



2023 “Kick” Start the New Year January 27-29, 2023

HOSTED BY:	St. John's Legends, Tel: (709) 864-3802 www.legendswimming.com
LOCATION:	The Aquarena Westerland Road, St. John's, NL Tel: (709) 864-3798
FACILITY:	8 lanes, 50 meters. Electronic timing. Automatic Omega Timing System and manual timing. All events start from the deep end.
APPROVED BY:	Swim Newfoundland & Labrador. All current SNC rules and warm up procedures will apply. Exhibition swims will not be permitted.
MEET REFEREE:	TBD
MEET MANAGER:	Charlene Johnson (709) 725-7620 charlenejohnson5791@gmail.com
OFFICIALS:	Assistance with officiating by qualified persons from each club is always appreciated. All officials are to wear black pants and black footwear.

	<p>Level 1 officials - i.e timers and the Chief Timer are to wear white shirts. All other officials are to wear red shirts. Scheduling of official's assignments may be made directly with Jennifer Higdon at officials.legends@gmail.com.</p> <p>OFFICIALS' MEETING: There will be an Officials' Meeting 30 minutes prior to the start of each session. Attendance is mandatory.</p> <p>Friday PM, January 27, 2023 – 4:00 PM Saturday AM, January 28th, 2023 – 8:30 AM Saturday PM, January 28th, 2023 – 4:45 PM Sunday AM, January 29th, 2023 – 8:00 AM</p> <p>Officials designated as safety marshals are to arrive 15 minutes prior to start of warm up.</p> <p>SNL POLICY STATES:</p> <p>Clubs participating in sanctioned meets shall be required to provide Officials for each session. As a minimum clubs registering:</p> <ul style="list-style-type: none"> I) 5 swimmers or less – 1 official per session II) 6 to 20 swimmers – 2 officials per session III) Over 21 swimmers – 3 officials per session <p>The meet manager or designate, shall be responsible to ensure that there are sufficient officials from the host club to fill vacant positions not filled by officials from the participating clubs.</p> <p>Exceptions to this requirement will be granted to St. Pierre and Labrador.</p>
ELIGIBILITY:	<p>All swimmers are to be registered with Swim NL, SNC and/or FINA. All swimmers must have valid SNC registration and entries without a valid SNC registration number will be declined.</p>
SESSION TIMES	<p>Friday PM, January 27th, 2023 - 3:30 PM – 8:00 PM Saturday AM, January 28th, 2023 – 8:00 AM – 12:30 PM Saturday PM, January 28th - 4:15 PM – 8:15 PM Sunday AM, January 29th, 2023 – 7:30 AM – 12:00 PM</p> <p>Warm ups will be scheduled in 2 groupings with a total duration of 55 minutes.</p> <p>Session times include warm up start times.</p>

	<p>Meet Management reserves the right to adjust start times for all sessions. There will be a 10 minute break before the start of the 800m and 1500m freestyl.</p>
ENTRIES:	<p>The only Meet Package that will be considered as valid is the most current version found on https://www.swimming.ca/en/events-results</p> <p>Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or correct date of birth. Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet.</p> <p>All entries must be in Hy-Tek format (or other compatible format) and submitted via https://www.swimming.ca/en/events-results</p> <p>No entries will be accepted directly by meet management. Teams are required to ensure that the Hy-Tek database is properly configured to include coach and club contact information.</p> <p>Meet management reserve the right to move events and/or limit the number of heats in order to run the meet in the time allotted.</p>
DECK ENTRIES:	<p>Deck entries may be allowed at the discretion of the meet manager only under the following guidelines;</p> <ul style="list-style-type: none"> - Swimmer in question must already be registered for the meet. - Entry will only be considered for an empty lane. - Coach must request deck entry prior to the start of the session. - Deck entry cannot cause swimmer to exceed the entry limit for the meet.
ENTRY DEADLINE:	<p>The Meet Manager must be able to view entries no later than 6:00 PM Monday, JANUARY 16, 2023. All late team entries will incur a \$100.00 penalty with no exceptions, payable to the St. John's Legends. (Receipt of entries will be confirmed by SNC system.)</p>
ENTRY LIMITATIONS:	<p>Swimmers are permitted to enter up to 8 individual events and 3 relays .Maximum of 3 swims per session.</p> <p>Swimmers will be required to have a time of 3:20:00 in 200 FREE and 3:25:00 in 200IM in order to be permitted to swim the following events:</p> <ul style="list-style-type: none"> • 200 Back • 200 Butterfly • 200 Breast • 400 Free • 400 IM • 800 Free • 1500 Free <p>Meet management reserve the right to move events and/or limit the</p>

