

# 2024 FESTIVAL OF SPRING

## MAY 10-12, 2024

### MEET INFORMATION

**Name of Meet:** 2024 Festival of Spring

**Date:** May 10-12, 2024

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

**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

**Pool Format:** Long course for all races

**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 5 - yikhonyu@yahoo.ca

**Meet Manager:** Heidi Wechselberger, [Fiona Wirtanan](mailto:Fiona.Wirtanan@swimnkb.com), [meetmanager@swimnkb.com](mailto:meetmanager@swimnkb.com)

**Entry Contact:** Megan Dodge, [meetmanager@swimnkb.com](mailto:meetmanager@swimnkb.com)

**Officials:** Shari Schaepper, [officials@swimnkb.com](mailto:officials@swimnkb.com)

**Description:** Sessions are grouped by ages: 12 & under and 13 & over. All 12 & under individual events will be swum as timed finals with all ages and genders seeded together. Some of the 13 & over events will have preliminaries and finals. The 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:** Swum as Timed Finals divided into the following age groups by gender: 10 & under, 11-12, 13-14, 15 & over. **1500/800 FR:** Swum as Timed Finals. Open to 13 & over only. Swum fastest to slowest with all ages and genders seeded together. Distance will alternate by heat starting with the 1500. Swimmer's age will be determined as of the 1st day of the meet.

### SAFETY AT COMPETITION

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The [Swim Ontario Concussion Management](#) the [Swimming Canada Event Photography and Videography](#) and the Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).

### COMPETITION RULES

Sanctioned as an Invitational by Swim Ontario.

All current Swimming Canada rules will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [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 World Aquatics II.16.1.4 and 4.1
  - From deep end only

### ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registration status will be declined entry. This event is sanctioned as an Invitational including foreign competitors/teams subject to the provisions below.

Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.

NKB can provide for D/deaf and Hard of hearing Swimmers at their event. NKB can provide the following accommodations for swimmer who are d/Deaf and Hard of hearing:

- Non-verbal instruction provided by a support person duly registered in the RTR
- An External strobe light

## ENTRIES

### Age Up Date

Ages submitted are to be as of Friday, May 10, 2024

Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca) and must include all attending coaches. Meet management will:

- not accept entries via email;
- notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;
- notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.

Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.

**Swimmer may enter a total of 6 individual events.**

**Deadline: April 30, 2024 (midnight)**

**Payment:** etransfer to [nkbswimming@gmail.com](mailto:nkbswimming@gmail.com) – please put “Club Name/ Festival of Spring” in the message field

**Fees:** \$10.50 + \$1.00 (SwimON Gold Bonus) + HST = \$13.00 per individual event

\$13.00 + \$1.00 (SwimON Gold Bonus) + HST = \$15.82 per relay

**Changes to entries will be accepted until May 3, 2024 (midnight).** After that time, fees will be calculated. No refunds will be granted for missed swims.

### Deck Entries

No deck entries will be allowed.

**Standards:** Not Applicable

**Seeding:** slowest to fastest (unless specifically specified)

**Conversion:** no qualifying times - converted entry times accepted

### Relays

- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.
- Relay cards must be submitted to the meet management office no later than 30 minutes prior to the start of the session the event occurs.

### Mixed Gender

- An exemption from the requirement to swim events in gender separated events due to limited time, developmental

opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

- In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records 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.
- In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

## SCHEDULE OF SESSIONS

Session #	Date	Type	Ages	Warm up	Start
1	Fri. May 10, 2024	Prelims & Timed Finals	13 & over	10:00 am	10:45 am
2	Fri. May 10, 2024	Timed Finals	12 & under	2:15 pm	3:00 pm
3	Sat. May 11, 2024	Prelims & Timed Finals	13 & over	7:00 am	7:45 am
4	Sat. May 11, 2024	Timed Finals	12 & under	11:00 am	11:45 am
5	Sat. May 11, 2024	Prelims & Timed Finals	13 & over	4:45 pm	5:30 pm
6	Sun. May 12, 2024	Finals	13 & over	7:00 am	7:45 am
7	Sun. May 12, 2024	Distance - Timed Finals	All Ages	10:00 am	10:45 am
8	Sun. May 12, 2024	Distance - Timed Finals	13 & over	12:15 pm	1:00 pm

## SCHEDULE OF EVENTS, ADDITIONAL EVENT DETAILS

### Schedule of Events

See event list – Appendix A

### Official Time Splits

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 at least 30 minutes prior to the commencement of the session in which the event will take place.

### Records

Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.

## CHECK IN & SCRATCHES

### Scratches:

**Scratches from preliminary and timed final** events shall be made to Chief Administrative Desk (formally Clerk of Course) 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 Chief Administrative Desk (formally 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.**

## COACHES' REGISTRATION & MEETING

### Coach Registration

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada 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 at 10:20 am during the warmup for session 1.**
- Location: On Deck Classroom (meet management office), behind the trampoline in the deep end of the pool.

