



## **CBS BLUEFINS SWIM CLUB**

2011 Fall Provincial Performance Invitational

October 14<sup>th</sup> – 16<sup>th</sup> 2011

CBS Recreation Complex

**LOCATION**

CBS Recreation Complex  
Stoney Hill Park  
Conception Bay South, NL

**POOL**

25 meters, 4 Lanes

**SANCTION**

Swimming Newfoundland and Labrador  
Swim Canada

**MEET MANAGER**

Eric Rose  
E-mail: [ericrose@nf.sympatico.ca](mailto:ericrose@nf.sympatico.ca) Phone: (709) 834-6650  
Claudette Walsh  
E-mail: [cmwalsh@nf.sympatico.ca](mailto:cmwalsh@nf.sympatico.ca)

**OFFICIALS**

Please contact  
Carla Hunt  
e-mail: [t.hunt@nf.sympatico.ca](mailto:t.hunt@nf.sympatico.ca) Phone: (709) 834-4136

**NOTES**

- All entries must be received by the Meet Manager no later than **THURSDAY OCT. 6<sup>th</sup> 2011 @ 7:00pm**. Late entries cannot be assured acceptance or seeding. A \$100.00 penalty will be applied to all late entries.
- Entries are to be sent using the SNC Online entry system  
<https://www.swimming.ca/MeetList.aspx>
- SNC Warm-Up procedures will be observed.
- Swimmers must be members in good standing with SNC/SNL.
- SNL requires that all coaches be in good standing with the CSCA, NLSCA and SNC.
- This meet is open to any swimmer QUALIFIED for East Coast Champs as well as ANY 15&Over swimmer

**BILLETING**

Billeting will not be available

**EVENTS & SEEDING**

All events will be Time Final and Time Seeded.

Meet Management reserves the right to combine heats and event when numbers warrant (coaches will be notified).

**RELAYS**

Swimmers can only swim in one (1) relay per session to a maximum of two (2) for the meet. The age of the oldest swimmer will determine the relay age group. Teams may enter two (2) relay teams per event/gender/age group.

**ENTRIES**

- Entry fees are \$30.00/swimmer which includes the \$20 meet fee, \$7 to the SNL Clock Fund and \$3 to the Swimmer Development Fund. Payment to the CBS Bluefins is due prior to competition.
- Scratch forms must be completed by the first warm-up of each session.
- There will be no refund for scratches received after 3:00pm Sunday Oct. 10<sup>th</sup> 2011.
- There will be a coaches meeting ½ hour before the start of the first warm-up session on Friday Oct. 14<sup>th</sup> 2011.
- Psych Sheets/Program will be made available to the coaches by email by Wednesday Oct. 12<sup>th</sup> 2011.

**ENTRY LIMITS**

Swimmers may swim all of the 50m and 100m events along with the 200 IM for a total of **9 Individual Events** plus 2 relay events.

**SCORING**

Total FINA Points based on the following age groups.

12 & Under
13-14
15 & Over

**AWARDS**

- Place ribbons will be awarded to the top 4(four) finishers in each age group in all events.
- Top Achiever awards will be given to the highest 3(three) total FINA point scorers based on the 10 individual events, both male and female, in each age group.

**TEAM AWARD**

The Top Team Award will be given to the team with the highest average FINA points per swimmer.

**TIME TRIALS**

Exhibition swims **MAY** be permitted if time and space allow at a cost of \$5.00/swim.

**SCHEDULE OF EVENTS**

Friday Oct. 14 <sup>th</sup>	Saturday Oct. 15 <sup>th</sup>	Saturday Oct. 15 <sup>th</sup>	Sunday Oct. 16 <sup>th</sup>
Warm-Up: 5:15pm	Warm-Up: 7:00am	Warm-Up: 3:30pm	
50 Free 100 Breast 50 Back 4x50 Free Relay	50 Breast 100 Fly 200 IM (Female) 100 Free	100 Back 50 Fly 200 IM (Male) 4x50 Medley Relay	Provincial Training Sessions  <u><b>Female Swimmers</b></u> 8:00-10:00am (pool) 10:00am-12:00pm (dry-land)  <u><b>Male Swimmers</b></u> 8:00-10:00am (dry-land) 10:00am-12:00pm (pool)

**WARM-UP SCHEDULE**

The Finalized Warm-Up Schedule will be distributed to coaches at a later date.