

2019 Eastern Long Course Regional Championship Meet
 May 31 to June 2, 2019
Coaches' Meeting: Session 1 – Friday May 31, at 8:30 am
Coaches' Meeting: Session 2 – Friday, May 31, at 12:20 pm (revised)

Welcome to the 2019 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

Session #	Date	Age Group	Prelims/ Finals	Warm Up	Start
1	Friday, May 31	13 & over	Prelims	8:00 a.m.	9:00 a.m.
2	Friday, May 31	12 & under	Time Finals	12:00 p.m.	12:45 p.m.
3	Friday, May 31	13 & over	Finals	5:00 p.m.	6:00 p.m.
4	Saturday, June 1	13 & over	Prelims	7:00 a.m.	8:00 a.m.
5	Saturday, June 1	12 & over	Time Finals	12:00 p.m.	12:45 p.m.
6	Saturday, June 1	13 & over	Finals	5:00 p.m.	6:00 p.m.
7	Sunday, June 2	13 & over	Prelims	7:00 a.m.	8:00 a.m.
8	Sunday, June 2	12 & under	Time Finals	12:00 p.m.	12:45 p.m.
9	Sunday, June 2	13 & over	Finals	5:00 p.m.	6:00 p.m.

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 1, 2018 – 8:00 a.m. – 8:30 p.m.
 Saturday, June 2, 2018 – 7:00 a.m. – 9:30 p.m.
 Sunday, June 3, 2018 – 7:00 a.m. – 8:30 p.m.

4. **ALL Distance Events (400/800/1500) for 13 & over swimmers: Meet management will seed all distance events (400 IM, 400 free, 800 free, 1500 free) after the positive check in deadline has passed. Coaches will be informed and given the seeded heat sheets. The seeded heat sheets will then be posted.**

13 & over swimmers we will be swimming these events two per lane.

For 400 free, the top-seeded 8 swimmers in each age group will swim during finals. All others will swim during prelims, seeded by gender with age groups combined (slowest to fastest).
 For 800 free, the top-seeded 8 male and 8 female swimmers will swim during finals. All others will swim during prelims, seeded together, mixed gender (fastest to slowest).
 For 1500 free, the top-seeded 8 swimmers (mixed gender) will swim during finals. All others will swim during prelims, seeded together, mixed gender (fastest to slowest).

For 400 IM, the top-seeded 8 swimmers in each age group will swim during finals. All others will swim during prelims with age groups combined (slowest to fastest) – 1 swimmer per lane.

400 Free – 12 & under swimmers: seeded slowest to fastest

Girls 11-12 will be swum 2 per lane. Fastest heat will swim alone.
 Boys 11-12 will be swum 2 per lane. Fastest heat will swim alone.
 Girls 10 & under will be swum 1 per lane.
 Boys 10 & under will be swum 1 per lane.

800 Free – 12 & under swimmers:

Girls will be swum 1 swimmer per lane, seeded fastest to slowest.
 Boys will be swum 1 per lane, seeded fastest to slowest.

5. Check in & 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 at the clerk of course table.

- The scratch deadline for final events shall be 30 minutes following the posting of results after each preliminary event.
- A swimmer may make a declaration of “**INTENT TO SCRATCH**” within 30 minutes after the posting of each preliminary event result. The final decision to scratch or not to scratch must be reported back to the clerk of course within 30 minutes of the swimmer’s last individual preliminary event of that session. Any swimmer who fails to return to the clerk of course to make a final decision on the intent to scratch from an event in finals will be seeded into the final for that event.
- **Positive check in** is required for all distance events (400 IM, 400 Free, 800 Free & 1500 Free). The scratch deadline for these time final events shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. This procedure is to ensure the fastest seeded heats in the evening final sessions have a 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:

Positive check-in for the top 8 swimmers in each age category and gender is required 30 minutes prior to the start of the 12 & Under time final session to ensure the fastest heat of each age group is full. Please report all scratches to the clerk of course table.

Positive check in is required for all distance events (400 IM, 400 Free & 800 Free). The scratch deadline for these time final evens shall be 30 minutes prior to the start of the session at the clerk of course table.

6. Relay cards

Please return your relay cards to the meet management office 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.

7. 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 within 6 ft of pool edge.**

8. Meet Programs will be available on meet mobile and through the link on the NKB website.

9. Please report all incidents regarding swimmers to the meet management office.

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

Except for the distance swims, older swimmers will receive medals immediately following their swim in finals. After 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 1st to 3rd 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 after Sunday evening finals.

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