



Fall Classic 2011

Dates: Friday-Sunday November 11-13, 2011

Location: The Aquarena Pool Facility in use: 8 lanes, 25 meters
Westerland Road
St. John's, NL St John's Legends Office
Tel: 864-3799 Tel: 864-3802

Parking: During all four sessions of our meet, we have been requested to park in the lower lot which has its entrance near the CBC parking lot off Westerland Road. The gate will be open starting Friday evening. Please ensure that **all parents and officials** use this parking area.

Meet Manager: Alex Smith
Tel: 726-8760
e-mail: sjlmeetmgr@gmail.com

Entry Fees: Meet Entry Fees are \$50.00 per swimmer, which includes the \$7.00 levy for the provincial electronic timing system, \$3.00 for swimmer development fund, individual event entry fees, and relay entry fees. These fees are non-refundable once a swimmer is registered.
Full payment is due before any team will be permitted to enter the pool deck. Meet Management reserves the right to refuse deck access to a club for non-payment of complete entry fees. **Cheques should be made payable to St. John's Legends.**

Accreditation: **Swimmers and Coaches must be registered in good standing. (Swimmers with SNL and coaches with SNC, NLSCA and CSCA).**
Team packages (relay cards, etc.) and information will be provided upon registration.

Eligibility: All Swimmers must be registered with Swimming/Natation Canada or FINA affiliate by the meet entry-date deadline. This meet is sanctioned by Swimming Newfoundland and Labrador.

Scratch Rule: All scratches must be made on scratch forms and placed in the Scratch Box upstairs in the Meet Management Office. No other scratch procedure (e.g., advising the Clerk or Marshall on pool deck) will be recognized.
Scratches for the whole meet must be done at or before the Coaches Meeting on Friday November 11th, 2011 which will occur at the Aquarena at 7:00 AM.

Age Groups: For results and relay teams

10 & under
11-12
13 & 14
15 & over

Entries: The electronic entries file (Hy-tek) for this meet must be posted on the Swim Canada website (www.swimmeet.ca). Meet entries must be received by Alex Smith using the email link sjlmeetmgr@gmail.com no later than **18:00 hours Thursday, November 3rd, 2011. A response e-mail confirming receipt of entries will be sent. All late entries will incur a \$100.00 penalty with NO EXCEPTIONS.** In the case of problems, please contact the Meet Manager immediately. Scratch (no penalty) deadline is 6:00 pm Monday November 7th.

No post entries or deck entries will be accepted. Name, local address, and telephone number of the contact person and chaperon(es) should be included. Names of coaches and assistant coaches must also be provided in accordance with SNC policy Article 6.05, item L which deals with membership and certification.

Relay teams: Accurate seed times will facilitate seeding. Only the top relay team in each event will score. The age of the oldest swimmer will determine the age category of the relay. Swimmers can only swim once on each of the 5 relays offered. Smaller clubs may combine teams. All events are open seeded, but will be placed in Age Groups for scoring.

Entry Limits Swimmers may enter up to 6 individual events and may enter all 5 relays. Swimmers are limited to only one individual event during the Saturday PM session.

Friday AM 400m IM, 100m IM, 100m Fly, 200m Back, 100m Brst, 4x50m MR
Friday PM 100m Free, 50m Brst, 50m Back, 50m Fly, 4x100m MR
Saturday AM 200m Fly, 100m Back, 200m Brst, 50m Free, 200m IM, 4x100 FR
Saturday PM Deep End: 4x50m Free Relay, 800m Free, 1500m Free
Shallow End: 200m Free, 400m Free
Sunday AM Finals 50m Brst, 50m Back, 50m Fly, 50m Free, 100m IM, 100m Fly, 100m Brst, 100m Free, 100m Back, 4x200m FR

Completed relay team entries (with swimmers' names) are required. Relay cards must be submitted ½ hour before the start of the session. Relay name changes only, NOT entries, will be accepted up to ½ hour before the start of the session. Coaches are asked to keep relay name changes to a minimum.

Rules: SNC rules will govern the meet. SNC Warm Up Procedures will be in effect at this meet. Exhibition swims will not be permitted.

