

Spring Turbo Charge Meet

Region: Western

- DATE(S): April 12-14, 2019
- HOSTED BY: Region of Waterloo Swim Club
- LOCATION: Wilfrid Laurier University Athletic Complex
(Located at the corner of King St. and University Ave.)
75 University Avenue West
Waterloo, ON N2L 3C5
- FACILITY: 6 lanes, 50 meter pool
Omega OSB11 starting blocks
Omega Ares 21 Timing system with 6 lane scoreboard
Free parking in 'White Permit' areas only (after 4:30 pm on Friday, all day Saturday and Sunday)
- PURPOSE: This is an invitational age group meet which offers long course sessions.
- MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- COMPETITION COORDINATORS: Angus Cunningham , Level V , Email: acunningham@printer.on.ca
Tam Nguyen , Level V , Email: 72tnguyen@gmail.com
- MEET MANAGERS: Thuy Leu, Email: meetmanager@rowswimming.ca
- DESCRIPTION:
- 7 sessions
 - All 400m, 800m and 1500m events are Timed Finals and swim with mixed gender and age. The 400m events are seeded slowest to fastest. The 800m and 1500m Free events shall be seeded fastest to slowest alternating heats of each.
 - For 13 & over age groups, the 50m, 100m and 200m events will be Prelims/Finals.
 - For 12 & under age groups, the 50m, 100m and 200m events will be Timed Finals.
 - All events will be swum age combined and the results will be posted separately by the individual age groups.
 - There are no qualifying or de-qualifying standards for this meet.
 - Submit Times only - No "NT" entries allowed.
- COMPETITION RULES: Sanctioned by Swim Ontario.
All current Swimming Canada (SC) rules will be followed.
- All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.
- Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).
- DIVE STARTS: As per the Facility Rules for Dive Starts, this competition will be conducted as follows:
- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
 - from deep end.

RECORDS: Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

AGE UP DATE: Ages submitted are to be as: April 12, 2019

MIXED-GENDER: The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis *(choose appropriate circumstances)*:

Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national etc., whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry *(choose appropriate circumstances)*:

- Preference will be given to the host club first.
- This is an invitational meet. Participation of this meet is at the full discretion of the host club.
- Meet Management reserves the right to further limit individual swims to 4 per session and to limit heats if necessary to keep session times to within 4.5 hours.
- Foreign competitors are welcome, subject to the provisions below.

FOREIGN COMPETITORS: All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.

All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

ENTRY FEE: Individual 50m, 100m and 200m events \$ 10.00 per entry
 Individual 400m events \$ 12.00 per entry
 Individual 800m and 1500m events \$ 13 per entry
 Splash fee \$5 per swimmer. Meet programs are available at <https://www.teamunify.com/SubTabGeneric.jsp?team=canrwc& stabid =103745>
 Please make cheques payable to: **Region of Waterloo Swim Club**
All entry fees include HST #R128627452

ENTRIES: Entries must be submitted through the SNC online entries system at www.swimming.ca.
 Meet Management will not accept entries via email.
 Online Entry Deadline: Monday, April 8, 2019
 Changes to entries will not be accepted after Monday, April 8, 2019. After that time, fees will be calculated; no refunds will be granted for missed swims.
 NT entries are not permitted.
 Swimmers may swim maximum of **3** events per session.

FINALS: Scratches from events for Sessions 4 and 7 (Finals) must be completed within **one (1) hour** of the completion of the Preliminary session (2 and 5, respectively).

CONVERSION: Option "B" Entry times can be converted. Please submit converted times:
 Hy-Tek default conversion factor.

SCHEDULE OF SESSIONS:

Session #	Date	Prelim/Finals	Warm Up	Start	Finish	Estimated Duration
1	Apr. 12, 2019	Timed Final	4:00 pm	5:00 pm	8:00 pm	3.5 hours
2	Apr. 13, 2019	Preliminary	7:00 am	8:00 am	11:30 am	3.5 hours
3	Apr. 13, 2019	Timed Final	12:00 pm	1:00 pm	5:30 pm	4.5 hours
4	Apr. 13, 2019	Final	5:30 pm	6:30 pm	8:30 pm	2 hours
5	Apr. 14, 2019	Preliminary	7:00 am	8:00 am	11:30 am	3.5 hours
6	Apr. 14, 2019	Timed Final	12:00 pm	1:00 pm	5:30 pm	4.5 hours
7	Apr. 14, 2019	Final	5:30 pm	6:30 pm	8:30 pm	2 hours

COACH'S

REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

COACH'S MEETING: Coach should check in the Meet Management office prior to the warm up for scratch sheets. The Meet Management office is located on deck next to the Coach/Official entrance.

SEEDING: Option "A" (times converted by club and/or host)
 Seeding will be in order of times entered,
 as converted pursuant to the conversion process as per meet package,
 followed by swimmers entered with NT (no times).

TIME SPLITS: Meet management 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.
 Entries with qualifying short course times in metres, then
 Entries with no qualifying times.

