



Spring Turbo Charge Meet

- DATE(S): April 21-23, 2017 Region: Western
- HOSTED BY: Region of Waterloo Swim Club
- LOCATION: Wilfrid Laurier University Athletic Complex
(Located at the corner of King St. and University Ave.)
75 University Avenue West
Waterloo, ON N2L 3C5
- FACILITY: 6 lanes, 50 meter pool
Omega OSB11 starting blocks
Omega Ares 21 Timing system with 6 lane scoreboard
Free parking in 'White Permit' areas only (after 4:30 pm on Friday, all day Saturday and Sunday)
- PURPOSE: This is an invitational age group meet which offers long course sessions.
- MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- COMPETITION COORDINATORS: Angus Cunningham , Level V , Email: acunningham@princeton.com
Tam Nguyen , Level V , Email: 72tnguyen@gmail.com
- MEET MANAGER: Thuy Leu, Email: meetmanager@rowswimming.ca
- DESCRIPTION:
- There are 7 sessions
 - All 400m, 800m and 1500m events are Timed Finals and swim with mixed gender and age. The 400m events are seeded slowest to fastest. The 800m and 1500m Free events shall be seeded fastest to slowest alternating heats of each.
 - For 13 & over age groups, the 50m, 100m and 200m events will be Prelims/Finals.
 - For 12 & under age groups, the 50m, 100m and 200m events will be Timed Finals.
 - The results will be posted separately by the gender of swimmers for individual age groups.
 - All relay events will be Timed Finals. Due to pool depth in the shallow end, the second and last legs of the relay events 104 to 107 (Session #3) and 112 to 115 (Session #6) for the 12 and under age groups will start in the water.
 - There are no qualifying or de-qualifying standards for this meet.
 - Submit Times only - No "NT" entries allowed.

COMPETITION RULES: Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred. The full document can be viewed [HERE](#).

Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).

AGE UP DATE: Ages submitted are to be as: April 21, 2017

MIXED-GENDER: The Swim Ontario statement on mixed-gender swimming is set out as follows:
Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances:
The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

- This is an age group meet for which swimmers who have achieved a qualifying time equal to a 'B' time or faster are de-qualified.
- This is a meet hosted by a Region to offer developmental opportunities for swimmers with that Region.
- 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 shorter 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.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

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.

- Preference will be given to the host club first.
- This is an invitational meet. Participation of this meet is at the full discretion of the host club.
- Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.
- Foreign competitors are welcome, subject to the provisions below.

FOREIGN

COMPETITORS:

All 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 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.

ENTRY FEE:

- No fee
 - Individual Events \$ 9.00 per entry
 - Except for 800m and 1500m events \$ 12 per entry
 - Relays: \$ 12 per entry
 - Please make cheques payable to: **Region of Waterloo Swim Club**
- All entry fees include HST #R128627452

ENTRIES:

Entries must be submitted through the SNC online entries system at www.swimming.ca .

Meet Management will not accept entries via email.

Online Entry Deadline: April 14, 2017

(choose appropriate circumstances):

- Changes to entries will not be accepted after April 14, 2017. After that time, fees will be calculated; no refunds will be granted for missed swims.
- Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with “NT”.
- NT entries are not permitted.
- Swimmers may swim maximum of 3 events per session.
- Relay swimmers must be entered in a non-relay event in order to compete.

CONVERSION:

- Option “A” Entry times are not to be converted. Please submit times in course achieved.
 - Times will be converted by the host, using
 - Hy-tek default conversion factor
 - conversion factor of: *number* %
 - Times will not be converted
- Option “B” Entry times can be converted. Please submit converted times:
 - Hy-tek default conversion factor
 - conversion factor of: *number* %

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>	<u>Finish</u>	<u>Estimated Duration</u>
1	Apr. 21, 2017	Timed Final	4:00 pm	5:00 pm	8:00 pm	3 hours
2	Apr. 22, 2017	Preliminary	7:00 am	8:00 am	12:00 pm	4 hours
3	Apr. 22, 2017	Timed Final	12:00 pm	1:00 pm	5:00 pm	4 hours
4	Apr. 22, 2017	Final	5:00 pm	6:00 pm	8:00 pm	2 hours
5	Apr. 23, 2017	Preliminary	7:00 am	8:00 am	12:00 pm	4 hours
6	Apr. 23, 2017	Timed Final	12:00 pm	1:00 pm	5:00 pm	4 hours
7	Apr. 23, 2017	Final	5:00 pm	6:00 pm	8:00 pm	2 hours

SCHEDULE OF EVENTS: See event list - Appendix

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.

COACH'S MEETING: Coach should check in the Meet Management office prior to the warm up for scratch sheets. The Meet Management office is located on deck next to the Coach/Official entrance.

- SEEDING:
- Option "A" (times converted by club and/or host)
Seeding will be in order of times entered,
as converted pursuant to the conversion process as per meet package,
followed by swimmers entered with NT (no times).
 - Option "B" (no conversion by club or host)
Seeding will be in the following order:
Entries with qualifying short course times in metres
Entries with qualifying long course times in metres, then
Entries with no qualifying times.
 - Option "C" (no conversion by club or host)
Seeding will be in the following order:
Entries with qualifying long course times in metres
Entries with qualifying short course times in metres, then
Entries with no qualifying times.

