

Nepean Kanata Barracudas
Festival of Spring
May 13-15, 2016

Hosted by:
The Nepean Kanata Barracudas Swim Club

Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, ON K2G 1W2



Sanctioned by:
Swim Ontario



General Information

- Date:** 13-15, May, 2016
- 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
- Sanction:** Swim Ontario.
- Meet Rules:** Current FINA rules will apply. SNC warm-up procedures will be in effect for this meet.
- Meet Referee:** Yik Hon Yu
- Meet Manager(s):** Megan Dodge: megandodge0@gmail.com
- Officials:** Ahmed Abdelfattah officials@swimnkb.com
- Entry Deadline:** Tuesday, May 3, 2016
Meet Management will limit entries to **550** swimmers.
- Swimmer's Age:** As of May 13, 2016 (first day of competition)
- Standards:** There are no qualifying time standards in effect for this meet.
- Entries:** Swimmers may enter a maximum of 5 individual events for the entire meet. All entries need to be submitted with an entry time. NT entries are not permitted.
- Entry Fees:** Individual event(s) \$8.50 plus HST = \$9.60
Relay(s) \$12.00 plus HST = \$13.56

Please make cheque payable to **Nepean Kanata Barracudas**

Payment can be mailed to the address above or clubs may bring the cheque with them to the meet. Entry fees are non-refundable.

- Entry Procedure:** The only meet package that will be considered valid is the most current version found on <https://www.swimming.ca/en/events-results/live-upcoming-meets>

The Hy-tek events file will be available for download on www.swimming.ca/meetlist.aspx

All entries must be in Hy-tek (or Slash if in Quebec) format and submitted via www.swimming.ca/meetlist.aspx. Entries must include a valid 9 digit Swimming Canada identification number and the correct date of birth. No entries will be accepted directly by meet management. No deck entries.

Entries for all events must be in **Long Course Meter** times, actual or Hy-tek

converted. Seeding will be based on actual LC or converted SC times (no priority seeding).

Clubs will be accepted based on their number of swimmers committed with the entry deposit. Only clubs receiving a "Confirmation of Registration" email will be registered in the meet.

Psych sheets will be published on the NKB website www.swimnkb.com prior to the meet.

Scratches: **Scratches from preliminary and timed final** events shall be made to meet management before the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.
Positive check-in is required for 400 IM, 800 Free and 1500 Free entries at least 30 minutes before the start of Session 7 at the Clerk of Course table to enable these heats to run efficiently. There will be no penalty for swimmers who do not show up for these heats.
Scratches from finals shall be made within 30 minutes of the completion of the prelim session to allow for proper seeding and notification of alternates. Late scratches from finals must be made up to 30 minutes before the start of the finals session. There will be no reseeding. No scratches will be allowed after this point. Any swimmers that do not show up for their events after this deadline will be removed from all further events for that session.

Coaches' Meeting: Friday, May 13 at 10:15 am
Outside the meet management office in the deep end of the pool.

Meet Results: Meet Results will be posted in the following manner:
1. Live Results will be available on our website: www.swimnkb.com each day through a link on the front page.
2. Results will be forwarded to www.swimming.ca within 48 hours of the completion of the meet.

Split Times: Meet Management acknowledges the SO policy with banning the future use of split times as official times and 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. In such a case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times. Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.

Awards: **Individual events:** Medals 1st, 2nd, 3rd. Ribbons 4th to 8th
Final results/awards will be divided into the following age groups:
10 & under Female & Male
11 Female & Male
12 Female & Male
13 Female & Male
14 Female & Male
15 Female & Male
16 & over Female & Male

Relay events: Ribbons 1st, 2nd and 3rd

Final results/awards will be divided into the following age groups:

10 & under Female & Male

11-12 Female & Male

13-14 Female & Male

15 & over Female & Male

Relays: Relay cards are due 30 minutes before the start of each session. Any relay cards not received at these times will be scratched.

Meet Management reserves the right to cancel relays if the number of individual entries results in session length time violations.

Event Information:

12 & under

All 12 & under individual events will be swum as timed finals with all ages and genders seeded together.

13 & Over

Unless otherwise indicated below, 13 & over events will have preliminaries and finals.

Preliminaries will be run by gender with all ages seeded together.

Finals will be divided into the following age groups by gender: 13, 14, 15, 16 & over. Only A finals will be swum.

Relays and Distance Events:

The following relay and distance events are swum as follows:

Relays: Swum as Timed Finals divided into the following age groups by gender: 10 7 under, 11-12, 13-14, 15 & over.

