

# JOHN TIMMERMANS MEMORIAL MEET 2023

March 18-19, 2023

Brookfield Residential YMCA at Seton  
4995 Market Street SE, Calgary, AB  
25 meter, 10 lane pool  
Omega/ARES timing system



---

## Eligibility

This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.

Sessions		Date	Warm up	Start
<b>Session 1</b> (prelims and timed finals)	All age group	March 18, 2023	8:00AM	8:45AM
<b>Session 2</b> (finals)	All age group	March 18, 2023	3:00PM	3:45PM
<b>Session 3</b> (prelims and timed finals)	All age group	March 19, 2023	8:00AM	8:45AM
<b>Session 4</b> (finals)	All age group	March 19, 2023	3:00PM	3:45PM

## ENTRIES

Entry Fees: Individual events  
Preliminary/Final Event \$14/event  
Timed Final \$12/event  
Timed Home Event \$4.00  
Entry Fees are non-refundable after the scratch deadline

Entry Deadline: Wednesday March 1, 2023 11:59PM

Deck Entries: Deck Entries will be charged \$25.00/ event for all individual events.  
All Deck Entries are exhibition swims, and will not be scored.

Refunds: No refunds for any scratched swimmers after Entry Deadline

Expected Entries:  
Maximum of 375 Swimmers and Minimum 200 swimmers  
Nose Creek Swim Association reserved 125 swimmers

## Entry Procedures:

All entries to be submitted using Hy-tek through the Swimming Canada online system.

All entries must contain the **swimmer's name, Swimming Canada swimmer ID and date of birth**. If entering from outside of Canada, please email Hy-tek file directly to the entries email

Please enter all events with a time. NT's will not be accepted.

Swimmers are limited to a maximum of seven events including the home event

A maximum of three events per session

Deck entries will be limited to swimmers who have registered for the competition through the

Swimming Canada online system and will be accepted as long as no new heats are created and at Meet Management's discretion.

## Official Split Time:

Official Split time request deadline by 30 minutes before the start of the session in which the official split is requested. The coaches are required to fill "Official Split Request Form.

There will be a fee of \$5.00 for each single official split request. The fee is payable to the Clerk of Course at the time of the request.

## Age Groups:

### Individual events

Results will be posted in the following age groups:

- Female: 10&under, 11-12, 13-14, 15 & over, Male: 11&under, 12-13, 14-15, 16 & over

## MEET INFORMATION

### Rules:

The meet will be conducted under published FINA and/or WPS rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

Swimming Canada warm-up procedures will be in effect.

### Modesty Wear

- All swimmers are permitted to race with modesty wear at all competitions sanctioned by Swim Alberta. It is not required to declare the use of modesty wear to the Referee.

*Modesty wear is considered additional body coverage using a fabric that is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage, meaning it does not aid buoyancy, strength, speed, or endurance.*

### Safe Sport:

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.

### Competition and Diving Readiness Standards:

Entry to competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

### Diving Rules:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

### Meet Format – Timed Final and Preliminary Events

All events will be swum slowest to fastest

200 Free and 200 IM are timed finals.

**\*\*\*Event order to be confirmed after deadline date to make session length reasonable\*\*\***

### Meet Format – Finals Sessions

“A” finals only for 100 events

“A” & “B” finals for 50 events - will only be run if 20 swimmers entered in event (not including exhibition swimmers)

Multi Age Super Final for all events

Events will be swam fastest to slowest.

### Meet Format - Home Timed Event

- Coaches are to have swimmers times to Clerk of Course by 9:00 am Saturday March 18, 2023.

### Scratches:

**The Swim Alberta Scratch Rule will be in effect for this competition.** Except for a swimmer will not be penalized if they miss an event during finals.

To make the meet run more efficiently any last minute scratches would be appreciated until Friday March 17, 2023 by Noon. Please notify us by email, [entries@ncsaswim.ca](mailto:entries@ncsaswim.ca).

Late scratches for timed final events and preliminaries: Submit to the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur. Meet Management may collapse heats within an event to optimize meet proceedings.

### Deck Entries:

Deck Entries will be “Exhibition” only and accepted only if the entry does not create a new heat.  
30 minutes prior to the start of the session

### Deadlines

Entry Deadline (no refunds for scratches after this date)	Wednesday March 1, 2023 (entries files will be processed on a first come first served basis)
Last Minute Scratch Deadline (no refunds if after March 1, 2023)	Friday March 17, 2023 by Noon
Late Scratch Deadline	30 minutes prior to the start of the session
Deck Entry Deadline	30 minutes prior to the start of the session
Official Split Deadline	30 minutes prior to the start of the session

### Awards:

Top 3 swimmers of A final and Super Final will receive medals.

Bell Ringer heat winner prizes will be awarded.