TIME SPLITS: The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.

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 prior to the commencement of the session (or event) in question.

DECK ENTRIES: Deck Entries are Exhibition Only. They are not eligible for scoring or awards.

- No deck entries allowed
- Deck entries will be accepted for empty lanes only (no new heats will be created).
Swimmers entered on deck must have valid proof of SNC registration (number) as an active, registered, competitive swimmer.
 - \$ 10 per entry (plus HST)
 - Except for 800 m, 1500m and Relay events \$ 15 per entry (plus HST)

CHECK IN

- AND SCRATCHES:
- All swimmers are required to check in with the Clerk of Course 30 minutes prior to each swim.
 - There is a positive check in for Finals events.
 - Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
 - No scratch penalty shall be imposed for late or day of scratches.
 - Scratches from prelims for finals must be made
 - 30 minutes following the posting of results of last event of prelims sessions
 - 30 minutes following the posting of results of respective event
 - Failure to participate in a finals event will result in following penalty:

SCORING:

- No Scoring
- The following will be scored: Scoring (Click here to enter text.)

AWARDS:

- No Awards for 400 m, 800m and 1500m individual events
- The following will be awarded:
 - Individual event age groups are: 10 & under, 11, 12, 13, 14, 15 & over
 - Medals** – 1st to 3rd for 50m, 100m and 200m individual events
 - Ribbons** – 4th to 6th for 50m, 100m and 200m individual events

 - Relay event age groups are: 10&under, 11&12, 13&14 and 15&over
 - Ribbons** – 1st to 3rd for relay events

MEET RESULTS:

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

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 Management for application and authorization.

SAFETY &

LIABILITY:

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

ACCOMMODATION: See the flyer at the end of the document.

Appendix

Event List

Session #1 – Long Distance Events for All Age Groups

Friday, April 21, 2017

Warm-up: 4:00 pm -- Start: 5:00 pm

<i>Event #</i>	<i>Description</i>
61	400 IM
62	400 Free
63	800 Free
64	1500 Free

Meet Management reserves the right to swim the 400m, 800m and 1500m Freestyle with two swimmers per lane. Swimmer is allowed to enter either 800m or 1500m event, but not both. 800m and 1500m Free will be swam fastest to slowest heat.

Session #2 – 13 & Over Preliminary

Saturday, April 22, 2017

Warm-up: 7:00 am -- Start: 8:00 am

<i>Women</i>	<i>Description</i>	<i>Men</i>
1	200 IM	2
3	100 Breast	4
5	200 Back	6
7	100 Free	8
9	200 Fly	10
11	50 Back	12
13	50 Fly	14
100	4x100 Free Relay 15&Over	101
102	4x100 Free Relay 13&14	103

Session #3 – 12 and Under Timed Final

Saturday, April 22, 2017

Warm-up: 12:00 pm -- Start: 1:00 pm

Girls	Description	Boys
15	200 IM	16
17	100 Breast	18
19	200 Back	20
21	100 Free	22
23	200 Fly	24
25	50 Back	26
27	50 Fly	28
104	4x50 Free Relay 11&12	105
106	4x50 Free Relay 10&Under	107

Session #4 – 13 & Over Finals

Saturday, April 22, 2017

Warm-up: 5:00 pm -- Start: 6:00 pm

Women	Description	Men
1a	200 IM – 13 & Over	2a
3a	100 Breast – 13 & Over	4a
5a	200 Back – 13 & Over	6a
7a	100 Free – 13 & Over	8a
9a	200 Fly – 13 & Over	10a
11a	50 Back – 13 & Over	12a
13a	50 Fly – 13 & Over	14a

Session #5 – 13 & Over Preliminary

Sunday, April 23, 2017

Warm-up: 7:00 am -- Start: 8:00 am

Women	Description	Men
29	200 Free	30
31	100 Fly	32
33	200 Breast	34
35	100 Back	36
37	50 Free	38
39	50 Breast	40
108	4x100 Medley Relay 15&Over	109
110	4x100 Medley Relay 13&14	111

Session #6 – 12 & Under Timed Final

Sunday, April 23, 2017

Warm-up: 12:00 pm -- Start: 1:00 pm

Girls	Description	Boys
41	200 Free	42
43	100 Fly	44
45	200 Breast	46
47	100 Back	48
49	50 Free	50
51	50 Breast	52
112	4x50 Medley Relay 11&12	113
114	4x50 Medley Relay 10&Under	115

Session #7 – 13 & Over Finals

Sunday, April 23, 2017

Warm-up: 5:00 pm -- Start: 6:00 pm

<i>Women</i>	<i>Description</i>	<i>Men</i>
29a	200 Free	30a
31a	100 Fly	32a
33a	200 Breast	34a
35a	100 Back	36a
37a	50 Free	38a
39a	50 Breast	40a



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FOR BOOKINGS

Contact: **Reservations**

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Or email

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