400 FR: Swum as Timed Finals with all ages and genders seeded together.

400 IM, 800 FR, 1500 FR: Swum as Timed Finals. Open to 11 & over only. Swum fastest to slowest with all ages and genders seeded together. The 800 and 1500 FREE will alternate heat by heat.

400, 800, 1500 events: Meet management reserves the right to limit entry to these events (eliminate slower heats) and /or swim 2 per lane.

Meet management reserves the right to adjust session warm-up times and start times if the number of entries warrant any adjustments.

Privacy: Cameras and recording devices will not be allowed on deck or in the vicinity of the locker room area at any time during the meet without prior approval from the Meet Manager and the Meet Referee. Team photographers must check in with the Meet Manager prior to the start of the session and obtain a photographer pass prior to being on deck.

Hospitality: A selection of food and refreshments will be made available throughout the meet for coaches and official only.

FESTIVAL OF SPRING ORDER OF EVENTS

Session 1 – Friday, May 13, 2016		Prelims: 13 & Over
Warm Up: 10:00 am		Start: 10:45 am
Girls Event #	Event	Boys Event #
1	200 FREE	2
3	100 BACK	4
5	200 FLY	6
7	50 FREE	8
9	200 BREAST	10
11	400 FREE (Timed Finals)	11

Session 2 – Friday, May 13, 2016		Warm Up: 3:30 pm
Timed Finals: 12 & Under		Start: 4:15 pm
Event #	Event	
16.	200 FREE	
17.	100 BACK	
18.	50 FLY (10 & Under)	
19.	200 FLY (11 & 12)	
20.	50 FREE	
21.	200 BREAST	
22.	4 x 50 FREE RELAY (10 & U Girls)	
23.	4 x 50 FREE RELAY (10 & U Boys)	
24.	4 x 50 FREE RELAY (11 & 12 Girls)	
25.	4 x 50 FREE RELAY (11 & 12 Boys)	

Session 3 – Saturday, May 14, 2016		Finals: 13 & Over
Warm Up: 8:00 am		Start: 8:45 am
Girls Event #	Event	Boys Event #
1	200 FREE – 13, 14, 15, 16 & Over	2
3	100 BACK – 13, 14, 15, 16 & Over	4
5	200 FLY – 13, 14, 15, 16 & Over	6
7	50 FREE – 13, 14, 15, 16 & Over	8
9	200 BREAST – 13, 14, 15, 16 & Over	10
12	4 x 50 FREE RELAY (13 & 14)	13
14	4 x 50 FREE RELAY (15 & O)	15

Session 4 – Saturday, May 14, 2016		Warm Up: 10.45 am
Timed Finals: 12 & Under		Start: 11:30 am
Event #	Event	
26.	100 FREE	
27	50 BREAST (10 & Under)	
28.	200 BACK	
29.	100 FLY	
30.	50 BACK (10 & Under)	
31.	100 BREAST	
32.	200 IM	
33.	4 x 50 MED RELAY (10 & U Girls)	
34.	4 x 50 MED RELAY (10 & U Boys)	
35.	4 x 50 MED RELAY (11 & 12 Girls)	
36.	4 x 50 MED RELAY (11 & 12 Boys)	

Session 5 – Saturday, May 14, 2016		Prelims: 13 & Over
Warm Up: 4:00 pm		Start: 4:45 pm
Girls Event #	Event	Boys Event #
37	100 FREE	38
39	200 IM	40
41	100 FLY	42
43	100 BREAST	44
45	200 BACK	46

Session 6 – Sunday, May 15, 2016		Finals: 13 & Over
Warm Up: 8:00 am		Start: 8:45 am
Girls Event #	Event	Boys Event #
37	100 FREE – 13, 14, 15, 16 & Over	38
39	200 IM – 13, 14, 15, 16 & Over	40
41	100 FLY – 13, 14, 15, 16 & Over	42
43	100 BREAST – 13, 14, 15, 16 & Over	44
45	200 BACK – 13, 14, 15, 16 & Over	46
47	4 x 50 MED RELAY (13 & 14)	48
49	4 x 50 MED RELAY (15 & Over)	50

Session 7 – Sunday, May 15, 2016		Warm Up: 11:30 am
Distance (Timed Finals)		Start: 12:15 pm
Event #	Event	
51.	400 FREE (12 & Under)	
52.	400 IM 11 & Over	
53.	800 FREE 11 & Over	
54.	1500 FREE 11 & Over	



SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”



SNC POLICY ON SWIMWEAR

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and nonconsolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.”

SHAPE – MEN: swimwear shall not extend above the navel or below the knee. **WOMEN:** swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.