

**APPROVED**

*By Swim Ontario at 9:37 pm, Jan 23, 2023*

# 2023 NWO Long Course Championship



Presented by  
Thunder Bay Thunderbolts Swimming Club

In conjunction with

**tbaytel**

January 28 - January 29, 2023

CANADA GAMES COMPLEX  
420 WINNIPEG AVENUE  
THUNDER BAY, ONTARIO  
CANADA

SANCTIONED BY: SWIM ONTARIO

**MEET MANAGEMENT:**

**MEET MANAGERS:** RYAN FAY, STEPHANIE SMALLWOOD, ANTHONY BERGAMO, LESLEY ROSE  
**COMP COORDINATOR:** DARYLE MARTIN, Level V, CATHY ALEX, Level IV  
**MEET ENTRIES:** STEPHANIE SMALLWOOD boltsmeets@gmail.com  
**MEET OFFICIALS:** RYAN FAY boltscoc@gmail.com  
**TECHNICAL CONTACT:** ROMAN RAMIREZ tbtheadcoach@thunderbolts.ca

**\*\*\*ALL MEET RELATED CORRESPONDENCE SHOULD BE SENT TO boltsmeets@gmail.com\*\*\***

**HOST: THUNDER BAY THUNDERBOLTS**

FACILITY: CANADA GAMES COMPLEX  
8 LANE 50 METRE  
Colorado Electronic Timing System

**MEET INFORMATION:**

Meet Package and Hy-Tek Events File will be available at [www.swimming.ca](http://www.swimming.ca) and [www.thunderbolts.ca](http://www.thunderbolts.ca)

**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 AT COMPETITION:**

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. The [Swim Ontario Concussion Management](#) & [Swimming Canada Event Photography](#) procedures will be in effect. For complete details click [HERE](#).

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

**SESSIONS**

SATURDAY JANUARY 28TH, 2023  
Warm-up - 7:30 – 8:20 am Session Start - 8:30 am  
SATURDAY JANUARY 28TH, 2023  
Warm-up - 2:30 - 3:20 pm Session Start - 3:30 pm  
SUNDAY JANUARY 29TH, 2023  
Warm-up - 7:30 – 8:20 am Session Start - 8:30 am

**COMPETITION RULES:**

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

All swimmers participating in provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) 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](#).

No paddles, fins, or elastic resistance devices of any kind will be allowed in the competition pool OR warm up pool at any time.

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

**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.

**ATHLETE ELIGIBILITY:**

All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registration status will be declined entry. This event is sanctioned as an Invitational and as such participation at this meet is at the full discretion of the host club.

**FOREIGN COMPETITORS:**

Foreign competitors are welcome, subject to the provisions below.

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](#) to Swim Ontario no later than 7 days prior to start of competition.

All Clubs from outside of Ontario must provide a “Certificate of Insurance” naming the “City of Thunder Bay” and the “Thunder Bay Thunderbolts Swim Club” as insured parties. This must be received 7 days prior to meet. No Clubs will swim without proof of insurance.

#### **COACH’S REGISTRATION:**

Meet management will cross reference the list of coaches in attendance at this competition with the [Coaches Compliance List](#). 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 the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

#### **OFFICIALS:**

In support of officials’ development and in order to ensure a well-staffed meet that will benefit all swimmers, we request that each club provide a minimum of five officials per session.

**Clubs entering the 800/1500m freestyle are required to provide a minimum of one Official per swimmer entered.**

Email the officials chair at [boltscoc@gmail.com](mailto:boltscoc@gmail.com) with your club's availability. Thank you for your participation.

#### **COMPETITION FORMAT:**

- ALL events will be Senior Seeded Mixed Gender
- ALL events will be swum as Timed Final events
- Age groups will be as follows: 8 & Under, 9-10, 11-12, 13-14, 15 and Over (except for the Mixed 4x100 meter Relay as outlined below)
- 800 and 1500 Freestyle will be swum fastest to slowest and the events will be alternating 800 - 1500 800 etc.
- Alterations to the sessions may occur at the discretion of the Referee

#### **RELAYS:**

- Relay forms with the names and order of the swimmers must be submitted to the clerk of course 30 minutes prior to the start of the session in which the relay will be swum
- As per SW 10.13 & CSW 10.13.1 Any swimmer shall compete as a member of only one relay team per event.
- Age groups for relays are as follows: 12 & under, 13 & over

#### **Mixed 4x100 Freestyle Relay**

- The Mixed 4x100 Freestyle Relay teams must have 2 girls and 2 boys. No other combination is allowed. **The combined age of the relay team must not exceed 60.**
- The first leg of the relay is not an official time. Requests for official splits are not allowed for the mixed relays.

