## Hosted by:

Swim Nova Scotia & Dartmouth Crusaders Swim Club

## Sanctioned by:

Swim Nova Scotia

## Location:

Dalplex Pool, 6260 South Street, Halifax, N.S.

## Co-Meet Managers:

Bette El-Hawary-Swim NS

[swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)

(902) 425-5450 ext. 314

& York Friesen

[Yfriesen@eastlink.ca](mailto:Yfriesen@eastlink.ca)

(902)-463-0448

## Meet Official:

Lynn Sitland

[doug.sitland@nscc.ca](mailto:doug.sitland@nscc.ca)

& Gary Sonnichsen

[sonnichsen@accesswave.ca](mailto:sonnichsen@accesswave.ca)

## Entries:

Email hy-tek entries will be accepted via SNC online entries system. Entries due by: May 31<sup>st</sup>, 2010

### **LATE ENTRIES WILL NOT BE ACCEPTED**

All entry times shall be submitted in short course metres; if a swimmer only has long course times they will be accepted and seeded after the short course entry times.

## Entry Fees:

\$7.00 per individual event, no charge for relays. Cheques only please. Please make cheques payable to: Swim Nova Scotia (No cash accepted). The amount of fees due are based on the entries confirmed on June 2<sup>nd</sup> at noon. Fees are due at the start of the warm-up at the first session.

## Meet Rules:

SNC rules will govern the meet

SNC Warm-Up will be in effect

FINA One-Start Rule in effect

## Facility Rules:

Proper footwear and clothing must be worn throughout the building (outside pool area)

## Coaches:

All coaches must be registered with CSCTA & NSSCA. There will be a coaches meeting on **Friday, June 4<sup>th</sup>** in the pool classroom at 8:15am.

## Eligibility:

Eligible swimmers can enter up to a maximum of six individual events.

Swimmers are eligible if they

a) are NS swimmers and have the two Ken Dunn times for their age-group; 15+ can use the grandfather clause.

b) are outside NS swimmers and have the two East Coast times for their age-group;

d) are individual event winners from Junior Provincials (N.S. swimmers only)

e) to swim in the 400m Free or IM, a swimmer must have the East Coast Championship qualifying time.

f) to swim in the 800m or 1500m Free, swimmers must have one of the East Coast Championships qualifying times for 800 or 1500m.

**Proof of time will be utilized by meet management using the SNC time validation report. Please ensure you are entering legal times that meet the minimum standards outlined.**

## Meet Format:

- Prelims will be swum as double ended short course.
- Finals will be swum as single ended long course.
- Age Categories :
  - 12 & Under
  - 13 & 14
  - 15 & Over

- A swimmer's age is determined as of the first day of the meet.

- All events will be swum as heats and finals regardless of the number of entries with the exception of the 800/1500m, PARA and Relay events.

- All of the 800 and 1500's will be swum as timed finals on their respective mornings (unless we



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are limited for time). There will be one heat of m/w 800m and one heat of m/w 1500m available long course on Friday night at the end of the session. We will accept 8 swimmers in each gender and they will swim two per lane. Entries will be on a first come first serve basis. Athletes must choose if they want to swim the long course or the short course of the distance (they can not enter both). If a swimmer does not get selected to swim at night during the long course session they will automatically be placed in the short course session for their appropriate age group.

- 800m and 1500m Freestyle events will be swum alternating, fastest to slowest.
- Swimmers may choose to swim either the 800m or 1500m Freestyle.
- Relays will be swum as timed finals at the beginning of finals.
- There will be consolation finals in the 15 & Over age group, as long as there are a minimum of 12 swimmers entered, based on the numbers from the preliminary results. The consolation final will be swum before the final in each 15 & Over event.
- There will be no deck entries and no exhibition swims. A time trial may be offered at the end of finals on Sunday.
- Para swimmers must choose to swim either with able bodied athletes or in the PARA category during the finals for their designated PARA events. They will swim with the able bodied athletes during prelims.

