



Poseidon Swim Club

Provincial Heats and Finals Invitational

December 2nd to 4th, 2011

Location: Carbonear Swimming Pool
Valley Road, Carbonear, NL

Pool: 6 lanes 25 meters

Sanction: Swimming Newfoundland and Labrador

Meet Manager: Cathy Somers Email: junior-somers@nf.sympatico.ca Phone: 596-0458

Officials: Please contact Marsha Hiscock Email: marshah68@live.com

Notices:

- **Due to severe allergies please ask your team members not to bring products containing peanuts to this facility.**
- All Entries must be uploaded onto the meet entry system at www.swimming.ca no later than Friday, November 25, 2011 @ 7:00pm. Late entries can not be assured acceptance.
A \$100.00 penalty will be applied to all late entries.
- Heat Sheets will be provided to coaches Wednesday November 30.
- SNC Warm-up procedures will be observed- Warm-up times will be confirmed with coaches once all entries have been received.
- Swimmers and Coaches must be registered and in good standing (Swimmers with SNL and coaches with SNC, NLSCA, CSCA).
- Billeting will not be available at this meet.
- There will be a canteen upstairs during the meet.

Events and Seeding:

- Prelims will be swum standard seeded, and finals age group seeded.
- Finals for the 50 metre and 100 metre events will be swum on Saturday morning, Saturday evening and Sunday morning.
- Meet manager reserves the right to combine heats and events when numbers warrant.

Entries:

- Entry fees are set at \$30.00 per swimmer. (\$20.00 meet fee, \$7.00 SNL Clock fund, and \$3.00 SNL Swimmer Development Fund.) Payment to Poseidon Swim Club is due at the first meet session.
- Scratch forms must be completed by the finish of the first warm-up of each session.

- There will be no refund for scratches received after 6pm Tuesday, November 29th.
- There will be a brief meeting with coaches 15 minutes prior to the warm-up of the first session. Coaches will be notified of the meeting time.
- **Each swimmer may enter a maximum of 5 events two of which must be 50m events, and may only include one of 200 FR or 400 FR and only one of 200IM or 400IM.**

Relays:

- There will be no age restriction on relays. The age of the oldest swimmer will determine the age category of that team.
- Relay entries including swimmers names must be submitted with entries. Changes to names are permitted 30 minutes prior to the start of that session. Relay names will not be printed in any programs.
- Swimmers may swim a maximum of two relays.

Scoring:

- Individual: Points will be based on age groups 10 and under, 11 and 12, 13 and 14, 15 and over. Finals will be scored 1st through 6th, using the following point system 50,30,20,15,14,13.
- Relays will be scored using the following point system 50,30,20,15,14,13, 12,11,10,9,8,7. Only the fastest relay from each team per age group will score.

Awards

- Individual Certificates with event times will be awarded to each swimmer.
- Medals will be presented to the top three (3) achievers male and female for the overall top aggregate point winners in each age group.

Team Award

- A Top Team award will be given to the team with the highest total points divided by the number of swimmers entered from that team.

Session Events:

Warm-up and Session Times will be emailed when all entries are received and sessions are timed out.

Friday pm	Saturday am	Saturday pm	Sunday am
200 Free: Timed Final	50 Fly: Final	100 Fly: Final	50 Breast: Final
50 Fly: Prelims	100 Breast: Final	100 Free: Final	50 Free: Final
100 Breast: Prelims	100 Back : Final	200 Fly: Timed Final	50 Back: Final
400 IM: Timed Final	100 IM: Final	400 Free: Timed Final	200 IM: Timed Final
100 Back: Prelims	100 Fly: Prelims	50 Breast: Prelims	200 Back: Timed Final
100 IM: Prelims	200 Breast: Timed Final	50 Free: Prelims	200 I.M. Relay
	100 Free: Prelims	50 Back: Prelims	
		200 Free Relay	