

Belleville Beast Swim Team

presents the **Beast Cup!**

DATE(S): January 11 - 12, 2020 Region: Eastern

HOSTED BY: Belleville Beast Swim Team

LOCATION: Templeman Menninga Aquatic Centre (Quinte Sports and Wellness Centre)

265 Cannifton Road, Belleville, ON K8N4V8

FACILITY: 25m x 22m (8 lane pool), 2.5m Standard lane

Colorado Electronic Touch Pad Timing System

Great viewing and free Wi-Fi throughout the facility

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)

SAFETY & LIABILITY:Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](http://www.swimontario.com/uploads/Officials/Resources/SafetyCompetition.pdf).

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

Rowan’s Law – Concussion Management

The Rowan’s Law requirements came into effect on July 1, 2019.  Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities.   Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario.  We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.   Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body.  If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols.  For full details and resources on Rowan’s Law and Concussion management protocols click [HERE](http://www.swimontario.com/uploads/Officials/Resources/SafeSportCompetition.pdf).

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both ‘open’ and ‘observable’ to others.

Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](https://swimming.ca/content/uploads/2016/10/2016_Safe-Sport-Environment-Policy_20190329.pdf)

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 to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

COMPETITION

COORDINATOR: Kim Isaak, Level V, Email: kimiswim@gmail.com

MEET MANAGER: Maggie Morgan, Lisa Friar, Email: bbstmeetmanager@gmail.com

DESCRIPTION: All sessions will be timed finals. Distance events include 400 Free, 800 Free and 1500 Free.

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

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.

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/)

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 FINA FR 2.3 and SW 4.1 from the deep end only.

RECORDS: Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

AGE UP DATE: Ages submitted are to be as: January 11, 2020

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.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Entries without a valid SC registration number and registration status will be declined entry.

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 following provisions. 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](http://www.swimontario.com/uploads/Clubs/Club%20Operations/Forms/2015-2016/ProofofResidence.pdf) to Swim Ontario no later than 7 days prior to start of competition.

ENTRY FEE: Individual Events $ 11.00

Relays Events: $ 13.00

Please make cheques payable to: Belleville Beast Swim Team

ENTRIES: Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca) . Meet Management will not accept entries via email.

Online Entry Deadline: **Thursday, January 2, 2020**

Changes to entries will not be accepted after **Saturday, January 4, 2020**. After that time, fees will be calculated; no refunds will be granted for missed swims.

NT entries are not permitted, must submit estimated times.

Swimmers may swim max of 3 events per session, plus relays.

CONVERSION: Please submit converted times via Hy-tek default conversion factor.

SCHEDULE OF SESSIONS:

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| Session | Date | Premlim/Finals | Age Group | Warm-up | Start |
| 1 | Sat. Jan. 11 | Finals | 13 & over | 8 a.m. | 9 a.m. |
| 2 | Sat. Jan. 11 | Finals | 12 & under | 1 p.m. | 2 p.m. |
| 3 | Sun. Jan. 12 | Finals | 13 & over | 8 a.m. | 9 a.m. |
| 4 | Sun. Jan. 12 | Finals | 12 & under | 1 p.m. | 2 p.m. |

**Note:** Session times are subject to change, depending on number of entries.

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 Compliance lists](http://www.swimontario.com/page.php?id=2748).  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.

COACH’S MEETING: A coaches meeting will be held on Saturday, January 11th at 8:15 a.m.

Please meet in the pool classroom.

SEEDING: Swimmers will be seeded slowest to fastest as per event listing below, exceptions will be the 800 and 1500 events and seeding will be fastest to slowest.

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 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.

Deck entries will be accepted for empty lanes only (no new heats will be created).

Swimmers entered on deck must have valid proof of SC registration (number) as an active, registered, competitive swimmer.

Cost for individual deck entry shall be $15.00 per entry.

Cost for relay deck entry shall be $20.00 per entry.