### Scratches:

- The scratch deadline for all preliminary heats on the first day of competition (including time finals) will be prior to the technical meeting.
- The first scratch deadline for finals each night will be 30 minutes following the completion of prelims.
- The last scratch deadline for finals will be 30 minutes prior to the start of finals.

- Late scratches for medical reasons will be at the discretion of the Session Head Official.
- "No-Shows", "step-downs" and "unexcused incomplete swims" will be penalized \$20.00 CAD for finals.
- Fines incurred in finals must be paid immediately. The swimmer in question shall not swim subsequent events in that session. The swimmer's team shall not swim until the fine has been paid.

The meet management reserves the right to re-seed 400 IM, 400 Freestyle and 800/1500 Freestyle after the scratch sheets are submitted. As a courtesy please submit scratches as soon as possible to meet management for heats.

The meet will be run cardless, however, for distance events and relays all swimmers are required to do a positive meet check-in. During finals, once an alternate is called, the "no show" is final. Time cards will be used for all relays and the 800 and 1500 Freestyle events.

### Relay Rules:

Each club is allowed to enter one relay per event number as long as they meet the following criteria:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legally entered in the meet in an individual event.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.

A second relay may be entered by clubs with five (5) or more swimmers qualified, entered, and swimming in the event's age group. A maximum of two (2) relay team swimmers may move up from younger age groups.



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## Scoring:

Scoring for individual events:

50-30-20-15-14-13-12-11;

9-7-6-5-4-3-2-1 for consolation finals (where applicable).

Scoring for relays: 50-30-20-15-14-13-12-11

Scoring for high point awards will be based on the individual event scoring system.

## Awards:

Individual Awards:

Medals for first-third place in each age group for individual and relay events.

Ribbons for fourth-eighth place.

Plaques & Awards for High Point Male and Female in each age group.

Plaques & Awards for Top Overall Male and Female Swims of the Meet (based on the highest FINA points)

Team Awards:

1. Banner for Top Overall Winner
2. Top Team Performance Award – Best Time/Points per swimmer accumulated (formula is total points divided by number of splashes).

Johanna Maesson- Top Female Overall

Trevor Smith- Top 15 year-old Male (points awarded for placement among competitors in their age category).

The James Robertson Burrowes- award is to be given annually for excellence in the performance of the butterfly stroke to a Nova Scotia 13-14 year old male. James held butterfly, IM, backstroke and freestyle records as an 11-12, 13-14, and 15 and over swimmer in Nova Scotia. He was a leader and an excellent strategist. His longest standing records were in the 100 and 200meter fly set in 1979 and broken in 1997. *The individual receiving the award should be a member in good standing of Swim Nova Scotia and should demonstrate leadership and excellence in the performance of the butterfly.*

## Officials:

All Clubs will be assigned lanes for timers throughout the weekend's events. In addition to timers we will also need everyone's assistance with senior officials.

Meet management will follow-up with whoever submits the entries of a club that fails to submit officials' names. There is an officials form that must be submitted by each club.

Please email Gary Sonnichsen :

[sonnichsen@accesswave.ca](mailto:sonnichsen@accesswave.ca)

## Canteen:

Canteen services will be available for this competition and offered by DCSC.

**Merchandise:** See attached

**Accommodations:** See attached



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## Ken Dunn LC CHAMPIONSHIPS - EVENT LIST

Short Course- HEATS – Friday, June 4 <sup>th</sup> , 2010 (15+ & 13-14 G Deep End/12 & Under & 13-14 B Shallow End)				
Warm-Ups: 8:00am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
1	12 & Under	200m Individual Medley	12 & Under	2
3	13 and 14	200m Individual Medley	13 and 14	4
5	15 and Over	200m Individual Medley	15 and Over	6
7	12 & Under	50m Freestyle	12 & Under	8
9	13 and 14	50m Freestyle	13 and 14	10
11	15 and Over	50m Freestyle	15 and Over	12
13	12 & Under	200m Backstroke	12 & Under	14
15	13 and 14	200m Backstroke	13 and 14	16
17	15 and Over	200m Backstroke	15 and Over	18
19	13 and 14	400m Freestyle	13 and 14	20
21	15 and Over	400m Freestyle	15 and Over	22
23	12 & Under	800m Freestyle	12 & Under	24
25	12 & Under	1500m Freestyle	12 & Under	26

