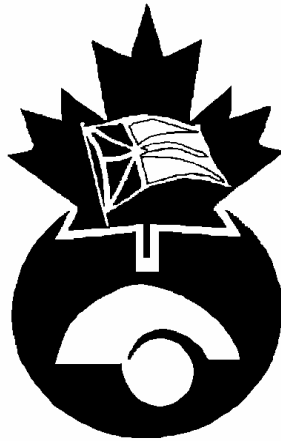


**SWIMMING NEWFOUNDLAND
AND LABRADOR**

Championship Meet Information Package



**SHORT COURSE CHAMPS
March 4-6, 2005
Gander**

TECHINICAL COMMITTEE

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IMPORTANT REMINDERS

- Attention should be given to the entry guidelines and the meet format in this document, inaccurate entries will be returned to the coach.
- Ensure Athletes are in the correct division and age group for this meet.
- Use the events sheet, Appendix D, to identify AA only and AAA only events. Enter swimmers in the correct event for their division.
- Coaches are requested to complete the PREFERRED NAME box in Team Manager. This will assist Meet Management with the divisions and result verification. When completing this field enter the swimmers first name only in UPPER CASE for AAA and Lower Case for AA.
- Please verify the date format of your computer. The correct format is DAY/MONTH/YEAR. The procedure to change this format is available on the SNL Web site.
- Entries must be received by the Meet Manager no later than **Sunday, 20 FEBRUARY 2005 by 6:00 pm. All late entries and changes after the entry deadline will incur a \$100.00 penalty WITH NO EXCEPTIONS. (Payable to SNL)**
- Scratches will be accepted until noon, Monday, 28 February 2005. After this time, no refunds will be issued.

Dates:

Friday, 4 March 2005
Saturday, 5 March 2005
Sunday 6 March 2005

Location:

Pool: Arts & Culture Centre Pool
Community: Gander NF

Sanctioned

Swimming/Natation Canada
Swimming Newfoundland and Labrador

Meet Manager:

Alice Ivany aivany@nl.rogers.com
60 Raynham Ave.
709-651-2566 [H]
Gander, NL

Entries:

Entries must be received by the Meet Manager no later than **Sunday, 20 FEBRUARY 2005 by 6:00 pm. All late entries and changes after the entry deadline will incur a \$100.00 penalty WITH NO EXCEPTIONS. (Payable to SNL)**

Entries must be emailed. Completed entries must include short course times. **Completed relay team entries including the names are a must!** Relay cards will be distributed at the Coaches Meeting on 3 March 2005. Relay cards must be submitted by the end of the morning session prior to the relays. **Relay changes only, not entries** will be accepted. Scratches only will be accepted 30 minutes prior to the session start. Relay names will not be printed in any public documents to ensure the coaches right to change the relay swimmers names.

Entry Fees:

Championship Entry Fees are set by SNL. Championship meet fees are \$40.00 per swimmer which includes the \$5.00 levy for the provincial electronic timing system. Scratches will be accepted until noon, **Monday, 28 February 2005. After this time, no refunds will be issued.** Entry fees must be received by the Meet Manager prior to the start of the 1st warm-up session. Meet Management reserves the right to refuse deck access to a club for non-payment of entry fees. **Cheques should be made payable to Swimming Newfoundland and Labrador.**

Eligibility:

Swimmers must be registered with Swim/Natation Canada or FINA Affiliate by the meet entry-date deadline, and must have met the qualifying standards required to compete in this Championship Meet.

Billeting:

There will be no billeting at this meet.

Age Groups:

AA age groups will be **12 & under, 13-14, 15-Over.**

AAA age groups will be **12 & under, 13-14, and 15-over**

Entry Limitations:

- AA swimmers must have competed in at least 2 provincial invitationals and must be qualified in both the 200 free and 200 IM. Swimmers may swim a maximum of five (5)** individual events. All NT's must be 200 m or less.
- AAA swimmers must have at least two (2) qualifying AAA times and must swim a minimum of two (2) qualifying events and must have competed in at least two (2) provincial invitationals. Swimmers may swim a maximum of five (5)** individual events. All NT's must be 200 m or less.

