



# Technical Bulletin

## **Website**

We will publish the live results link, the psych sheets and the heat sheets [HERE >](#)

## **Check In**

Coaches can check in at the registration desk by the turnstiles. We will hand out club packages that include the cards with bar codes for access to the pool. The registration desk will be open from 6:45 to 8:00 AM and 12:45 to 2:00 PM.

## **Warm Up**

### Morning Sessions

7:30 to 8:25 AM

Sprint Lanes: 8:05 to 8:25 AM

North Pool - 12 & Under

South Pool - 13 & Over\*

\* Lane 9 reserved for para swimmers

### Afternoon sessions

1:30 to 2:25 PM

Sprint Lanes: 2:05 to 2:25 PM

North Pool - 12 & Under

South Pool - 13 & Over

## **Superfinals – 50m events (13 & Over only)**

At the conclusion of each 50m event, the score board will display the top 8 swimmers per gender who qualify for the superfinals. Coaches will then have 15 minutes to scratch swimmers from the superfinal at the clerk of course table. Heat sheets for the quarterfinals will be available at the clerk of course table. There will be no heat sheets for the semifinals and the finals, however, the swimmers' names and seeding will be displayed on the scoreboard. Please refer to the timelines on the first page of the heat sheets to see the order of events.

## **Awards and Prizes**

### Superfinals' Winners and Runners-Up

The winner of each superfinal will win a \$40 gift card at All Tides and the runner-up will receive a \$25 gift card for Tim Hortons.

### Heat Winner Prizes

Pay attention to the random heat winner bell! If you hear the bell ring before a heat, the winner of the heat will be invited to go to the heat winner table to select a prize. The table will be refilled at the beginning of each session to make it equitable.

### Giveaways

There will be another table with giveaways. There will be a random draw during the second break of the 13&Over session with the names of all swimmers entered in the session. Swimmers will have until the conclusion of the session to select a prize at the giveaway table.

## **Lunch**

Lunch will be provided for coaches who are staying all day by a voucher for a sandwich, coffee/tea and side at Tim Hortons. Coaches should see the clerk's desk at the end of the morning session for the voucher.

## **Toronto Pan Am Sports Centre**

Reminder that [parking rates](#) are in effect at TPASC.

We ask for your cooperation for two pool rules: no food and no outdoor shoes on deck.