Long Course- FINALS – Friday, June 4 <sup>th</sup> , 2010				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
27	12 & Under	4x50m Medley Relay	12 & Under	28
29	13 and 14	4x100m Medley Relay	13 and 14	30
31	15 and Over	4x100m Medley Relay	15 and Over	32
1	12 & Under	200m Individual Medley	12 & Under	2
3	13 and 14	200m Individual Medley	13 and 14	4
5	15 and Over	200m Individual Medley	15 and Over	6
7	12 & Under	50m Freestyle	12 & Under	8
9	13 and 14	50m Freestyle	13 and 14	10
11	15 and Over	50m Freestyle	15 and Over	12
13A	Open	PARA 100m Backstroke	Open	13A
13	12 & Under	200m Backstroke	12 & Under	14
15	13 and 14	200m Backstroke	13 and 14	16
17	15 and Over	200m Backstroke	15 and Over	18
19	13 and 14	400m Freestyle	13 and 14	20
21	15 and Over	400m Freestyle	15 and Over	22
10 Minute Break				
99	Open	800m Freestyle	Open	100
101	Open	1500m Freestyle	Open	102



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## Ken Dunn LC CHAMPIONSHIPS - EVENT LIST

Short Course- HEATS – Saturday, June 5 <sup>th</sup> , 2010 (15+ & 13-14 G Deep End/11-12 & 13-14 B Shallow End)				
Warm-Ups: 8:00am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
33	12 & Under	400m Individual Medley	12 & Under	34
35	13 and 14	400m Individual Medley	13 and 14	36
37	15 and Over	400m Individual Medley	15 and Over	38
39	12 & Under	200m Freestyle	12 & Under	40
41	13 and 14	200m Freestyle	13 and 14	42
43	15 and Over	200m Freestyle	15 and Over	44
45	12 & Under	50m Butterfly	12 & Under	46
47	13 and 14	100m Butterfly	13 and 14	48
49	15 and Over	100m Butterfly	15 and Over	50
51	12 & Under	200m Breaststroke	12 & Under	52
53	13 and 14	200m Breaststroke	13 and 14	54
55	15 and Over	200m Breaststroke	15 and Over	56
57	13 and 14	800m Freestyle	13 and 14	58
59	13 and 14	1500m Freestyle	13 and 14	60

Long Course- FINALS – Saturday, June 5 <sup>th</sup> , 2010				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
61	12 & Under	4x50m Freestyle Relay	12 & Under	62
63	13 and 14	4x50m Freestyle Relay	13 and 14	64
65	15 and Over	4x50m Freestyle Relay	15 and Over	66
33	12 & Under	400m Individual Medley	12 & Under	34
35	13 and 14	400m Individual Medley	13 and 14	36
37	15 and Over	400m Individual Medley	15 and Over	38
39A	Open	PARA 100m Freestyle	Open	39A
39	12 & Under	200m Freestyle	12 & Under	40
41	13 and 14	200m Freestyle	13 and 14	42
43	15 and Over	200m Freestyle	15 and Over	44
45	12 & Under	50m Butterfly	12 & Under	46
47	13 and 14	100m Butterfly	13 and 14	48
49	15 and Over	100m Butterfly	15 and Over	50
51	12 & Under	200m Breaststroke	12 & Under	52
53	13 and 14	200m Breaststroke	13 and 14	54
55	15 and Over	200m Breaststroke	15 and Over	56



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## Ken Dunn LC CHAMPIONSHIPS - EVENT LIST