**** Due to the possible time constraints and the attempt to offer 5 individual swims Coaches are asked to submit two(2) entry files, one file with a maximum of 4 individual events per swimmer and another with a maximum of five (5) individual events per swimmer. 1st priority will be given to the 5 events, however both files will be used by Meet Management to review the run time of each session. This will be reviewed by Meet Management under the direction of the Technical Committee. Meet Management reserves the right to change to a 4 event meet, Coaches will be notified by February 28, 2005.**

Helpful hints and suggestions:

- Create the four (4) event file first and export the entries.
- Using the same meet file add the 5th event keeping in mind that this event may not be swum. Then export this file,
- Keep the files separate, if necessary submit the files on different emails identifying if it was four(4) or five (5) events
- To avoid confusion and changes after the deadline please ensure that you choose your preferred events as the first four (4) events and the 5th event as the last choice. Please review the psych sheets when received.

Entry Limitations: (continued)

There are no qualifying times for relays, however, all relay swimmers must be entered in individual events. If a club is unable to enter a single relay team in a particular age group or division because it does not have enough swimmers, then a maximum of two (2) swimmers may be moved up from a younger age group or moved from AA to AAA to complete that relay team.

AA swimmers will not displace qualified AAA swimmers.

SWIMMERS SHALL ONLY SWIM ONE RELAY PER SESSION.

Rules:

SNC rules will govern the meet.
The FINA Start (one Start) will be in effect.
Exhibition swims **WILL NOT** be permitted.

Meet Format

General

- A Team Manager proof of time report is required for 200m events (AA only), 400m IM (AAA only), and 400m Free, 800m Free and 1500m Free in both divisions. This report must be emailed to the Meet Manager with initial entries.
- The 400m Free will be swum as a time final with the fastest male heat and the fastest female heat swum in the evening.
- Swimmer may swim enter either the 800m Free or the 1500m Free but not both, the events will be limited to four (4) heats (2 male, 2 female) per event. Should entry numbers require limitation this will be done by fastest entry times and Meet Management will contact the coach for an alternate event. Meet management reserves the right to combine events and heats.
- All relays will be swum as time final events and will be open seeded. Scoring will be done by age group and division.
- All qualifying times must have been achieved at an SNL/SNC sanction event.
- **Preliminary Heats** will be circle seeded by entry time and not by age group or division.
- **Time Final Events** will be open seeded by entry times but scored by age group and division.
- **Finals** will be lane seeded by age group and division (AA/AAA).
- All events will be scored by Age Group and Division, AA/AAA.

AA Division:

- The 50m free, 100m free, 100m back, 100m breast, 100m fly and 100m IM events will be swum as Preliminaries and Finals.
- All the 200 metre events (AA only) and the 400 Free, 800 Free and 1500 Free will be Time Final events.

AAA Division:

- All events will be swum as Preliminaries and Finals, with the following exceptions: 200m fly, 400m IM, 400m free, 800m free and 1500m free.
- AAA Swimmers may swim only one (1) of the 50m Fly, 50m Breast, or 50m Back events

SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.

There will be a split warm-up and the schedule will be forwarded as soon as it is ready.

Coaches:

All coaches must be in good standing with SNC, the Newfoundland and Labrador Swim Coaches Association and the Canadian Swim Coaches and Teachers Association in order to coach at a sanctioned competition. SNL policy requires that all coaches must be certified Level I or Skills Coach to receive deck access for this competition.

Coaches' Meeting:

Date: Thursday, 3 March 2005

Time: 9:00 pm

Place: TBA

Scratches:

All events will be pre-seeded. Coaches may pick up their meet information package, **upon receipt of entry fees**, from the Meet Manager at the coaches meeting. The Meet Referee will be available at that time. Coaches **MUST** complete scratches in writing on provided scratch forms and present to the meet manager or designate.

Scoring:

Individual scoring: 5 - 2 - 1

Team scoring 50 - 30 - 20 - 15 - 14 - 13

Relays scoring 50 - 30 - 20 - 15 - 14 - 13

Only one relay team per event and division will score for each club.

AA swimmers will score in all events.

AAA swimmers who fail to make the AAA qualifying standard in an event will not score but will receive placing awards.

Awards:

Individual Event Awards:

Medals for 1st, 2nd, and 3rd place,
Ribbons for 4th to 6th place.

