

**15 Nepean Kanata Barracudas**  
**Festival of Spring**  
May 10-12, 2019

**Revised: May 2, 2019**

**Hosted by:**  
**The Nepean Kanata Barracudas Swim Club**

**Nepean Sportsplex**  
**1701 Woodroffe Avenue**  
**Nepean, ON K2G 1W2**



**Sanctioned by:**  
**Swim Ontario**



## **General Information**

**Date:** 10-12, May 2019

**Hosted by:** Nepean Kanata Barracudas

**Location:** Nepean Sportsplex, 1701 Woodroffe Ave. Nepean, ON K2G 1W2

**Facility:** 8-lane, 50m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard

### **Meet Package:**

The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

**Competition Coordinator:** Yik Hon Yu, Level V

**Meet Manager:** Megan Dodge – [megandodge0@gmail.com](mailto:megandodge0@gmail.com)

Charles LaBelle, Jing Xu

### **Description:**

Sessions are grouped by ages: 12 & under and 13 & over

#### **12 & under**

All 12 & under individual events will be swum as timed finals with all ages and genders seeded together.

#### **13 & Over**

Unless otherwise indicated below, 13 & over events will have preliminaries and finals.

Preliminaries will be run by gender with all ages seeded together.

Finals will be divided into the following age groups by gender: 13, 14, 15, 16 & over. Only A finals will be swum.

### **Relays and Distance Events:**

The following relay and distance events are swum as follows:

**Relays:** Swum as Timed Finals divided into the following age groups by gender: 10 & under, 11-12, 13-14, 15 & over.

**400 FR:** Swum as Timed Finals with all ages and genders seeded together.

**400 IM, 800 FR, 1500 FR:** Swum as Timed Finals. Open to 11 & over only. Swum fastest to slowest with all ages and genders seeded together. The 800 and 1500 FREE will alternate heat by heat.

**400, 800, 1500 events:** Meet management reserves the right to limit entry to these events (eliminate slower heats) and /or swim 2 per lane.

**Officials:** Mara Burrows – [officials@swimnkb.com](mailto:officials@swimnkb.com)

### **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. 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 Ontario has a completed certified pool length survey for the Nepean Sportsplex pool on file therefore swim times achieved at this competition will be eligible for provincial or national records.

**Age Up Date:** Ages submitted are to be as of Friday, May 10, 2019

**Mixed Gender:**

The host seeks an exemption from the requirement to swim events in gender separated events, 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 shorted 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.

**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.

**Entries:**

Entries must be submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca). Meet Management will not accept entries directly via email. Swimmers may enter a meet total of 6 individual events.

**Entry Deadline:** Tuesday, April 30, 2019

Payment: By e-transfer to [nkbswimming@gmail.com](mailto:nkbswimming@gmail.com)

Fees: Individual event(s) \$9.25 + HST = \$10.45

Relay(s) \$12.00 + HST = \$13.56

Standards: Not Applicable

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Ages</u>	<u>Warm Up</u>	<u>Start</u>	<u>Estimated Duration</u>
1	Fri. May 10, 2019	Prelims	13 & Over	9:30 am	10:15 am	4.0 hours
2	Fri. May 10, 2019	Timed Finals	12 & Under	2:30 pm	3:15 pm	4.0 hours
3	Sat. May 11, 2019	Finals	13 & Over	8:00 am	8:45 am	2 hours
4	Sat. May 11, 2019	Timed Finals	12 & Under	10:30 am	11:15 am	4.5 hours
5	Sat. May 11, 2019	Prelims	13 & Over	4:00 pm	4:45 pm	4.0 hours
6	Sun. May 11, 2019	Finals	13 & Over	8:00 am	8:45 am	2 hours
7a	Sun. May 11, 2019	Timed Finals	All Ages	10:30 am	11:15 am	4.0 hours
7b	Sun. May 11, 2019	Timed Finals	13 & Over	3:30 pm	4:15 pm	2.5 hours

**Schedule of Events:** See event list – Appendix A

## **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.

**Coaches' Meeting:** Friday, May 10, 2019 @ 9:50 am

Location: On the pool deck in front of the meet management office.

## **Split Times:**

Meet management required 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.

**Deck Entries:** No deck entries will be allowed.

## **Scratches:**

**Scratches from preliminary and timed final** events shall be made to meet management before the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

**Positive check-in** is required for 400 IM, 800 Free and 1500 Free entries at least 30 minutes before the start of Session 7 at the Clerk of Course table to enable these heats to run efficiently. There will be no penalty for swimmers who do not show up for these heats.

**Scratches from finals** shall be made within 30 minutes of the completion of the prelim session to allow for proper seeding and notification of alternates. Late scratches from finals must be made up to 30 minutes before the start of the finals session. There will be no reseeding. No scratches will be allowed after this point. Any swimmers that do not show up for their events after this deadline will be removed from all further events for that session.

## **Relays:**

Relay cards are due 30 minutes before the start of each session. Any relay cards not received at these times will be scratched. **Meet Management reserves the right to cancel relays if the number of individual entries result in session length time violations.**

## **Points/Awards:**

**Individual events:** Medals 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>. Ribbons 4<sup>th</sup> to 8<sup>th</sup>

Final results/awards will be divided into the following age groups:

10 & under	Female & Male
11	Female & Male
12	Female & Male
13	Female & Male
14	Female & Male
15	Female & Male
16 & over	Female & Male

**Relay events:** Ribbons 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

Final results/awards will be divided into the following age groups:

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

**Results:**

Official results will be posted within 48 hours of completion of the meet to [ww.swimming.ca](http://ww.swimming.ca). Results will be published according to age group and sex (10 & under, 11, 12, 13, 14, 15 & 16 and over. Results for relays will be published according to age group and sex (10 & under, 11- 12, 13-14, 15 & over).