Short Course- HEATS – Sunday, June 6 <sup>th</sup> , 2010 (15+ & 13-14 G Deep End/11-12 & 13-14 B Shallow End)				
Warm-Ups: 8:00am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
67	12 & Under	50m Breaststroke	12 & Under	68
69	13 and 14	100m Breaststroke	13 and 14	70
71	15 and Over	100m Breaststroke	15 and Over	72
73	12 & Under	400m Freestyle	12 & Under	74
75	13 and 14	100m Freestyle	13 and 14	76
77	15 and Over	100m Freestyle	15 and Over	78
79	12 & Under	200m Butterfly	12 & Under	80
81	13 and 14	200m Butterfly	13 and 14	82
83	15 and Over	200m Butterfly	15 and Over	84
85	12 & Under	50m Backstroke	12 & Under	86
87	13 and 14	100m Backstroke	13 and 14	88
89	15 and Over	100m Backstroke	15 and Over	90
91	15 and Over	800m Freestyle	15 and Over	92
93	15 and Over	1500m Freestyle	15 and Over	94

Long Course- FINALS – Sunday, June 6 <sup>th</sup> , 2010				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
95	15 and Over	4x50m Medley Relay	15 and Over	96
97	13 and 14	4x50m Medley Relay	13 and 14	98
67	12 & Under	50m Breaststroke	12 & Under	68
69	13 and 14	100m Breaststroke	13 and 14	70
71	15 and Over	100m Breaststroke	15 and Over	72
71A	Open	PARA 50m Breaststroke	Open	71A
73	12 & Under	400m Freestyle	12 & Under	74
75	13 and 14	100m Freestyle	13 and 14	76
77	15 and Over	100m Freestyle	15 and Over	78
79	12 & Under	200m Butterfly	12 & Under	80
81	13 and 14	200m Butterfly	13 and 14	82
83	15 and Over	200m Butterfly	15 and Over	84
85	12 & Under	50m Backstroke	12 & Under	86
87	13 and 14	100m Backstroke	13 and 14	88
89	15 and Over	100m Backstroke	15 and Over	90



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## SWIM NOVA SCOTIA 2010 Ken Dunn Standards LONG COURSE

*FEMALE*

*MALE*

15 & OVER	13 & 14	11 & 12		11 & 12	13 & 14	15 & OVER
			50 FREE			
			100 FREE			
		3:01.74	200 FREE	3:01.74		
5:32.42	5:48.91		400 FREE		5:32.44	4:58.28
			800 FREE			
			1500 FREE			
			100 BACK			
			200 BACK			
			100 BREAST			
			200 BREAST			
			100 FLY			
			200 FLY			
3:04.59	3:17.20	3:27.77	200 IM	3:32.96	3:01.81	2:43.64
			400 IM			

*Swimmers must have achieved the two standards for their age group, 15+ swimmers can utilize the grandfather clause.*



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## SWIM NOVA SCOTIA

### 2010 Ken Dunn Standards SHORT COURSE

*FEMALE*

*MALE*

15 & OVER	13-14	11- 12		11 -12	13 & 14	15 & OVER
			50 FREE			
			100 FREE			
		2:58.24	200 FREE	2:58.24		
5:25.92	5:41.72		400 FREE		5:25.92	4:52.26
			800 FREE			
			1500 FREE			
			100 BACK			
			200 BACK			
			100 BREAST			
			200 BREAST			
			100 FLY			
			200 FLY			
3:01.29	3:12.91	3:23.70	200 IM	3:28.79	2:58.24	2:39.86
			400 IM			

*Swimmers must have achieved the two standards for their age group, 15+ swimmers can utilize the grandfather clause.*



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## 2010 East Coast Championships Qualifying Standards

