

ANNUAL SHORT COURSE

PERFORMANCE MEET



Feb 23rd & 24th, 2019

To be held at the
Jack Burger Sports Complex
In
Port Hope, Ontario

2019 NORAC Performance Swim Meet

- DATE:** Saturday & Sunday Feb 23rd & 24th , 2019
- HOSTED BY:** Northumberland Aquatic Club
- LOCATION:** Jack Burger Sports Complex
60 Highland Drive,
Port Hope, Ontario
- FACILITY:** 6 Lane, 25-meter competition pool with ground floor and mezzanine viewing
With on-deck bleachers for the swimmers
Change rooms include accessible/family change rooms
Canteen Available
NO spectators allowed on pool deck.
- MEET PACKAGE:** The only meet package that will be considered valid is the most current one posted on www.swimming.ca .
- COMPETITION COORDINATOR** Annette Otter – Level IV- aotter@cogeco.ca
- MEET MANAGER:** Patti Cumberland – torhaus5@gmail.com
- INQUIRIES:** Trish MacNeil(Coach) Phone: 905-376-0402 trish@swimnorac.com
Annette Otter (meet entries) Phone: 905 373-4353 meetentries@swimnorac.com
Patti Cumberland (Meet Manager) torhaus5@gmail.com
Heather Stratford (Officials) officials@swimnorac.com
- OFFICIALS:** Anyone wishing to assist with officiating please send name and qualification to Heather Stratford at officials@swimnorac.com . All help will be greatly appreciated.
- COMPETITION RULES:** Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) 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.

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 only
- RECORDS:** Swim times achieved at this competition will NOT be used for applications of provincial and national records.

2019 NORAC Performance Swim Meet

- ELIGIBILITY:** All athletes must be registered as Competitive swimmers with SC, or any other amateur swimming organization recognized by FINA. A valid SC registration number is required for all Canadian swimmers, and entries without a SC registration number will be declined entry. This is an invitational meet. Participation of this meet is at the full discretion of the host club.
- SESSIONS:** The sessions will be limited to maximum of approximately 4 hours.
- STANDARDS:** There are NO QUALIFYING STANDARDS for this meet.
- AGE GROUPS:** Events will be seeded mixed age groups, split by gender wherever possible. Result and awards will be split by age group – 8 & under, 9-10, 11-12, 13-14, 15 & over. All events are Time Finals.
- ENTRY DEADLINES/ SCRATCHES:** Entries must be submitted through the SNC online entries system at www.swimming.ca. Meet Management will not accept entries via email. Entry deadline is **Thursday February 7th, 2019**. This is also the **Final date for scratches**. No changes will be accepted after that date. All fees will be charged based on entries submitted to the entry deadline, regardless of whether the swimmer competes or not. Scratches are to be submitted no later than ½ hr before the start of the session; swimmers who do not swim any heat for which they are seeded after that time will not be subject to a scratch penalty. Payment must be submitted to the Meet Manager at the start of or prior to the warm-ups. Northumberland Aquatic Club reserves the right to cancel the meet with one weeks notice if subscription is insufficient to hold a respectable meet.
- ENTRY LIMITS:** Swimmers are limited to 4 individual events and 1 relay per day. 400m events are limited to swimmers 10 & over
NOTE: Meet management reserves the right to limited the number of entries in the 400 Free & 400 I.M. Entries accepted on a first come first served basis. Coaches will be notified 7 days in advance.
- ENTRY FEES:** Individual entries are \$9.50 each and relays are \$12.00 (GST included).
- DECK ENTRIES:** Deck Entries will be accepted into **existing heats only** with Fees payable to the Clerk of the Course. **All deck entries are \$12.00 with fees payable at the time of entry.** Deck entries will be recorded as Exhibition swims only. Swimmers entered on deck must have valid proof of SC registration as an active, registered, competitive swimmer
- WARM-UP:**
- | | <u>Warm-up</u> | <u>Meet Start</u> |
|-------------------|---------------------|-------------------|
| Sat/Sun –all ages | 11:30 am – 12:25 pm | 12:30 pm |
- NOTE:** Northumberland Aquatic Club will notify clubs at least 7 days in advance if Warm-up times need to be altered in order to avoid timing difficulties. During the last 10 minutes of warm-up Lanes #1 & #6 will be designated as dive and sprint lanes, after the dive swimmers must swim the length and leave the lane
- SEEDING:** All entries times will be converted to SC times, using the default conversion factors in Hy-Tek Meet manager, and then seeded accordingly. NT times will be seeded last. Entries should be submitted using the appropriate provable time, and meet management will convert times prior to seeding.

2019 NORAC Performance Swim Meet

- SPLIT TIMES:** 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.
- RESULTS:** The meet program will be run on Hy-Tek Meet Manager.
Results will be posted as quickly as possible at the meet.
Official results will be posted within 48 hrs of completion of meet to www.swimming.ca
- AWARDS:** Ribbons for 1st - 6th for all individual and relay events.
- HEALTH REGULATIONS:** Health regulations do not permit food on deck. Coaches are requested to enforce this regulation for their team.
- SAFETY & LIABILITY** Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck. The Northumberland Aquatic Club is not responsible for the supervision of athletes during competitions and especially during breaks.
- 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.
- 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.
- MAILING ADDRESS:** P.O. Box 523, Port Hope, ON, L1A 3Z4
- HOTELS:**
- | | |
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| <u>Comfort Inn Cobourg</u> | <u>Best Western Cobourg Inn</u> |
| 121 Densmore Rd. | 930 Burnham St. |
| Cobourg, Ont. | Cobourg Ont. |
| Tel. 905-372-7007 | Tel. 905-372-5905 |
| 1-800424-6423 | 1-866-Cobourg |
| www.choicehotels.ca/cn263 | www.bestwestern.com |

NORAC Performance Meet

EVENT SCHEDULE

Saturday Feb 23rd, 2019

Time Finals – all ages

1	100m IM 10 & Under Time Finals	2
3	200m IM 11 & Over Time Final	4
5	50m Breaststroke 10 & Under Time Finals	6
7	100m Breaststroke 11 & Over Time Finals	8
9	200m Medley RELAY 12 & Under Time Finals	10
11	200 m Medley RELAY 13 & Over Time Finals	12
13	100m Free 12 & Under Time Finals	14
15	100m Free 13 & Over Time Finals	16
17	50m Fly 10 & Under Time Finals	18
19	200m Fly 11 & Over Time Finals	20
21	100m Backstroke 10 & Under Time Finals	22
23	200 m Backstroke 11 & Over Time Finals	24
25	400m Free OPEN 10 & Over	26

Sunday February 24th, 2019

Time Finals – all ages

27	50m Back 10 & Under	28
29	100m Backstroke 11 & Over	30
31	100m Breaststroke 10 & under	32
33	200m Breaststroke 11 & Over	34
35	50m Free 12 & Under	36
37	50m Free 13 & Over	38
39	200m Free RELAY 12 & under	40
41	200m Free RELAY 13 & Over	42
43	100m Fly Open	44
45	200 Free Open	46
47	200m IM 10 & Under ***	48
49	400m IM 10 & Over ***	50

*** 10 year old swimmers may enter 200m IM **OR** 400m IM