Top Achiever Awards:

Top Achiever Awards will be given to individual high point achievers in each division and age group, both male and female.
Certificates will be awarded for 2nd and 3rd place.

Team Awards:

Top Overall Team High Point AA and AAA

Relays:

Ribbons for 1st, 2nd and 3rd Place.

The Most Spirited Team Award 2004

See Appendix C

Deck Access:

Access to the pool deck will be restricted to swimmers, coaches and session officials.

Officials:

Assistance with officiating by qualified persons from each club is always appreciated. The Chair of Officials for each club is responsible for having parents fill out the enclosed Officials Form, APPENDIX B. Please return John Katenbusch, john.kat@sympatico.ca. Officials are asked to be in whites.

MEET SCHEDULE
Short Course Champs 2004-2005

	Friday	Saturday	Sunday
<p>Morning (Heats) 7:30-9:00 a.m. Warm-up</p> <p>* Sunday- Warm-up for the morning session will be 7:00 am</p>	<p>100 Free AA/AAA</p> <p>200 Back AA time final/ AAA Prelim</p> <p>100 Breast AA/AAA</p> <p>200 IM AA time final/AAA prelims</p>	<p>400 IM AAA time final</p> <p>50 Free AA/AAA</p> <p>200 Breast AA Time Final/AAA prelims</p> <p>100 Fly AA/AAA</p> <p>400 Free AA time final/ AAA time final</p>	<p>200 Free AAA prelim/AA time final</p> <p>100 Back AA/AAA</p> <p>200 Fly AA/AAA Time final</p> <p>100 IM AA only</p> <p>50 Fly AAA only**</p> <p>50 Back AAA only**</p> <p>50 Breast AAA only**</p> <p>*800 Free time final</p> <p>*1500 Free time final</p>
<p>Evening (Finals) 5:00-6:30 p.m. Warm-up</p> <p>*Sunday evening session will start at 3:00 pm (with a 1 hour warm-up for the afternoon session)</p>	<p>100 Free AA/AAA</p> <p>200 Back AAA</p> <p>100 Breast AA/AAA</p> <p>200 IM AAA</p> <p>4 x 50 Free Relay AA/AAA</p>	<p>50 Free AA/AAA</p> <p>200 Breast AAA</p> <p>100 Fly AA/AAA</p> <p>400 Free AAA fastest heat</p> <p>4 x 50 Med. Relay AA/AAA</p>	<p>200 Free AAA</p> <p>100 Back AA/AAA</p> <p>100 IM AA only</p> <p>50 Fly AAA only**</p> <p>50 Back AAA only**</p> <p>50 Breast AAA only**</p>

* If time permits there will be a 10 minute warm-up immediately before the 800m free event for the swimmers entered in the 800m and 1500m events.

**** 50m strokes are only available to AAA 13-14, and 15+ swimmers. Swimmers may compete in only one of these events**

*** When entering AA swimmers, in addition to the five (5) events they enter, coaches must enter swimmers in the 500P numbered events for the 200 free and the 200 IM events. These events will not be swum and will be used by meet management for proof of AA status only. If AA swimmers want to swim these events they must be entered in the regular series of events, Event #9 and #10-200 IM and event #29 and #30- 200 Freestyle.

APPENDIX A

Short Course

Times Standards for 2004-2005

AA

Male			Events	Female		
15 & Over	13 to14	12 & Under		12 & Under	13 to14	15 & Over
3:45.00	3:55.00	4:00.00	200 IM	4:00.00	3:55.00	3:50.00
3:20.00	3:30.00	3:35.00	200 Free	3:35.00	3:30.00	3:25.00

Available AA Events

50 Free	100 Back	100 Breast	100 Fly	100 IM
100 Free	200 Back	200 Breast	200 Fly	200 IM
200 Free				400 IM
400 Free				
800 Free				

