

COLEMAN'S I.M. FAST REGIONAL SWIM MEET

Hosted by Corner Brook Rapids
October 23 - 24, 2004

ATTENTION COACHES:

Just a few reminders before you send in your entries:

1. ENTRY DEADLINE is Wednesday, October 13, 7:30 p.m.
2. Programs will be e-mailed to you by Wednesday, October 20th.

DATES: Saturday, October 23 - Sunday, October 24, 2004

LOCATION: Arts and Culture Pool, University Dr., Corner Brook, 637-2584

POOL: 25 meters, 6 lanes

SANCTIONED: Swimming Newfoundland and Labrador

MEET MANAGER: Bill Allan
68 Lomond Street, Corner Brook, NF, A2H 3A9
Email: wallan@nf.sympatico.ca
Fax: 709-634-1828
Phone: 634-4283 (H) 637-4021 (W)

ELIGIBILITY: All swimmers must be registered members in good standing with SNL. A "AA" swimmer with one (1) "AAA" time may compete in all "AA" events. A swimmer with two or more "AAA" times must compete as "AAA".

MEET FORMAT:

1. All events will be open seeded based on entry times.
2. All swimmers **must** swim at least one of the 100 IM, 200 IM, or 400IM.
3. Following completion of each event, swimmers will be scored and results published on an age group and AA or AAA category basis.

Age Groups:

AA
10 & under
11 - 12

AAA
12 & under

13 - 14
15 & over

13 - 14
15 & over

ENTRIES:

All entries must be e-mailed to Bill Allan at wallan@nf.sympatico.ca no later than **7:30 P.M. Wednesday, October 13, 2004**. A fine of \$25 will be charged to clubs not using electronic grids or missing the registration deadline.

Only Team Manager entry files will be accepted. (No deck entries will be accepted.) Electronic grids for this meet are posted on the SNL web site at <http://www.swimnl.nfld.net/>. When the Meet Manager receives the entries, he will reply to confirm receipt of the file.

Late entries cannot be assured seeding or acceptance.

1. **Please enter NAMES OF AAA SWIMMERS IN UPPER CASE and AA swimmers in lower case.**

RELAYS:

Completed relay team entries (with swimmers' names) are required. Relay changes only, NOT entries, will be accepted up to 15 minutes prior to the start of the session in which the team is entered.

Relay teams in "AA" events will be comprised of "AA" swimmers only. Relay teams entered in "AAA" events may be comprised of two (2) "AA" swimmers only if "AAA" swimmers are not available. ("AA" swimmers will not displace qualified "AAA" swimmers.) Clubs may complete relay teams by adding a maximum of two (2) swimmers from a lower age group in either "AA" or "AAA". Each swimmer may enter only one (1) relay per session.

One relay team per club for each event will be scored.

ENTRY LIMITS:

- A. All events will be timed finals.
- B. Each qualified swimmer shall be permitted to enter a maximum of **five (5) individual events** plus relays.

ENTRY FEES:

Entry fees are \$25 per swimmer. (This includes the \$5 levy per swimmer for the provincial electronic timing system.) Entry fees must be received by the Meet Manager prior to the start of the 1st warm-up session. Cheques should be made payable to *Corner*

Brook Rapids Swim Club. Meet Management reserves the right to refuse deck access to a club for non-payment of entry fees.

RULES: SNC rules will govern the meet. SNC warm-up procedures will be in effect. The FINA 1-start rule will be in effect.

COACHES: SNC requires all coaches to be in good standing with the Coaches' Association, NLSCA and CSCTA. Coaches who are not in good standing may be refused deck access. There will be a coaches' meeting at 10:10 on Saturday morning, thirty minutes before the start of the first session. Scratches can be made at this meeting. Warm-up schedules will be made available by Wednesday, October 20. Programs will be e-mailed to coaches prior to the meet. Coaches must make their own copies.

SCRATCHES: All events will be pre-seeded. Scratches will be accepted prior to *noon, Monday, October 18, 2004.* After this date, scratches received will result in empty lanes and no refunds will be issued.

There will be a coaches' meeting 30 minutes prior to the start of the first session of the meet and "scratch" meetings 30 minutes prior to the start of each additional session.

OFFICIALS: The SNL policy for officials for swim meets states that "clubs participating in meets shall be required to provide Officials for each session. As a minimum, Clubs registering:

5 swimmers or less	-	1 Official per session
6 to 20 swimmers	-	2 Officials per session
Over 21 swimmers	-	3 Officials per session"

It would be appreciated if this information for the first session could be sent with your entries to the Meet Manager. Officials should check in at the Officials' Room prior to the start of each session.

SCORING: Individual: 5 - 2 - 1
Teams: 50 - 30 - 20 - 15 - 14 - 13
Relays score same: 1 per club per event can score.

AWARDS: Individual Awards:
✓ Certificates will be awarded to all participants.
✓ Top Achiever Awards will be given to the highest individual point scorer, both male and female, in each age group, "AA" and "AAA".

WARM-UP TIMES: Saturday morning 10:00 - 10:30 a.m.
Saturday evening 4:00 - 4:30 p.m.
Sunday morning 9:00 - 9:30 a.m.

SOCIAL: There will be a social for all coaches, officials, volunteers, and parents on Saturday evening. Please join us!

SCHEDULE OF EVENTS

SATURDAY MORNING:

WARM-UP 10:00 - 10:30 a.m., START 10:40 a.m.

Girls 50 Breaststroke
Boys 50 Breaststroke
Girls 100 Freestyle
Boys 100 Freestyle
Girls 50 Backstroke
Boys 50 Backstroke
Girls 100 Individual Medley
Boys 100 Individual Medley
Girls 400 Individual Medley
Boys 400 Individual Medley

SATURDAY EVENING:

WARM-UP 4:00 - 4:30 p.m., START 4:40 p.m.

Girls 100 Butterfly
Boys 100 Butterfly
Girls 50 Freestyle
Boys 50 Freestyle
Girls 100 Breaststroke
Boys 100 Breaststroke
4 x 50 Freestyle Relay

SUNDAY MORNING:

WARM-UP 9:00 - 9:30 a.m. , START 9:40 a.m.

Girls 200 Individual Medley
Boys 200 Individual Medley
Girls 100 Backstroke
Boys 100 Backstroke
Girls 50 Butterfly
Boys 50 Butterfly
4 x 50 Medley Relay