OFFICIALS: Club members will sign in via the Belleville Beast Team website. Outside club members are asked to email COC, Kim Terrington, at [**bbst.coc@gmail.com**](mailto:bbst.coc@gmail.com) to request sign-up for an official position(s). Please indicate name, club and position(s) qualified to work. Competition Coordinator, COC, and Meet Management reserve the right to fill positions based on qualifications and need to fill the grid. All officials that want to Referee must contact the Competition Coordinator.

CHECK IN

AND SCRATCHES: Positive check in for 400, 800 and 1500 to the Clerk of Course 30 mins prior to the session.

Scratches are to be made to the Clerk of Course or to Meet Management 30 mins prior to the start of each session. No scratch penalty shall be imposed for late or day of scratches.

SCORING: Individual points will be scored 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1, (1st -16th) with relays being double. Individual high points for the plaque will be scored 5, 2, 1 (1st – 3rd)

AWARDS: Overall top team trophy will be awarded (winning team will receive a plaque to take home and their name will go on the cup).

Plaques will be given to the high point athlete of each age group and gender (10&U, 11-12, 13-14, 15&O).

Medals will be awarded for the individual events (1st - 3rd) and ribbons 4th - 8th.

Relay events will be awarded ribbons for 1st – 3rd.

\*Awards MUST be collected by coaches at the end of the meet. Awards will NOT be mailed afterwards.

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://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.

**Appendix ~ Event List**

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| **Session 1** ~ 13 & over  Saturday, January 11, 2020  **Warm-up 8 a.m., Start 9:00 a.m.** | | |
| Girls | Event | Boys |
| 1 | 100 Fly | 2 |
| 3 | 50 Back | 4 |
| 5 | 200 Free | 6 |
| 7 | 100 IM | 8 |
| 9 | 400 IM | 10 |
| 11 | 50 Free | 12 |
| 13 | 200 Breast | 14 |
| 15 | 100 Back | 16 |
| 17 | 800 Free  (fastest to slowest) | 18 |
| 19 | 4x50 Medley relay  (13 & 13) | 20 |
| 21 | 4x50 Medley relay  (15 & over) | 22 |

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| **Session 2** ~ 12 & under  Saturday, January 11, 2020  **Warm-up 1:00 p.m., Start 2:00 p.m.** | | |
| Girls | Event | Boys |
| 23 | 100 Fly | 24 |
| 25 | 50 Back | 26 |
| 27 | 25 Breast | 28 |
| 29 | 200 Free | 30 |
| 31 | 100 IM | 32 |
| 33 | 200 Breast | 34 |
| 35 | 50 Free | 36 |
| 37 | 100 Back | 38 |
| 39 | 25 Fly | 40 |
| 41 | 400 Free | 42 |
| 43 | 4x50 Medley relay  (10 & under) | 44 |
| 45 | 4x50 Medley relay  (11 & 12) | 46 |

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| **Session 3** ~ 13 & over  Sunday, January 12, 2020  **Warm-up 8 a.m., Start 9:00 a.m.** | | |
| Girls | Event | Boys |
| 47 | 100 Free | 48 |
| 49 | 200 Back | 50 |
| 51 | 50 Breast | 52 |
| 53 | 200 IM | 54 |
| 55 | 100 Breast | 56 |
| 57 | 50 Fly | 58 |
| 59 | 400 Free | 60 |
| 61 | 200 Fly | 62 |
| 63 | 1500 Free  (fastest to slowest) | 64 |
| 65 | 4x50 Free relay  (13 & 14) | 66 |
| 67 | 4x50 Free relay  (15 & over) | 68 |

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| **Session 4** ~ 12 & under  Sunday, January 12, 2020  **Warm-up 1:00 p.m., Start 2:00 p.m.** | | |
| Girls | Event | Boys |
| 69 | 100 Free | 70 |
| 71 | 200 Back | 72 |
| 73 | 50 Breast | 74 |
| 75 | 200 IM | 76 |
| 77 | 25 Free | 78 |
| 79 | 100 Breast | 80 |
| 81 | 50 Fly | 82 |
| 83 | 25 Back | 84 |
| 85 | 200 Fly | 86 |
| 87 | 4x50 Free relay  (10 & under) | 88 |
| 89 | 4x50 Free relay  (11 & 12) | 90 |