AAA

Male			Events	Female		
15 & Over	13 to14	12 & Under		12 & Under	13 to14	15 & Over
29.50	31.86	35.11	50 Free	35.70	33.93	33.04
01:04.61	01:09.03	01:17.29	100 Free	01:17.88	01:13.16	01:10.80
02:20.60	02:31.04	02:47.56	200 Free	02:49.92	02:38.12	02:33.40
04:59.72	05:20.96	05:56.36	400 Free	05:57.54	05:32.76	05:24.50
10:28.50	11:20.88	12:37.00	800 Free	12:35.20	11:36.20	11:16.14
20:03.60	21:32.10	23:53.70	1500 Free	23:48.62	21:56.84	21:20.48
01:12.57	01:19.06	01:28.50	100 Back	01:29.09	01:23.19	01:19.65
02:36.94	02:49.92	03:07.62	200 Back	03:09.90	02:58.18	02:49.92
01:21.42	01:29.68	01:40.89	100 Breast	01:40.89	01:34.40	01:31.57
02:55.82	03:13.52	03:34.76	200 Breast	03:34.76	03:21.78	03:17.06
01:11.98	01:17.88	01:29.68	100 Fly	01:29.74	01:23.19	01:19.65
02:40.48	02:57.00	03:26.50	200 Fly	03:24.14	02:59.36	02:54.04
02:39.30	02:51.10	03:11.16	200 IM	03:11.16	02:59.36	02:54.17
05:39.84	06:09.34	06:47.10	400 IM	06:48.28	06:17.60	06:10.60
NT	NT		*50 Back		NT	NT
NT	NT		*50 Breast		NT	NT
NT	NT		*50 Fly		NT	NT

* New this year "AA" swimmer must qualify in the 200 IM **and** 200 Freestyle to attend championship meets. Previously qualified "AA" swimmers will remain "AA" qualified until they change age category. **NOTE:** Swimmers **do not** need to be "AA" to swim at invitational meets.

"AAA" times remain the same as last year with the addition of the 800 male & 1500 female Freestyle. There are no "AAA" qualifying times for 50 Breaststroke, 50 Butterfly & 50 Backstroke, however swimmers in age category, 13-14 and 15 & over, may choose to swim in only one (1) of these events at Championship meets.

APPENDIX B

SIGN UP TO BE AN OFFICIAL AT THE 2005 SHORT COURSE CHAMPS

March 4-6, 2005- Gander Arts and Culture Center, Gander, Newfoundland

When you accept the position please ensure that you are available at the Gander
Pool deck area

no less than one hour prior to the start of your chosen Session to sign in and
receive instruction from Referees.

Appropriate Clothing is WHITE.

* "Head Lane Timer" positions MUST be stroke and turn qualified.

Please send to:

Alice Ivany (Meet Manager) aivany@nl.rogers.com and/or
John Katenbusch, john.kat@sympatico.ca (Officials)

1. Name (First and Last): _____
2. Email Address: _____
3. Phone Number: _____
4. Swim Club: _____

5. Level of Official:

Level I

Level II

Level III

Level IV

Level V

6. Preferred Position to work

7. Another Position I can work:

8. Preferred Session(s) to work:

(Please answer yes or no to all available time slots)

- Friday Morning: yes no
- Friday Evening: yes no
- Saturday Morning: yes no
- Saturday Evening: yes no
- Sunday Morning: yes no
- Sunday Evening: yes no

Copy as required

APPENDIX C

The Most Spirited Team Point System

To increase the excitement and competitive feeling amongst teams, SNL has come up with a Most Spirited Team Point System. Anything a swimmer or team does can incur points. All points will be kept track of by a designated volunteer.

Swimmers and teams can win points in many ways:

1. Bringing a Team Banner: Be as creative as you want. The whole team should participate in creating this banner. It can be as big as you want it and it can look any way you want as long as it is swimming appropriate. (50 points awarded per team)
2. Voted Most Creative Banner: Judges and Volunteers will vote on the most Creative Banner. (50 points awarded to one team)
3. Voted Most Spirited Team: Swimmers can show team spirit by wearing their team colors, coordinating outfits with team, face painting...etc. You can be as creative as you would like as long as what you do is swimming appropriate. (50 points awarded per team)
4. Showing Swimming Pride: This is completely open to swimmers (be as creative as you like). (20 points per swimmer)
5. Creating a Cheer: Any team can create a cheer that emphasizes an important point. Cheers will be performed at the meet. (80 points awarded per team)
6. Voted Best Cheer: Judges and Volunteers will vote on the best Cheer performed. (100 points awarded to one team.)
7. Voted Most Congenial Team: Judges and volunteers will vote on the most amicable/congenial/friendly/excited team. (50 points awarded to one team)
8. Warm-ups on time: When you go to a warm-up, you will be required to sign in. (20 points per team)
9. Most Active Participant: This is determined by the number of times you cheer and encourage your slowest and your fastest teammates... (50 points to one student)
10. Most Sportsperson like behavior: exhibited a great deal of sportsmanship throughout the meet. "characteristics of or behavior befitting a person who can take loss or defeat with-out complaint or victory without gloating and who treats his opponents with fairness, generosity, courtesy, etc".(20 points per swimmer)
11. Judging will be from Friday morning through to the end of the Sunday morning session.