Female swimmers				Male swimmers		
QT for meet				QT for meet		
15&O	13 - 14	12 & Under	Events	12 & Under	13 - 14	15&O
Lc 31.07 Sc 30.45			<b>50 free</b>			Lc 28.06 Sc 27.50
Lc 1:09.00 Sc 1:07.62			<b>100 free</b>			Lc 1:01.72 Sc 1:00.49
Lc 2:25.39 Sc 2:22.48	Lc 2:32.12 Sc 2:29.08	Lc 2:52.75 Sc 2:49.29	<b>200 free</b>	Lc 3:00.71 Sc 2:57.09	Lc 2:32.81 Sc 2:29.75	Lc 2:13.59 Sc 2:10.91
Lc 5:05.91 Sc 4:59.79	Lc 5:42.92 Sc 5:36.06	Lc 5:50.56 Sc 5:43.74	<b>400 free</b>	Lc 6:00.00 Sc 5:52.80	Lc 5:25.40 Sc 5:18.89	Lc 4:41.02 Sc 4:35.55
Lc 10:33.60 Sc 10:20.93			<b>800 free</b>			Lc 9:58.27 Sc 9:46.30
Lc 20:17.38 Sc 19:53.04			<b>1500 free</b>			Lc 18:54.41 Sc 18:31.72
Lc 38.12 Sc 36.94			<b>50 back</b>			Lc 32.93 Sc 32.13
Lc 1:20.61 Sc 1:19.00			<b>100 back</b>			Lc 1:10.64 Sc 1:09.23
Lc 2:59.19 Sc 2:55.61			<b>200 back</b>			Lc 2:34.04 Sc 2:30.96
Lc 42.08 Sc 41.19			<b>50 breast</b>			Lc 36.45 Sc 35.84
Lc 1:30.79 Sc 1:28.97			<b>100 breast</b>			Lc 1:19.67 Sc 1:18.08
Lc 3:22.59 Sc 3:18.54			<b>200 breast</b>			Lc 3:00.04 Sc 2:56.44
Lc 35.00 Sc 34.29			<b>50 fly</b>			Lc 31.36 Sc 30.67
Lc 1:16.90 Sc 1:15.36			<b>100 fly</b>			Lc 1:08.91 Sc 1:07.53
Lc 3:00.07 Sc 2:56.47			<b>200 fly</b>			Lc 2:48.76 Sc 2:45.38
Lc 245.94 Sc 2:42.62	Lc 2:50.40 Sc 2:46.99	Lc 3:16.74 Sc 3:12.80	<b>200 IM</b>	Lc 3:22.61 Sc 3:18.56	Lc 2:52.90 Sc 2:49.44	Lc 2:47.11 Sc 2:44.17
Lc 5:47.34 Sc 5:40.39	Lc 6:33.75 Sc 6:25.88	Lc 6:44.95 Sc 6:36.85	<b>400 IM</b>	Lc 6:49.96 Sc 6:41.76	Lc 6:35.09 Sc 6:27.19	Lc 5:27.45 Sc 5:20.90

*15 & Over's must achieve one of the above qualifying standards. 14 & under must achieve one IM and one Freestyle.*

## Qualifying Times to Swim Events (Proof of Time Required)

Female swimmers				Male swimmers		
QT to swim event				QT to swim event		
15&over	13 - 14	12 & Under	Events	12 & Under	13 - 14	15&O
Lc 2:25.39 Sc 2:22.48	Lc 2:30.59 Sc 2:27.59	Lc 2:51.02 Sc 2:47.60	<b>200 free</b>	Lc 2:58.90 Sc 2:55.32	Lc 2:31.28 Sc 2:28.25	Lc 2:13.59 Sc 2:10.91
Lc 5:05.91 Sc 4:59.79	Lc 5:39.49 Sc 5:32.70	Lc 5:47.29 Sc 5:40.35	<b>400 free</b>	Lc 5:56.40 Sc 5:49.27	Lc 5:22.14 Sc 5:15.70	Lc 4:41.02 Sc 4:35.55
Lc 10:33.60 Sc 10:20.93	Lc 11:28.50 Sc 11:15.00	Lc 11:59.71 Sc 11:45.60	<b>800 free</b>	Lc 11:49.92 Sc 11:36.00	Lc 10:56.55 Sc 10:42.50	Lc 9:58.27 Sc 9:46.30
Lc 20:17.38 Sc 19:53.04	Lc 22:41.34 Sc 21:48.50	Lc 24:34.20 Sc 23:37.50	<b>1500 free</b>	Lc 23:24.54 Sc 22:30.00	Lc 21:36.84 Sc 20:46.50	Lc 18:54.41 Sc 18:31.72
Lc 245.94 Sc 2:42.62	Lc 2:48.69 Sc 2:45.32	Lc 3:14.77 Sc 3:10.87	<b>200 IM</b>	Lc 3:20.58 Sc 3:16.56	Lc 2:51.17 Sc 2:47.74	Lc 2:47.11 Sc 2:44.17
Lc 5:47.34 Sc 5:40.39	Lc 6:29.81 Sc 6:22.01	Lc 6:40.95 Sc 6:32.93	<b>400 IM</b>	Lc 6:45.90 Sc 6:37.98	Lc 6:31.13 Sc 6:23.31	Lc 5:27.45 Sc 5:20.90



