**Aqua 7 swim league**

**STJJ vs NHAC**

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**Vs.**

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*Norfolk Hammerhead Aquatic Club*

**Saturday December 8th, 2018**

**At 1:00 p.m.**

**St. Thomas YMCA**

**20 High Street, St. Thomas, Ontario N5R 5V2**

**DATE** Saturday, December 8th, 2018

**HOSTED BY** St. Thomas Jumbo Jets Swim Team

**LOCATION** St. Thomas YMCA

20 High Street

St. Thomas, ON

N5R 5V2

**MEET MANAGER** Anna Begemann, Level III [22begemann@gmail.com](mailto:22begemann@gmail.com)

**COMPETITION** Mike Shortt, Level V [shorttfamily@hotmail.ca](mailto:shorttfamily@hotmail.ca)

**COORDINATOR**

**FACILITY** St. Thomas YMCA, 6 lane, 25 meter pool.

Colorado Dolphin Wireless Timing System.

Only swimmers, coaches and officials are allowed on deck. There is parking on site at the YMCA.

**MEET PACKAGE** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

**FORMAT** One Session, all events are timed finals. Seeded by time.

All events will be swum 12 and Under, and 13 and Over. Results will be sorted into the following age groups: 6 & under, 7/8, 9/10, 11/12, 13/14, and 15 & Over.

Meet management reserves the right to modify Warm-up and Start times based on meet entries.

**AGE-UP-DATE** Ages submitted are to be as of December 8th, 2018

**RECORDS** Swim times achieved at this competition will NOT be used for applications of provincial and national records.

**DIVE STARTS** As per the Facility Rules for Dive Starts, this competition will be conducted as follows (*choose all applicable*)

* Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
  + from deep end only including the 25m events
* In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
  + from the shallow end for the 100m relays

**SCRATCHES** Due 30 minutes before the start of the session. There will be no penalty for scratching during the competition.

**AWARDS** Best Time Ribbons will be awarded immediately.

**ENTRY FEE** There are no fees for this closed invitational Aqua 7 meet.

**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** **The entry deadline is Monday, December 3th, 2018.**

There is a limit of 3 individual entries plus 1 relay entry per swimmer.

All entries must be submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca). No entries will be accepted directly by meet management or via email. There is a limit of 150 swimmers permitted for this meet.

**DECK ENTRIES** Deck entries will be accepted and are due before the start of the event. Deck entries will not be seeded, and only be allowed to fill empty lanes. New heats will NOT be created.

**RESULTS** Official results will be posted at [www.swimming.ca](http://www.swimming.ca) within 48 hours after the meet has finished.

**OFFICIALS** Officials from all clubs are invited to sign up to officiate at this meet. Please contact the Meet Manager Anna Begemann.

**MEET 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. The full document can be viewed [HERE.](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/) 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.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5.  Click [HERE](http://swimontario.com/uploads/Officials/Resources/SwimwearRulesGR5_2018.pdf) to view full details.  Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

All events swim slowest to fastest. All events are timed finals.

Meet Officials will provide a safe environment and an organized competition. We are not responsible for the supervision of athletes during the competition. Coaches are responsible for their swimmer’s conduct and knowledge of the Safety Procedure Rules. Only swimmers, coaches and officials are allowed on deck.

**COACH’S** Meet management will cross reference the list of coaches in

**REGISTRATION** attendance at this competition with the [Swim Ontario Compliance list](http://www.swimontario.com/page.php?id=2748). 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 found to be in non-compliance.

**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.

**PRIVACY** Cameras and recording devices will not be allowed on deck, or in the vicinity of the locker room area at any time during the meet without prior approval from the Meet Manager and the Competition Coordinator.  Team photographers must obtain authorization from meet manager prior to the start of the competition and will not be allowed on deck without permission.

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.

**DINNER** Immediately after completion of the meet there will be a potluck dinner for all teams in the gym.

**Aqua 7 League STJJ vs NHAC**

Warm-up @ 1:00 m – 1:55 pm, Start @ 2:00 pm

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| **Event #**  **Female** | **Age** | **Event** | **Event #**  **Male** |
| **1** | 10 & Under | **100 IM** | **2** |
| **3** | Open | **200 IM** | **4** |
| **5** | 6 & Under | **25 Free** | **6** |
| **7** | 7 & Over | **50 Free** | **8** |
| **9** | 7 & Over | **100 Free** | **10** |
| **11** | 6 & Under | **25 Back** | **12** |
| **13** | 7 & Over | **50 Back** | **14** |
| **15** | 7 & Over | **100 Back** | **16** |
| **17** | 6 & Under | **25 Breast** | **18** |
| **19** | 7 & Over | **50 Breast** | **20** |
| **21** | 7 & Over | **100 Breast** | **22** |
| **23** | 8 & Under | **25 Fly** | **24** |
| **25** | 9 & Over | **50 Fly** | **26** |
| **27** | 9 & Over | **100 Fly** | **28** |
| **29** | Open | **400 Free** | **30** |
| **31** | 8 & Under | **100 Freestyle Relay** | **32** |
| **33** | 9 - 10 | **200 Freestyle Relay** | **34** |
| **35** | 11 – 12 | **200 Freestyle Relay** | **36** |
| **37** | 13 - 14 | **200 Freestyle Relay** | **38** |
| **39** | 15 & Over | **200 Freestyle Relay** | **40** |