	<p>number of heats in order to run the meet in the time allotted. Where the number of heats is limited, fastest swimmers by age group will be given priority.</p> <p>Relay events will be limited to a maximum of two teams per age group for each swim club in attendance.</p>																											
ENTRY FEES:	<p>Meet Entry Fees are \$100.00 per swimmer, which includes the \$2.00 levy for the provincial electronic timing system and \$10.00 for swimmer development fund. Cheques should be made payable to St. John's Legends. Meet management reserves the right to refuse deck access to a club for non-payment of complete entry fees.</p> <p>Due to the budgeting involved in a long course meet, teams are requested to confirm their intention to attend by email to the Meet Manager, with an estimate of the number of swimmers by January 13, 2023.</p>																											
SEEDING:	<p>Entries must be submitted using provable times.</p> <p>No conversion times. Entries can be submitted in SCM or LCM times. Heats will be seeded slowest to fastest except in 400 meter events or greater (from fastest to slowest). Entries with LCM times will be seeded first followed by SCM times. Swimmers with no times (NT) shall be seeded last.</p> <p>Draft heat sheets will be made available to coaches via email by Friday, January 20th, 2023. Any corrections must be received by Monday, January 23rd, 2023. Heat sheets will be made available to coaches via email by Wednesday, January 25th, 2023.</p>																											
SPLITS:	<p>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 in question.</p>																											
SCRATCHES:	<p>Scratches will be accepted up to 45 minutes prior to the start of each session. Coaches are asked to use scratch sheets, which will be available at the Meet Manager's office. Please fill in swimmer's name, event number, heat, and lane.</p>																											
EVENTS:	<p>All events will be swum as timed finals. Events less than 400 meters will be swum slowest to fastest. Events greater than 400 meters will be swum fastest to slowest.</p> <table><tr><td>Friday PM</td><td>Saturday AM</td><td>Saturday PM</td></tr><tr><td>200 Breast</td><td>400 Free</td><td>400 IM</td></tr><tr><td>50 Free</td><td>200 Fly</td><td>50 Breast</td></tr><tr><td>200 IM</td><td>100 Breast</td><td>100 Fly</td></tr><tr><td>100 Back</td><td>50 Back</td><td>200 Free</td></tr><tr><td>800 Free</td><td>4 x 100 Free Relay</td><td>4 x 100 Medley Relay</td></tr><tr><td colspan="3">Sunday AM</td></tr><tr><td colspan="3">100 Free</td></tr><tr><td colspan="3">50 Fly</td></tr></table>	Friday PM	Saturday AM	Saturday PM	200 Breast	400 Free	400 IM	50 Free	200 Fly	50 Breast	200 IM	100 Breast	100 Fly	100 Back	50 Back	200 Free	800 Free	4 x 100 Free Relay	4 x 100 Medley Relay	Sunday AM			100 Free			50 Fly		
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	<p>200 Back 1500 Free 4 x 100 Mixed Free Relay</p> <p>Results will be broken down by gender and age groups for posting. Age groups for this meet shall be; 12 & Under 13-14 15 & Over</p>
COACHES REGISTRATION :	<p>All coaches must be in good standing with SNC, the NLSCA and the CSCA to coach at any sanctioned competition.</p> <p>SNL policy requires that all coaches be certified at SWIM101 or equivalent qualification to receive deck access for this competition.</p>
COACHES MEETING:	<p>There will be a mandatory Coaches Meeting prior to the start of the meet. It will be held 3:45pm Friday, January 27th, 2023. Each team must send a representative.</p> <p>At this time, full payment is due, and certification of coaches will be confirmed. No deck access will be permitted if entry fees and/or certification are outstanding.</p> <p>Any procedural or logistical changes will be broadcast.</p>
SCORING:	<p>There will be no scoring at this meet.</p>
AWARDS:	<p>There will be no individual awards for this meet.</p>
RESULTS:	<p>Results will be posted inside the Aquarena and to Meet Mobile as available.</p> <p>The Hy-Tek file with complete results will be available on https://www.swimming.ca/ within 24 hours of the completion of the meet.</p>
SAFETY & LIABILITY:	<p>SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET https://swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/ Non-compliance with these procedures will result in the removal of the swimmer from his/her first event of the session Access to the pool deck will be restricted to swimmers, certified registered coaches, and session officials.</p> <p>Deck access for media and photographers can be granted by the Meet Referee, Meet Manager or Swim NL official.</p>

PARKING:	<p>Please pay particular attention to the signage in the parking lots and speak to the inside or outside Aquarena staff if you have any questions about where you are parking.</p> <p>Do not park in the marked Tim Hortons reserved spaces near the guard hut.</p> <p>It is advised to not leave valuables in vehicles.</p>
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