Meet Format: There will be no marshalling at the Fall Classic. Swimmers must be behind the blocks on time before the start of each race they are swimming.

Prelims and Finals for all 50m and 100m Events and all other events will be swum as open seeded time-finals based on swimmers' entry times (rather than age-groups). Following completion of each event, results will be posted on an age/age group basis.

Saturday evening distance events (1500m, 800m, 400m, 200m free) will be run mixed gender fastest to slowest with the 800m and 1500m in the deep end and the 200m and 400m in the shallow end.

Meet management reserves the right to combine events and heats and double up lanes, if required.

Coaches: There will be a Coaches Meeting one-half (1/2) hour before the start of the first session of the meet.
Date: Friday November 11th
Time: 7:00 AM
Place: Aquarena Boardroom
*All coaches (or a knowledgeable team representative) must attend the **mandatory coaches meeting.**

Any official split requests must be made in writing to the Meet Manager and referee ½ hour prior to start of session.

Meet Program: Heat Sheets will be made available to coaches via e-mail by Wednesday, Nov. 9th provided that entries are received on time from all clubs. Again take note that the entry deadline is **18:00 hours, Thursday November 3rd, 2011.**

Scoring: Individual scoring will be based on FINA points for swimmers 11 and older in the 400, 800, and 1500 free. Swimmers 10 and under will score FINA points in the 200 free.
Team scoring: cumulative points based on 50-30-20-15-14-13-12-11 in all individual events and for the top relay team in each event.

Awards: **Individual Awards:**

- Certificates will be given to each swimmer with result labels from the meet.
- A male and female distance champion will be named in the following age groups determined by the best swim in the 200 (10 & under only), 400, 800 and 1500 free based on FINA Points: 10 and under, 11, 12, 13, 14 and 15 & and over.

Top Team Awards:
Excluding Varsity swimmers, the team award will be based on the average points per swim. (Individual swims plus points by top relay teams). Number of swims will be determined from individual entries at the Scratch without penalty deadline. Scratch without penalty deadline is 6:00 PM Monday November 7th.

Officials: The Aquarena requires more than 40 officials per session. The Saturday evening session will use both the shallow and deep end of the pool doubling the requirement for officials. Officials should wear white clothing. Scheduling of officials assignments may be made directly with

Catherine Shortall (709cate@gmail.com). All assistance is greatly appreciated and required as detailed below.

SNL POLICY STATES:

Clubs participating in sanctioned 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

The Meet Manager or designate, shall be responsible to ensure that there are sufficient Officials from the Host club to fill vacant positions not covered by Officials from the participating clubs.

Clubs are required to submit the list of officials with team entries

Exception to this requirement will be granted to St. Pierre and Labrador.

Schedule of Events

Friday AM Nov 11 th	Friday PM Nov 11 th	Saturday AM Nov. 6 th	Saturday PM Nov.6 th	Sunday Nov. 7 th
Warm-up 7:30-8:20am Events 8:30am-1:00pm	Warm-up 5:00-5:50pm Events 6:00-9:30 pm	Warm-up 7:30-8:20am Events 8:30am-1:00pm	Warm-up 5:00-5:50pm Events* 6:00-9:30 pm (Dp) 7:15-9:30pm (Sh)	Warm-up 7:30-8:20am Events 8:30-1:00 pm
400m IM 100m IM 100m Fly 200m Back 100m Brst 4x50m MR	100m Free 50m Brst 50m Back 50m Fly 4x100m MR	200m Fly 100m Back 200m Brst 50m Free 200m IM 4x100 FR	4 x 50 Free Relay(Dp) 800 Free (Dp) 1500 Free (Dp) 200 Free(Sh) 400 Free(Sh)	Finals 50m Brst 50m Back 50m Fly 50m Free 100m IM 100mFly 100mBrst 100m Free 100m Back, 4x200m FR

Above End of session times to be confirmed once entries finalized.

SWIMMING/NATATION CANADA WARM-UP PROCEDURES (2005)

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches. "Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

General Warm-Up Rules:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warmup.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the general warm-up period.
- Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

Specific/Sprint Warm-Up Period:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.
- The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

Equipment:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.