The team with the greatest number of points will receive the Most Spirited Team Award 2005.

APPENDIX D

PRELIMINARY EVENTS LIST ONLY

Session: 1 Friday March 4, 2004
Day of Meet: 1 Starts at 09:00 AM Heat Interval: 45 Seconds

Round	Event
Prelims	1 Girls 100 Freestyle AA/AAA
Prelims	2 Boys 100 Freestyle AA/AAA
Finals	3 Girls 200 Backstroke AA ONLY
Finals	4 Boys 200 Backstroke AA ONLY
Prelims	5 Girls 200 Backstroke AAA ONLY
Prelims	6 Boys 200 Backstroke AAA ONLY
Prelims	7 Girls 100 Breaststroke AA/AAA
Prelims	8 Boys 100 Breaststroke AA/AAA
	Break: 10 Minutes
Finals	9 Girls 200 IM AA ONLY
Finals	10 Boys 200 IM AA ONLY
Prelims	11 Girls 200 IM AAA ONLY
Prelims	12 Boys 200 IM AAA ONLY

Session: 3 Saturday March 5, 2004
Day of Meet: 2 Starts at 09:00 AM Heat Interval: 45 Seconds

Round	Event
Finals	15 Girls 400 IM AAA ONLY
Finals	16 Boys 400 IM AAA ONLY
Prelims	17 Girls 50 Freestyle AA/AAA
Prelims	18 Boys 50 Freestyle AA/AAA
Finals	19 Girls 200 Breaststroke AA ONLY
Finals	20 Boys 200 Breaststroke AA ONLY
Prelims	21 Girls 200 Breaststroke AAA ONLY
Prelims	22 Boys 200 Breaststroke AAA ONLY
Prelims	23 Girls 100 Butterfly AA/AAA
Prelims	24 Boys 100 Butterfly AA/AAA
Finals-S	25 Girls 400 Freestyle AA/AAA
Finals-S	26 Boys 400 Freestyle AA/AAA
Finals-1	26 Boys 400 Freestyle AA/AAA
Finals	27 Girls 200 Medley Relay
Finals	28 Boys 200 Medley Relay

Session: 5 Sunday March 6, 2004
Day of Meet: 3 Starts at 08:00 AM Heat Interval: 45 Seconds

Round	Event
Finals	29 Girls 200 Freestyle AA ONLY
Finals	30 Boys 200 Freestyle AA ONLY
Prelims	31 Girls 200 Freestyle AAA ONLY
Prelims	32 Boys 200 Freestyle AAA ONLY
Prelims	33 Girls 100 Backstroke AA/AAA
Prelims	34 Boys 100 Backstroke AA/AAA
Finals	35 Girls 200 Butterfly AA/AAA
Finals	36 Boys 200 Butterfly AA/AAA
Prelims	37 Girls 100 IM AA ONLY
Prelims	38 Boys 100 IM AA ONLY
Prelims	39 Girls 50 Butterfly AAA ONLY
Prelims	40 Boys 50 Butterfly AAA ONLY
Prelims	41 Girls 50 Backstroke AAA ONLY
Prelims	42 Boys 50 Backstroke AAA ONLY
Prelims	43 Girls 50 Breaststroke AAA ONLY
Prelims	44 Boys 50 Breaststroke AAA ONLY
	Break: 10 Minutes
Finals	45 Girls 800 Freestyle AA/AAA
Finals	46 Boys 800 Freestyle AA/AAA
Finals	47 Girls 1500 Freestyle AA/AAA
Finals	48 Boys 1500 Freestyle AA/AAA