- The Mixed 4x100 Freestyle Relay will be eligible for awards and points as one age group event.
- With the exception of the “Mixed 4x100 Freestyle Relay” Mixed gender teams will be EXHIBITION only, and will not be eligible for awards or points.

**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 directly via email. Entries must include all attending coaches. Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.

- Swimmers will be limited to 9 individual events
- All individual entries are subject to and must pass Swimming Canada validation to be accepted into the competition
- All entries are to be submitted in LCM times. Please use the HY-TEK Team Manager for conversions of SCM times to LCM times at 2% before submitting entries
- Meet management reserves the right to limit entries in any event based on session lengths
- Teams may enter any number of relays in the appropriate events as long as SW 10.13 & CSW 10.13.1 are followed
- Deck entries will be accepted only where empty lanes are available.
- All Deck entries will be swum EXHIBITION and will not be eligible for points or awards.

**ENTRY DEADLINE: MONDAY, JANUARY 16, 2023 at 3:00PM EST**

**AGE-UP DATE:**

The competitor’s age is as the first day of the competition: Jan 28, 2023

**PSYCH SHEETS:**

Psych sheets will be posted at [www.thunderbolts.ca](http://www.thunderbolts.ca) prior to the start of the meet.

**ENTRY FEES:**

**INDIVIDUAL: \$ 120.00**

**DECK ENTRIES: \$ 15.00 CDN PER EVENT**

**RELAY: \$ 20.00 CDN PER TEAM**

**DECK ENTRIES RELAY: \$ 20.00 CDN PER TEAM** (subject to lane availability)

**\*\*Meet entry fees are due prior to the beginning of Session 1.**

**\*\*Cheques or Money Orders must be made payable to Thunder Bay Thunderbolts Swim Club**

#### **SCRATCHES:**

- **ALL scratches must be submitted to the Clerk of Course 30 minutes prior to the start of each session.**
- There will be no re-seeds and no fee refunds for scratches.
- Heats may be combined after the scratch deadline, at the discretion of the referee
- All scratches must be done on official scratch cards.

#### **CHECK IN:**

- Positive check in required for all 800/1500 Freestyle events by 8:30am during the Saturday morning warm ups.

#### **RESULTS:**

- Meet results will be available on **MEET MOBILE**
- Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)

#### **OFFICIAL 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 at least **30 minutes** prior to the commencement of the session in which the event will take place.

#### **MEET SCORING:**

- **Individual Events Points:** 12,10,8,6,4,3,2,1
- **Relay Points:** 24, 20, 16, 12

#### **INDIVIDUAL AWARDS:**

- Medals for 1st, 2nd, and 3rd place for individual events
- Medals for 1st place for age group relays
- Medals for 1st place in the Mixed 4x100 Free Relay
- Ribbons for 4th-8th place for individual events

#### **TEAM AWARDS:**

- Top Team Banner (Total Points)
- Best Performing Team (Points/total number athletes)
- Individual High Point Award (per age group)

**TBT Invitational  
HOSTED BY THE THUNDER BAY THUNDERBOLTS**

***JANUARY 28-January 29, 2023***

**SATURDAY MORNING JANUARY 28, 2023**

**WARM-UP 7:30-8:20 am//START 8:30 am**

- Event 1 100 Freestyle
- Event 2 50 Butterfly
- Event 3 200 Breaststroke
- Event 4 50 Breaststroke
- Event 5 200 Backstroke
- Event 6 800 freestyle
- Event 7 1500 freestyle
- Event 8 400 FREE RELAY

**SATURDAY AFTERNOON JANUARY 28, 2023**

**WARM-UP 2:30PM-3:20pm//START 3:30 pm**

- Event 9 50 Freestyle
- Event 10 200 Butterfly
- Event 11 100 Backstroke
- Event 12 200 Individual Medley
- Event 13 400 Freestyle
- Event 14 MIXED 4X100 FREESTYLE RELAY

**SUNDAY JANUARY 29, 2023**

**WARM-UP 7:30-8:20 am//START 8:30 am**

- Event 15 200 Freestyle
- Event 16 100 Butterfly
- Event 17 50 Backstroke
- Event 18 100 Breaststroke
- Event 19 400 Individual Medley
- Event 20 400 MEDLEY RELAY