

2016 Eastern Long Course Regional Championship Meet  
June 3 to June 5, 2016

**Coaches' Meeting: Session 1 – Friday, June 3, at 9:00 am (revised)**

Welcome to the 2016 Eastern Long Course Regional Championship Meet. Please be aware of the following information and procedures to ensure a safe, efficient and fair competition

1. This is a 3 day competition with 9 sessions. The 13 & over swimmers will swim preliminaries in the morning and finals in the evening. The 12 and under swimmers will swim timed finals in the afternoons.

2. Changes to Warm-up and Session Start Times

Day	Session	Age Group	Type	Warm Up	Start	Est End Time
Friday	1	13 & over	Prelims	8:45 AM	9:45 AM	1:10 PM
Friday	2	12 & under	Time finals	1:15 PM	2:00 PM	5:20 PM
Friday	3	13 & over	Finals	5:30 PM	6:30 PM	8:30 PM
Saturday	4	13 & over	Prelims	7:45 AM	8:45 AM	1:10 PM
Saturday	5	12 & under	Time finals	1:15 PM	2:00 PM	5:30 PM
Saturday	6	13 & over	Finals	5:30 PM	6:30 PM	9:00 PM
Sunday	7	13 & over	Prelims	8:00 AM	9:00 AM	1:15 PM
Sunday	8	12 & under	Time finals	1:15 PM	2:00 PM	5:30 PM
Sunday	9	13 & over	Finals	5:30 PM	6:30 PM	8:30 PM

3. This meet is long course. All races will start in the deep end of the pool. The warm up pool is available at the following times:

Friday, June 3, 2016 – 8:45 a.m. – 9:00 p.m.

Saturday, June 4, 2016 – 7:45 a.m. – 9:00 p.m.

Sunday, June 5, 2016 – 7:45 a.m. – 9:00 p.m.

4. Distance Events (400/800/1500)

13 & over swimmers we will be swimming these events two per lane. Fastest heats in each age group will swim alone.

**400 Free – 12 & under swimmers:**

Girls 11-12 will be swum 2 per lane. Fastest heat in each age group will swim alone.

Boys 11-12 will be swum 1 per lane.

10 & under boys and girls will be swum 1 per lane.

Meet management reserves the right to reseed the distance events (400 free, 800 free, 1500 free) in the event that scratches allow for the elimination of a heat. If meet management reseeds the event, coaches will be informed and given a revised meet program. The revised meet program will be posted.

5. Scratches

**13 & over swimmers:**

- Preliminaries: There will be no penalty for swimmers who miss a heat swim. However, Meet Management would be grateful if a scratch form was submitted in advance so the meet can run in the most efficient manner.
- The results of each preliminary event will be posted for 30 minutes at the clerk of course table.
- All scratches from finals must be provided to the Clerk of Course within 30 minutes following the posting of each preliminary event to allow proper seeding and notification of alternates.
- The Scratch Deadline for the Time Final distance events including 400 free and 400 IM shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. The fastest seeded heat in Time Final events shall have the full complement of swimmers with no empty lanes.
- Failure to participate in an Individual Final, Leg of a Relay Final, or in a Distance Time Final event (400 free or IM 800/1500 FR) without meet management's knowledge and consent will result in a \$50.00 fine for each offence payable to Nepean Kanata Barracudas.
- Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.

## 12 & under swimmers:

1. The scratch deadline is 30 min before the start of each session. Please report all scratches to the clerk of course so that the fastest seeded heat per age group shall have the full complement of swimmers with no empty lanes.

## 6. Positive Check-in:

- Timed Finals

Positive check-in for all swimmers is required 30 minutes prior to the start of the 12 & under time finals session to ensure the fastest heat of each age group is full.

- Distance Events

Positive check-in is required for all swimmers for all 400IM, 400, 800 and 1500 entries. This must occur at least 30 minutes before the start of the morning session at the Clerk of Course table.

## 7. Clerk of Course

The clerk of course will check in:

- all morning distance events by ½ hour before the start of the session,
- all swimmers for the timed finals ½ hour before the start of the session
- All scratches for finals 30 minutes following posting of results after each morning preliminary event.

## 8. Relay cards

Please return your relay cards to the meet management office 30 mins before the start of the session to ensure they are processed smoothly. If you need to make changes, you are welcome to come to the office until 30 minutes before the event begins.

## 9. Teams – Deck maximum capacity is 450.

Please set up on the bleachers provided. Overflow in the viewing area. Team banners may be attached to the rails of the viewing area. **Please remind swimmers no food is allowed on the deck.**

## 10. Medal presentations

- Girls 12 & under, Boys 12 & under  
The results will be processed before medals are issued. Medal recipients will be asked to come to the podium by the announcer.
- Girls 13 & Over, Boys 13 & Over and relays  
With the exception of the distance swims, older swimmers will receive medals immediately following their swim in finals. At the conclusion of the swim, there will be a review between the session referee, the chief judge electronics and the stroke and turn officials. If all is well, swimmers finishing 1<sup>st</sup> to 3<sup>rd</sup> will be asked to come to the podium for the medal presentation.
- PARA swimmers  
Medals will be awarded to PARA swimmers after the results are calculated. Medal recipients will be notified when the presentations are planned.
- Team awards: Team presentations will be made at the conclusion of Sunday evening finals.

**Please pick up medals and ribbons before leaving on Sunday evening.**