



2022-23 Race Series
SJL March Time Trial
March 19, 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, 25 meters. Quantum System from Swiss Timing with OSB14 Starting Blocks.
MEET REFEREE:	TBD
MEET MANAGER:	Scott Rideout scottyrideout@gmail.com
OFFICIALS:	<p>Assistance with officiating by qualified persons is appreciated. Sign-up sheets will be posted online. Questions can be directed to Jennifer Higdon at officials.legend@gmail.com.</p> <ul style="list-style-type: none"> ● The timers and Chief Timers are to wear white shirts. All other officials are to wear a red shirt. Pants should be black. ● The officials meeting will be held in the officials staging area 30 minutes prior to the session. ● Officials designated as safety marshal shall arrive 15 minutes prior to warm up. ● Officials will be directed by the Chief of Officials on and off of deck <p>No refreshments will be provided. Officials are permitted to bring their own water on deck. Please be mindful of the space and remove empty water bottles upon departure.</p>
ELIGIBILITY:	Open to all swimmers 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.

SESSION TIMES	<p>Session times are shown below. All groups will swim concurrently.</p> <table border="1" data-bbox="446 262 1323 346"> <thead> <tr> <th data-bbox="446 262 873 304">Date</th> <th data-bbox="873 262 1122 304">Warmup Start</th> <th data-bbox="1122 262 1323 304">Session Start</th> </tr> </thead> <tbody> <tr> <td data-bbox="446 304 873 346">March 19, 2023</td> <td data-bbox="873 304 1122 346">0900</td> <td data-bbox="1122 304 1323 346">0930</td> </tr> </tbody> </table> <p><u>Session times include warm up start times. Warm up will be 30 minutes in duration.</u></p> <p>Meet Management reserves the right to adjust start and end times for all sessions.</p>	Date	Warmup Start	Session Start	March 19, 2023	0900	0930
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March 19, 2023	0900	0930					
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>						
ENTRY DEADLINE:	The Meet Manager Must be able to view entries no later than Monday March 13, 2023.						
ENTRY LIMITATIONS:	Swimmers are permitted to enter a maximum of three events restricted to 1 400m event. Meet Management reserves the right to consult team coaches to modify entries to reduce the number of heats.						
ENTRY FEES:	No fee for this Time Trial.						

SEEDING:	<p>Entries must be submitted using provable times.</p> <p>Seeding will be in order of times entered, as converted using Hy-tek default conversion factor, followed by swimmers entered with non-standard times and those entered with NT (no times).</p>
EVENTS:	<p>All individual events are short course, mixed gender, timed finals and will be swum slowest to fastest with the exception of the 400m events which will be swum fastest to slowest.</p>
	<p style="text-align: center;">Saturday March 18, 2023</p> <p style="text-align: center;">EVENT 1: 400 IM EVENT 2: 100 Free EVENT 3: 200 Back EVENT 4: 100 Fly EVENT 5: 200IM EVENT 6: 50 Free EVENT 7: 200 Breast EVENT 8: 100 Back EVENT 9: 200 Free EVENT 10: 100 Breast EVENT 11: 200 Fly EVENT 12: 400 Free</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 a minimum Skills Coach to receive deck access for this competition.</p>
COACHES MEETING:	There will be no coaches meeting.
SCORING:	There will be no scoring for this meet
AWARDS:	There will be no individual or team awards for this meet.
RESULTS:	<p>Results will be posted to Meet Mobile as available.</p> <p>The Hy-Tek file with complete results will be available on https://www.swimming.ca/en/events-results/ within 48 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</p> <p>https://swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/</p> <p>Non-compliance with these procedures will result in the removal of the swimmer from his/her first event of the session.</p> <p>Access to the pool deck will be restricted to swimmers, certified registered coaches, and session officials.</p> <ul style="list-style-type: none">● EVERY SWIMMER MUST take a rinsing shower on deck before entering the water.
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OFFICIALS and EQUIPMENT

Number of officials for the event

TOTAL Number of Officials: Maximum of 36

EQUIPMENT: Fully automatic; pads on finish ends; one plunger at start end; Chief Timer will be provided with 2 watches.

1 Meet Manager

1 Referee

1 Starter

2 Electronics (1 Chief Judge Electronics (can double as Meet Manager), 1 Chief Finish Judge)

2 Chief Timers (positioned 1 near lane 1 and 1 near lane 8)

2 Judges of Stroke (positioned on each side of the pool at the false start rope; walk the length of the race for each stroke except freestyle)

8 Turn Judges (positioned at start end); using plunger for each turn and at end (in order to judge turn)

8 Turn Judges (positioned at turn end);

8 timers (positioned at start end)

2 Clerks (1 positioned on heat entry side and 1 on end-of-race pool exit side)

1 Chief of Officials (may double as relief official where/when necessary; present at official check-in for placement and contract tracing)

1 Assistant Chief of Officials (may double as Turn Judge; necessary to aid in sanitizing of pencils, clipboards, and any other equipment as necessary)

OFFICIALS PROCEDURES

1. Officials are encouraged to sign up in advance to ensure enough available to run the session.
2. Upon entry, sign-in with Chief of Officials is required to confirm placement.
3. Officials proceed to Crocodile Cove to remove and store outdoor footwear (indoor footwear is mandatory).
4. Officials are required to bring their own water and to dispose of any single use bottles at the end of the session. NO HOSPITALITY WILL BE PROVIDED
5. Officials will be provided with sanitized pencils, clipboards, and any other equipment which must be returned to Chief of Officials at the end of the session at the cleaning table
6. Referee uses own or provided electronic whistle (sanitized).