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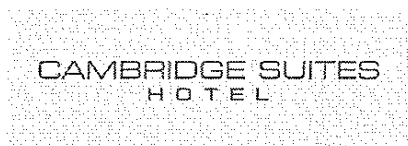
## ACCOMMODATIONS 2010 KEN DUNN CHAMPIONSHIPS



TRADITIONAL RESIDENCE - STYLE ROOMS Date(s) – Arrival/Departure	Room Description/Location	Tourist Rate	Student Rate
June 3 – 6, 2010 3N	Howe Hall – 2 single rooms	\$43.86/night	\$28.65/night
June 3 – 6, 2010 3N	Howe Hall – 14 twin rooms	\$67.83/night	\$51.70/night

### RESERVATION PROCESS

Room reservations can be made by: fax (902) 494-1219, email: [accommodations@dal.ca](mailto:accommodations@dal.ca), phone (902) 494-8840, toll free: 1-888-271-9222 or by using the Accommodation/Reservation Request Form in the Summer Accommodations section on our web site at [www.dal.ca/](http://www.dal.ca/)



1583 Brunswick Street, Halifax, Nova Scotia, Canada, B3J 3P5  
Telephone (902) 420-0555 Fax (902) 420-9379  
In North America Dial Toll Free 1-800-565-1263

### ROOM RATES

#### Room Type

#### Single / Double Occupancy

Studio Suites

\$149.00

### RESERVATION PROCESS

Reservations will be made by: { } rooming list provided prior to release date  
{X} Individual by telephone, fax, e-mail or website

Reservations may be reached toll free at 1-800-565-1263 or [bookhalifax@cambridgesuiteshotel.com](mailto:bookhalifax@cambridgesuiteshotel.com). Website booking codes can be obtained by contacting our Reservations Department directly at (902)425-4076.

Release date: Thursday May 20<sup>th</sup>, 2010



# KEN DUNN MEMORIAL CHAMPIONSHIPS

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## T-shirt Order Form

### DESIGN:

Front Left Shoulder: 2010 Ken Dunn Memorial Championships and Swim Nova Scotia Logo

Back: The only place where success comes before work is in the dictionary

### COLOUR/SIZE/STYLE OPTIONS

1. Ladies Fitted Long Body T-shirts –Sky Blue with White Printing S, M, L, XL
2. Mens Regular Fit 100% Cotton T-shirts –Cardinal Red with White printing S, M, L, XL

### COST

\$20.00 each

### ORDER DETAILS

Item	S	M	L	XL
Ladies				
Mens				

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

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

Total Number of Items \_\_\_\_\_ Total Cost \_\_\_\_\_

Email Orders to: [jversnel@dal.ca](mailto:jversnel@dal.ca) – your order will be confirmed

Fax Orders: please print off the form, fill out and fax to 902-494-1229 Attn Joan Versnel

CLUB ORDERS ARE DUE MAY 18, 2010 – team orders can be picked up on Friday June 4<sup>th</sup> by a team designate to ensure orders are correct. A single cheque from clubs is appreciated. A limited number of shirts will be ordered for general sale starting on Saturday, June 5, 2010.