

APPROVED

By Swim Ontario at 4:21 pm, Feb 02, 2023

2023 Performance Race Weekend

**Hosted by:
Nepean Kanata Barracudas Swim Club**

**Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, ON K2G 1W2**



Sanctioned by: Swim Ontario



General Information

Date: February 3-4, 2023

Hosted by: Nepean Kanata Barracudas

Location: Nepean Sportsplex, 1701 Woodroffe Ave. Nepean, ON K2G 1W2

Facility: 8-lane, 50m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard

Meet Package:

The only meet package which will be considered as valid must be the morning current version found on www.swimming.ca

Competition Coordinator: Christie McMann (Level IV) mcmann.swim@gmail.com, Dan Scott (Level IV) danmscott@gmail.com

Meet Manager: Min Liu meetmanager@swimnkb.com, Caihong Chen

Entry Contact: Megan Dodge meetmanager@swimnkb.com

Officials: Shari Schaepper officials@swimnkb.com

Description:

Events are all Timed Finals. Events within each session will have all ages and genders seeded together. Results will be published open by gender. Swimmer's age will be determined as of the first day of the meet.

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, welcoming 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](#).

COMPETITION RULES:

All current Swimming Canada 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.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect.

As per the Facility Rules for Dive Start, this competition will be conducted as follows:

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 deep end only

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/teams 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.

Age Up Date: Ages submitted are to be as of February 3, 2023.

Qualifying Period: September 1, 2019 – January 24, 2022

ENTRIES:

Due to the ongoing issues with Swimming Canada's online entry system at www.swimming.ca, Meet Management will 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. After the entry deadline, coaches will be notified via email of entry approval.

Swimmers may enter three individual events per session for a meet total of 6 events.

Deadline: 31 January 2023

Payment: e transfer to nkbswimming@gmail.com – Please put team name in message field

Fees: \$63.28/swimmer

Standards: All swimmers de-qualified from the Eastern Ontario Regional Championships Meet (OYJ & above)

COACH'S REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). 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.

Schedule of Sessions:

<u>Session #</u>	<u>Date</u>	<u>Type</u>	<u>Events</u>	<u>Warm Up</u>	<u>Start</u>
1	February 3, 2023	Timed Finals	see below	4:30 pm	5:30 pm
2	February 4, 2023	Timed Finals	see below	4:30 pm	5:30 pm

Schedule of Events: See event list – Appendix A

Coaches' Meeting: Time: 4:50 p.m., Friday, February 3, 2023

Location: On the pool deck in front of the meet management office.

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.

Scratches: Meet Management should be informed of scratches prior to the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

Positive Check in is required for 800/1500 free entries at least 30 minutes before the start of their individual events. Check in your swimmers in the meet management office located in the deep end of the pool.

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.

RECORDS:

Swim Ontario has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

MEET RESULTS:

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Hospitality: A selection of food and refreshments will be made available throughout the meet for coaches and officials only.

Appendix A

SESSION DETAILS:

Session 1: Friday, February 3, 2023

Warm up: 4:30 pm

Start: 5:30 pm

Event	Distance
1	400 IM
2	50 Fly
3	50 Back
4	50 Breast
5	50 Free
6	200 IM
7	200 Fly
8	200 Back
9	200 Breast
10	200 Free
11	100 Fly
12	100 Back
13	100 Breast
14	100 Free
15	800 Free
16	1500 Free
17	200 Fly
18	200 Back
19	200 Breast
20	200 Free
21	200 IM
22	100 Fly
23	100 Back
24	100 Breast
25	100 Free
26	50 Fly
27	50 Back
28	50 Breast
29	50 Free
30	400 Free

Session 2: Saturday, February 4, 2023

Warm up: 4:30 pm

Start: 5:30 pm

Event	Distance
31	400 IM
32	50 Fly
33	50 Back
34	50 Breast
35	50 Free
36	200 IM
37	200 Fly
38	200 Back
39	200 Breast
40	200 Free
41	100 Fly
42	100 Back
43	100 Breast
44	100 Free
45	800 Free
46	1500 Free
47	200 Fly
48	200 Back
49	200 Breast
50	200 Free
51	200 IM
52	100 Fly
53	100 Back
54	100 Breast
55	100 Free
56	50 Fly
57	50 Back
58	50 Breast
59	50 Free
60	400 Free