

**Nepean Kanata Barracudas
Winter Invitational (LC)
January 20-22, 2023**

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

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



**Sanctioned by:
Swim Ontario**



GENERAL INFORMATION

Hosted by: Nepean Kanata Barracudas

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

Facility: 8-lane, 25m 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 morning current version found on www.swimming.ca

Competition Coordinator: Bruce Sheppard, Level V

Meet Manager: Min Liu - meetmanager@swimnkb.com, Andrew Barton Sessions 1 & 2, Julie Hewitt Session 4 & 6

Officials: Club Official Chair – officials@swimnkb.com

DESCRIPTION:

Events are all Timed Finals. Events in the 13 & over sessions will have all ages seeded together but will be separated by gender. Open events (400 IM, 800 & 1500 Free) will be swum with all ages and gender seeded together. The 800/1500 Free will alternate heat by heat. Results will be published according to age group and gender (10&U, 11, 12, 13, 14 and 15 & over). Swimmer's age will be determined as of the first 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](#) & [Swimming Canada Event Photography](#) procedures will be in effect. For complete details click [HERE](#).

COMPETITION RULES:

All current Swimming Canada rules will be followed.

All swimmers participating in 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.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect.

As per the Facility Rules for Dive Start, this competition will be conducted as follows:

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 and bulkhead at 25 m

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 and as such participation at this meet is at the full discretion of the host club.

Foreign competitors/teams are welcome, subject to the provisions below.

All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.

All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

AGE UP DATE: Ages submitted are to be as of Friday, January 20, 2023.

ENTRIES:

Entries must be submitted through the SNC online entries system at www.swimming.ca. Meet Management will not accept entries directly via email.

Maximum of 8 individual events per swimmer.

Entry Deadline: **Tuesday, January 10, 2023**

Entry fees:

- **Individual Event:** \$10.00 + \$1.00 (SwimON Gold Bonus) + HST = \$12.43
- **Relay Event:** \$12.00 + HST = \$13.56
- **Payment:** e-transfer to nkbswimming@gmail.com – Please put team name in message field

STANDARDS: Not Applicable

Deck Entries: No deck entries will be allowed

COACH'S 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 the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

SESSIONS:

Session #	Date	Prelim/Finals	Ages	Warm up	Start	Events
1	Friday, Jan. 20	LC	All ages	11:00 am	11:40 am	1-2
2	Friday, Jan. 20	LC	All ages	3:00 pm	3:40 pm	3-6
4	Saturday, Jan. 21	LC	13 & over	2:00 pm	2:55 pm	15-30
6	Sunday, Jan. 22	LC	13 & over	2:00 pm	2:55 pm	39-52

SCHEDULE OF EVENTS: See event list – Appendix A

COACHES' MEETING: Friday, January 20, 2023 @ 11:20 am – On the pool deck in front of the meet management office.

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.

SCRATCHES:

Meet Management should be informed of scratches prior to the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

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.

MIXED-RELAYS

Clubs may enter a maximum of two (2) relay teams per event.

The names and order of swimmers for the relay events may be modified or changed 30 minutes prior to the start of the session.

A mixed relay must have 2 girls and 2 boys. No other combination is allowed. Teams may move up no more than two swimmers from a younger category to fill a relay. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.

RECORDS:

Swim Ontario has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

MEET RESULTS:

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

AWARDS:

- **Ribbons:** 1st – 8th by age group (10&U, 11, 12, 13, 14 and 15 & over)
- **Coaches Cash Prize:** Cash prize draw by session

HOSPITALITY:

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

SESSION DETAILS:

Day 1: Friday, January 20, 2023

Session 1 (Long Course)

Warm up: 11:00 am

Start: 11:40 am

Event #	Event Description	Age
1	800 Free**	Open
2	1500 Free**	Open

Day 1: Friday, January 20, 2023

Session 2 (Long Course)

Warm up: 3:00 pm

Start: 3:40 pm

Event #	Event Description	Age
3	200 Free	Girls – 13 & Over
4	200 Free	Boys – 13 & Over
5	400 Free	Mixed – 12 & Under
6	400 IM***	Open

Day 2: Saturday, January 21, 2023

Session 4 (Long Course)

Warm up: 2:15 pm

Start: 2:55 pm

Event #	Female	Event Description	Male	Event #
15	13-14	400 Mixed Free Relay		
16	15+	400 Mixed Free Relay		
17	13 & over	400 Free	13 & over	18
19	13 & over	100 Breast	13 & over	20
21	13 & over	200 Fly	13 & over	22
23	13 & over	50 Back	13 & over	24
25	13 & over	100 Free	13 & over	26
27	13 & over	50 Fly	13 & over	28
29	13 & over	200 Back	13 & over	30

Day 3: Sunday, January 22, 2023

Session 6 (Long Course)

Warm up: 2:15 pm

Start: 2:55 pm

Event #	Female	Event Description	Male	Event #
39	13/14	400 Mixed Medley Relay		
40	15+	400 Medley Relay		
41	13 & over	200 IM	13 & over	42
43	13 & over	50 Breast	13 & over	44
45	13 & over	100 Fly	13 & over	46
47	13 & over	200 Breast	13 & over	48
49	13 & over	100 Back	13 & over	50
51	13 & over	50 Free	13 & over	52

* In the event of oversubscription, Meet Management reserves the right to adjust the warm-up/session start times.

** Due to Rowen's Law and to prevent incidents, Meet Management reserves the right to adjust the 400, 800 & 1500 Free entries in the event of oversubscription or session length issues.

*** In the event of oversubscription or session length issues, Meet Management reserves the right to limit the number of heats of 400 IM. Limits will be imposed such that slower heats will be eliminated