## AWARDS

### Individual Awards

- Heat Winner Awards - winner of each heat will receive a ribbon

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:

<del>10 &amp; under</del>	<del>Female &amp; Male</del>
<del>11-12</del>	<del>Female &amp; Male</del>
13-14	Female & Male
15 & over	Female & Male

### Receiving Awards

- Heat winner ribbons will be presented to the swimmer as they exit the pool after their heat
- Ribbons are to be picked up by swimmers at the awards table. Awards packages will not be mailed after the meet.

## RESULTS

### Results

- The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet.
- Live Results/Meet Mobile will be available.
- Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)
- Results will be published according to age group and gender (10&U, 11, 12, 13, 14, 15 and 16&O)

## HOSPITALITY

### Hospitality

- A selection of food and refreshments will be made available between sessions of the meet for coaches and officials only. Please be considerate that food provided is for those in attendance for consecutive sessions.

## APPENDIX A - EVENT SCHEDULE

<b>Session 1 – Friday, May 10, 2024</b>		<b>Warm Up: 10:00AM</b>
<b>Prelims &amp; Timed Finals: 13 &amp; Over</b>		<b>Start: 10:45AM</b>
Girls Event #	Event	Boys Event #
1	400 FREE	2
3	100 FLY*	4
5	200 BREAST	6
7	50 FREE*	8

<b>Session 2 – Friday, May 10, 2024</b>		<b>Warm Up: 2:15 PM</b>
<b>Timed Finals: 12 &amp; Under</b>		<b>Start: 3:00 PM</b>
Event #	Event	
9	<del>4 x 100 MED RELAY (10 &amp; U Girls)</del>	
<del>10</del>	<del>4 x 100 MED RELAY (10 &amp; U Boys)</del>	
<del>11</del>	<del>4 x 100 MED RELAY (11 &amp; 12 Girls)</del>	
<del>12</del>	<del>4 x 100 MED RELAY (11 &amp; 12 Boys)</del>	
13	200 FREE	
14	100 BACK	
15	50 FLY (10 & Under)	
16	200 FLY (11 & 12)	
17	50 FREE	
18	200 BREAST	
<del>19</del>	<del>4 x 100 FREE RELAY (10 &amp; U Girls)</del>	
<del>20</del>	<del>4 x 100 FREE RELAY (10 &amp; U Boys)</del>	
<del>21</del>	<del>4 x 100 FREE RELAY (11 &amp; 12 Girls)</del>	
<del>22</del>	<del>4 x 100 FREE RELAY (11 &amp; 12 Boys)</del>	

<b>Session 3 – Saturday, May 11, 2024</b>		<b>Warm Up: 7:00 AM</b>
<b>Prelims &amp; Timed Finals: 13 &amp; Over</b>		<b>Start: 7:45 AM</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
23	400 IM	24
25	100 BREAST*	26
27	200 BACK	28
29	100 FREE	30

\*PRELIMS

<b>Session 4 – Saturday, May 11, 2024</b>		<b>Warm Up: 11:00 AM</b>
<b>Timed Finals: 12 &amp; Under</b>		<b>Warm Up: 11:45 AM</b>
<b>Event #</b>	<b>Event</b>	
31	100 FREE	
32	50 BREAST (10 & Under)	
33	200 BACK	
34	100 FLY	
35	50 BACK (10 & Under)	
36	100 BREAST	
37	200 IM	

<b>Session 5 – Saturday, May 11, 2024</b>		<b>Warm Up: 4:45 PM</b>
<b>Prelims &amp; Timed Finals: 13 &amp; Over</b>		<b>Start: 5:30 PM</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
38	200 IM*	39
40	100 BACK	41
42	200 FLY	43
44	200 FREE*	45

\*PRELIMS

<b>Session 6 – Sunday, May 12, 2024</b>		<b>Warm Up: 7:00 AM</b>
<b>Finals: 13 &amp; Over</b>		<b>Start: 7:45 AM</b>
<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
38	200 IM – 13,14, 15, 16 & Over	39
3	100 BACK – 13,14, 15, 16 & Over	4
29	100 FLY – 13,14, 15, 16 & Over	30
44	200 FREE – 13,14, 15, 16 & Over	45
25	100 BREAST – 13, 14, 15, 16 & Over	26
7	50 FREE – 13, 14, 15, 16 & Ove	8
46	4 x 100 MED RELAY (13 & 14)	47
48	4 x 100 MED RELAY (15 & Over)	49

<b>Session 7– Sunday, May 12, 2024</b>		<b>Warm Up: 10:00 AM</b>
<b>Distance (Timed Finals)</b>		<b>Start: 10:45AM</b>
<b>Event #</b>	<b>Event</b>	
50	400 FREE (12 & Under)	
51	400 IM (12 & UNDER)	

<b>Session 8– Sunday, May 12, 2024</b>		<b>Warm Up: 12:15 PM</b>
<b>Distance (Timed Finals)</b>		<b>Start: 1:00 PM</b>
<b>Event #</b>	<b>Event</b>	
52	1500 FREE 13 & Over	
53	800 FREE 13 & Over	