**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 Manager for application and authorization.

Under NO circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, OR in locker rooms, bathrooms, or any other dressing area.”

**Safety & Liability:**

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

**Hospitality:**

A selection of food and refreshments will be made available throughout the meet for coaches and officials only.

**Hotel:**

Holiday Inn Express & Suites Ottawa West – Nepean  
2055 Robertson Rd.  
Ottawa, ON, K2H 5Y9

[Festival of Spring](#)

Group Code: FOS

## FESTIVAL OF SPRING ORDER OF EVENTS

<b>Session 1 – Friday, May 10, 2019</b>		<b>Prelims: 13 &amp; Over</b>
<b>Warm Up: 9:30 am</b>		<b>Start: 10:15 am</b>
Girls Event #	Event	Boys Event #
1	200 FREE	2
3	100 BACK	4
5	200 FLY	6
7	50 FREE	8
9	200 BREAST	10
11	400 FREE (Timed Finals)	11

<b>Session 2 – Friday, May 10, 2019</b>		<b>Warm Up: 2:30 pm</b>
<b>Timed Finals: 12 &amp; Under</b>		<b>Start: 3:15 pm</b>
Event #	Event	
16.	200 FREE	
17.	100 BACK	
18.	50 FLY (10 & Under)	
19.	200 FLY (11 & 12)	
20.	50 FREE	
<del>21.</del>	<del>200 BREAST – moved to session 7A</del>	
<del>22.</del>	<del>4 x 100 FREE RELAY (10 &amp; U Girls)</del>	
<del>23.</del>	<del>4 x 100 FREE RELAY (10 &amp; U Boys)</del>	
<del>24.</del>	<del>4 x 100 FREE RELAY (11 &amp; 12 Girls)</del>	
<del>25.</del>	<del>4 x 100 FREE RELAY (11 &amp; 12 Boys)</del>	

<b>Session 3 – Saturday, May 11, 2019</b>		<b>Finals: 13 &amp; Over</b>
<b>Warm Up: 8:00 am</b>		<b>Start: 8:45 am</b>
Girls Event #	Event	Boys Event #
1	200 FREE – 13, 14, 15, 16 & Over	2
3	100 BACK – 13, 14, 15, 16 & Over	4
5	200 FLY – 13, 14, 15, 16 & Over	6
7	50 FREE – 13, 14, 15, 16 & Over	8
9	200 BREAST – 13, 14, 15, 16 & Over	10
<del>12</del>	<del>4 x 100 FREE RELAY (13 &amp; 14)</del>	<del>13</del>
<del>14</del>	<del>4 x 100 FREE RELAY (15 &amp; O)</del>	<del>15</del>

<b>Session 4 – Saturday, May 11, 2019</b>		<b>Warm Up: 10:30 am</b>
<b>Timed Finals: 12 &amp; Under</b>		<b>Start: 11:15 am</b>
Event #	Event	
26.	100 FREE	
27	50 BREAST (10 & Under)	
<del>28.</del>	<del>200 BACK – moved to session 7A</del>	
29.	100 FLY	
30.	50 BACK (10 & Under)	
31.	100 BREAST	
32.	200 IM	
<del>33.</del>	<del>4 x 100 MED RELAY (10 &amp; U Girls)</del>	
<del>34.</del>	<del>4 x 100 MED RELAY (10 &amp; U Boys)</del>	
<del>35.</del>	<del>4 x 100 MED RELAY (11 &amp; 12 Girls)</del>	
<del>36.</del>	<del>4 x 100 MED RELAY (11 &amp; 12 Boys)</del>	

<b>Session 5 – Saturday, May 11, 2019</b>		<b>Prelims: 13 &amp; Over</b>
<b>Warm Up: 4:00 pm</b>		<b>Start: 4:45 pm</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
37	100 FREE	38
39	200 IM	40
41	100 FLY	42
43	100 BREAST	44
45	200 BACK	46

<b>Session 6 – Sunday, May 12, 2019</b>		<b>Finals: 13 &amp; Over</b>
<b>Warm Up: 8:00 am</b>		<b>Start: 8:45 am</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
37	100 FREE – 13, 14, 15, 16 & Over	38
39	200 IM – 13, 14, 15, 16 & Over	40
41	100 FLY – 13, 14, 15, 16 & Over	42
43	100 BREAST – 13, 14, 15, 16 & Over	44
45	200 BACK – 13, 14, 15, 16 & Over	46
47	4 x 100 MED RELAY (13 & 14)	48
49	4 x 100 MED RELAY (15 & Over)	50

<b>Session 7a– Sunday, May 12, 2019</b>		<b>Warm Up: 10:30 am</b>
<b>Distance (Timed Finals)</b>		<b>Start: 11:15 am</b>
<b>Event #</b>	<b>Event</b>	
21.	200 BREAST – moved from session 2	
28.	200 BACK – moved from session 4	
51.	400 FREE (12 & Under)	
52.	400 IM (11 & Over)	

<b>Session 7b– Sunday, May 12, 2019</b>		<b>Warm Up: 3:30 pm</b>
<b>Distance (Timed Finals)</b>		<b>Start: 4:15 pm</b>
<b>Event #</b>	<b>Event</b>	
53.	800 FREE 13 & Over	
54.	1500 FREE 13 & Over	