**PLEASE NOTE: MEET MANAGEMENT RESERVES THE RIGHT TO ALTER, REVISE, LIMIT ENROLMENT, OR OTHERWISE MODIFY THE PROGRAM TO ENSURE MAXIMUM NUMBER OF SWIMS IN A SESSION OF REASONABLE LENGTH, FOLLOWING RECEIPT OF ENTRIES. COACHES WILL BE NOTIFIED OF ANY CHANGES PRIOR TO THE MEET.**

**ADDITIONAL INFORMATION**

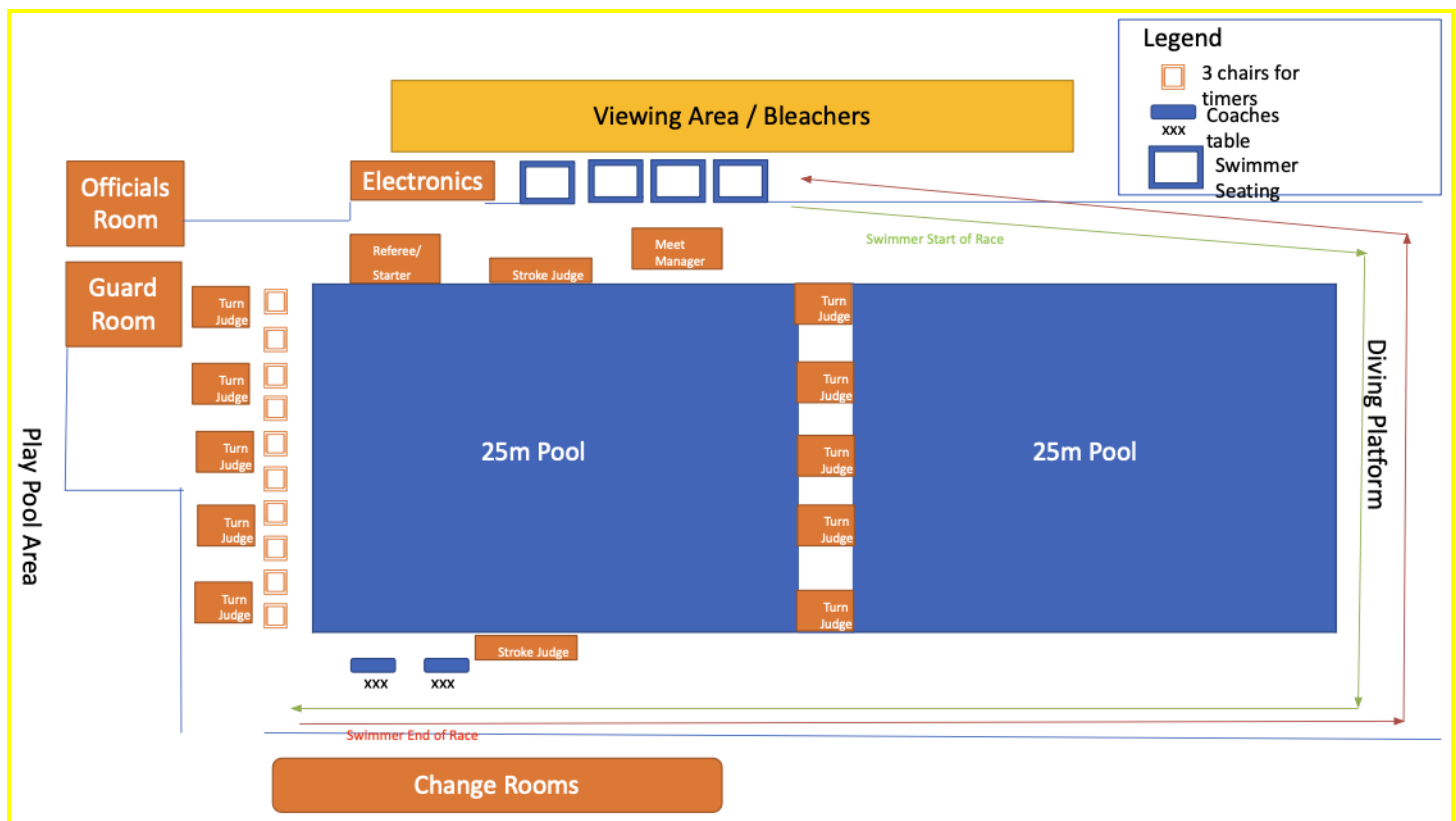
Meet Manager: Kerri Engler, Stephen Plosz, Erin Quiring [meet.manager@ncsaswim.ca](mailto:meet.manager@ncsaswim.ca)

Entries: Kyoko Taylor [entries@ncsaswim.ca](mailto:entries@ncsaswim.ca)

Officials:  
 Visiting clubs are encouraged to volunteer to officiate. Calgary and area clubs sending swimmers will be expected to send officials to: [ncsa.officials@ncsaswim.ca](mailto:ncsa.officials@ncsaswim.ca)

Official Coordinator: Margaret Palmer [ncsa.official@ncsaswim.ca](mailto:ncsa.official@ncsaswim.ca)

Advisory Referee: Dave Jenkins



# JOHN TIMMERMANS MEMORIAL MEET 2023

<u>Session 1</u> March 18, 2023 <b>Timed Finals/Prelims</b> Warm-up 8:00am Start 8:45 am	<u>Session 2</u> March 18 2023 <b>Finals</b> Warm up 3:00pm start 3:45pm
50 Back	50 Back
100 Breaststroke	100 Breaststroke
100 Free	100 Free
50 Fly	50 Fly
200 IM (timed final)	

<u>Session 3</u> March 19, 2023 <b>Timed Finals/Prelims</b> Warm-up 8:00am Start 8:45 am	<u>Session 4</u> March 19 2023 <b>Finals</b> Warm up 3:00pm start 3:45pm
100 Back	100 Back
50 Free	50 Free
100 Fly	100 Fly
50 Breaststroke	50 Breaststroke
100 IM	100 IM
200 Free (timed final)	

Home Timed Event		
400 Free	400 IM	800 Free