DECK ENTRIES: Deck Entries are Exhibition Only. They are not eligible for awards.
 Deck entries will be accepted for empty lanes only (no new heats will be created).
 Swimmers entered on deck must have valid proof of SNC registration (number) as an active, registered, competitive swimmer.
 \$ 12 per entry
 \$ 15 per entry for 400m, 800 m, and 1500m events

CHECK IN

- AND SCRATCHES:
- All swimmers are required to check in with the Clerk of Course 30 minutes prior to each swim during preliminary and timed final sessions.
 - Scratches are to be made at Meet Management office on pool deck 35 minutes prior to the start of each session.
 - Swimmers will not be penalized for scratching from preliminary/timed finals heats.
 - Finals “No Show” Fee** - A \$10 penalty will be charged per “no show,” per event. The swimmer will NOT be permitted to swim in any further events until the penalty is paid. The penalty will be payable to the ROW Swim Club. Coaches are to ensure all of their swimmers know they are in finals. The scratch deadline will be **one (1) hour after** the preliminary session. Coaches should check scratch sheets and/or posted results to ensure that their swimmer is crossed out. Once heat sheets are printed for finals, the fee will only apply to the top 6 swimmers in each final, and 2 alternates.

AWARDS:

- No Awards for 400m, 800m and 1500m individual events
- The following will be awarded:
 - Individual event age groups are: 9 & under, 10, 11, 12, 13, 14, 15 & over
 - Medals** – 1st to 3rd for 50m, 100m and 200m individual events
 - Ribbons** – 4th to 6th for 50m, 100m and 200m individual events

MEET RESULTS:

- Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
- The meet program will be run on Hy-Tek Meet Manager.
 - Results will be posted as quickly as possible at the meet.
 - Live Results are available at <https://www.teamunify.com/SubTabGeneric.jsp?team=canrWSC&stabid=103745> and Meet Mobile.

RECORDING

OF EVENT:

Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed shall be granted access and permission to do so. Please contact Meet Management for application and authorization.

SAFETY &

LIABILITY:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

ACCOMMODATION: Contact us at meetmanager@rowswimming.ca for more information.

COACHES ARE ASKED TO PLEASE PICK UP AWARDS PRIOR TO LEAVING. AWARDS WILL NOT BE MAILED.

Appendix – Events List

Event List

<i>Session #1 – Long Distance Events for All Age Groups</i>	
<i>Friday, April 12, 2019</i>	
<i>Warm-up: 4:00 pm -- Start: 5:00 pm</i>	
<i>Event #</i>	<i>Description</i>
61	400 IM
62	400 Free
63	800 Free
64	1500 Free

Meet Management reserves the right to swim the 400m, 800m and 1500m Freestyle with two swimmers per lane. Swimmer is allowed to enter either 800m or 1500m event, but not both. 800m and 1500m Free will be swam fastest to slowest heat alternating heats of each.

<i>Session #2 – 13 & Over Preliminary</i>		
<i>Saturday, April 13, 2019</i>		
<i>Warm-up: 7:00 am -- Start: 8:00 am</i>		
<i>Women</i>	<i>Description</i>	<i>Men</i>
1	200 IM	2
3	100 Breast	4
5	200 Fly	6
7	50 Back	8
9	50 Fly	10
11	200 Back	12
13	100 Free	14

Session #3 – 12 and Under Timed Final

Saturday, April 13, 2019

Warm-up: 12:00 pm -- Start: 1:00 pm

Girls	Description	Boys
15	200 IM	16
17	100 Breast	18
19	200 Fly	20
21	50 Back	22
23	50 Fly	24
25	200 Back	26
27	100 Free	28

Session #4 – 13 & Over Finals

Saturday, April 13, 2019

Warm-up: 5:30 pm -- Start: 6:30 pm

Women	Description	Men
7a	50 Back – 13 & Over	8a
9a	50 Fly – 13 & Over	10a
1a	200 IM – 13 & Over	2a
3a	100 Breast – 13 & Over	4a
5a	200 Fly – 13 & Over	6a
11a	200 Back – 13 & Over	12a
13a	100 Free – 13 & Over	14a

Session #5 – 13 & Over Preliminary

Sunday, April 14, 2019

Warm-up: 7:00 am -- Start: 8:00 am

Women	Description	Men
29	100 Fly	30
31	200 Breast	32
33	50 Free	34
35	50 Breast	36
37	200 Free	38
39	100 Back	40

Session #6 – 12 & Under Timed Final

Sunday, April 14, 2019

Warm-up: 12:00 pm -- Start: 1:00 pm

Girls	Description	Boys
41	100 Fly	42
43	200 Breast	44
45	50 Free	46
47	50 Breast	48
49	200 Free	50
51	100 Back	52

Session #7 – 13 & Over Finals

Sunday, April 14, 2019

Warm-up: 5:30 pm -- Start: 6:30 pm

Women	Description	Men
33a	50 Free – 13 & Over	34a
35a	50 Breast – 13 & Over	36a
29a	100 Fly – 13 & Over	30a
31a	200 Breast – 13 & Over	32a
37a	200 Free – 13 & Over	38a
39a	100 Back – 13 & Over	40a