**2017 LLSC Development Meet**

**DATE(S):** Sunday, January 29, 2017

**HOSTED BY:** Lindsay Lightning Bolts Swim Club

**LOCATION:** Lindsay Recreation Complex

**FACILITY:** 25 meter pool; manual timing

**PURPOSE:** This one day development meet is designed to introduce a range of events for swimmers in the Huronia region, hoping to post personal best times or qualify for regional championships.

**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:** Early McLeod, Level V, Email: earlmcled@nexicom.net (705) 761-0279

**MEET MANAGER:** Laura Bent; Email: laura.bent@hotmail.ca

**DESCRIPTION:** Development meet; timed finals; no scoring

**COMPETITION RULES:** Sanctioned by Swim Ontario.

All current Swimming/Natation Canada (SNC) rules will be followed.

SWIMMERS ARE NOT ALLOWED TO EAT WHILE ON DECK. THIS IS STRICTLY ENFORCED BY MEET MANAGEMENT, LIFEGUARDS AND FACILITIES PERSONNEL. SWIMMERS MUST GO OFF DECK TO EAT.

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](http://www.swimming.ca).

Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](http://www.swimming.ca).

**AGE UPDATE:** Ages submitted are to be as: Sunday, January 29, 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 a meet hosted by a Region to offer developmental opportunities for swimmers with that Region. All swimmers will swim together regardless of age or gender the results will be posted separately by the gender of swimmers.

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 (choose appropriate circumstances):

- 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: 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: Swimmer Fee: $25 per visiting Huronia club swimmer; $25 per hosting Huronia club swimmer (plus HST). Cheques are due the day of the meet.

Please make cheques payable to: Lindsay Lightning Bolts Swim Club (LLSC)

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: Wednesday, January 25, 2017

- Changes to entries will not be accepted after Thursday, January 26, 2017. After that time, fees will be calculated; no refunds will be granted for missed swims.
- Swimmers may swim maximum of 4 individual events and 1 relay event per session. Swimmers entered in the distance events must have completed the event at least once in a practice situation. It is left up to the coach’s discretion as to whether that swimmer is ready to try it in a meet situation.
CONVERSION: ☒ Option “B” Entry times can be converted. Please submit converted times:
☒ Hy-tek default conversion factor

SCHEDULE OF SESSIONS:

<table>
<thead>
<tr>
<th>Session #</th>
<th>Date</th>
<th>Prelim/Finals</th>
<th>Warm Up</th>
<th>Start</th>
<th>Finish</th>
<th>Estimated Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sunday, January 29, 2017</td>
<td>Timed Finals</td>
<td>8:00 am – 9:00 am</td>
<td>9:00 am</td>
<td>1:30 pm</td>
<td>4:30</td>
</tr>
</tbody>
</table>

SCHEDULE OF EVENTS: See event list Appendix A

NOTE: 400m Free may be swum 2 per lane. Entry in 400m Free and 400IM can and may need to be limited to the number of heats at the discretion of Meet Management.

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: A coaches meeting will be held Sunday, January 29th at 7:45 AM in the lifeguard office.

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).

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
CHECK IN AND SCRATCHES: ☒ 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.

SCORING: ☒ No Scoring

AWARDS: ☒ The following will be awarded: ‘Heat Winner’ ribbons will be presented each heat. ‘Personal Best’ ribbons will be presented to all swimmers who obtain an event personal best time.

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.

Results will be posted on SNC website www.swimming.ca. Uploaded within 48 hours of completion of competition

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.
# Appendix A

## Event List

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Warm-up: 8:00 AM -- Start: 9:00 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday, January 29, 2017</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td><strong>Men</strong></td>
</tr>
<tr>
<td>1 All age groups 50 freestyle mixed</td>
<td>1</td>
</tr>
<tr>
<td>2 All age groups 400 IM mixed</td>
<td>2</td>
</tr>
<tr>
<td>3 All age groups 200 IM mixed</td>
<td>3</td>
</tr>
<tr>
<td>4 All age groups 25 fly mixed</td>
<td>4</td>
</tr>
<tr>
<td>5 All age groups 50 fly mixed</td>
<td>5</td>
</tr>
<tr>
<td>6 All age groups 100 IM mixed</td>
<td>6</td>
</tr>
<tr>
<td>7 All age groups 25 back mixed</td>
<td>7</td>
</tr>
<tr>
<td>8 All age groups 50 back mixed</td>
<td>8</td>
</tr>
<tr>
<td>9 All age groups 100 back mixed</td>
<td>9</td>
</tr>
<tr>
<td>10 All age groups 4 X 50 free relay mixed</td>
<td>10</td>
</tr>
<tr>
<td>11 All age groups 200 free mixed</td>
<td>11</td>
</tr>
<tr>
<td>12 All age groups 25 breast mixed</td>
<td>12</td>
</tr>
<tr>
<td>13 All age groups 50 breast mixed</td>
<td>13</td>
</tr>
<tr>
<td>14 All age groups 100 breast mixed</td>
<td>14</td>
</tr>
<tr>
<td>15 All age groups 100 free mixed</td>
<td>15</td>
</tr>
<tr>
<td>16 All age groups 400 free mixed</td>
<td>16</td>
</tr>
</tbody>
</table>