

MJKFF Long Course Developmental Swim Meet

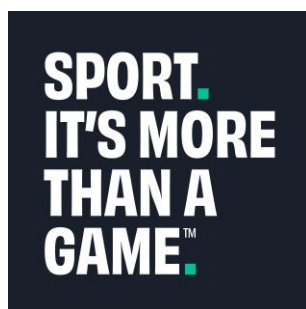
April 1, 2023

Proudly hosted by:
Moose Jaw Kinsmen Flying Fins



Meet Managers	Officials Coordinator	Entries Chairperson
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Better Lives Through Swimming



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Sanction # : 39119

MJKFF Long Course Developmental Swim Meet

April 1, 2023

Hosted by the Moose Jaw Kinsmen Flying Fins

SESSION TIMES:

Session #1 Saturday, April 1st

Warm-up: 9 AM - 9:45 AM Competition: 10:00 AM

Session #2 Saturday, April 1st

Warm-up: 1:00 PM – 1:30 P Competition: 1:45 PM

All sessions are Timed Final events.

Warm up and warm down lanes will not be available after the commencement of each session.

Meet Management reserves the right to change session start times once entries are received. Coaches will be notified should session start times change.

COACH MEETING: Saturday, April 1st @ 8:45 AM time (15 minutes prior to warm-up)
Additional coaches' meetings may be held throughout the competition if deemed necessary. Meet Management will notify coaches of any additional meetings.

OFFICIALS BRIEFING: 45 minutes prior to the start of competition for each session.

1. **LOCATION:** Swift Current Aquatic Center
1100 - 11th Ave NE,
Swift Current, SK S9H 2V6
2. **FACILITY:** 6 Lane, 50 metre pool
Non-turbulent lane markers
HY-TEK Meet Manager software
Dolphin timing system. No Touch Pads
Depth at Start end of the Pool: 3.75 meters
Depth at Turn end of the Pool: 1.0 meters

Swimmers must exercise caution when doing turns as the water is shallow.
There will be no diving at the turn end of the pool, 2nd and 4th place relay members must start in the water from a push.

MEET MANAGER/Officials Coordinator

Jennifer Abrahamson

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306 441 4669

Entries

Charles Colenutt

registrar@mjkff.ca

3. RULES AND PROCEDURES:

- Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition. [Link](#)
- Current Swimming Canada Rules will apply except as specifically modified in this meet package. [Rules](#)
- World Para Swimming Rules and Regulations will apply for Para swimmers: [Rules](#)

WARM-UPS:

- Respective clubs will be assigned a lane or lanes based on the number of swimmers registered.
- Clubs will determine own lane use. There will not be assigned diving lanes.

5. ELIGIBILITY:

- Entries will only be accepted for Year-Round Age Group Club swimmers, who are registered in the Swimming Canada registration database and have a Swimming Canada registration ID number which is 9-digits, unless the swimmer is registered with and representing a foreign World Aquatics (formerly FINA) affiliated federation.

This competition is open to all Saskatchewan clubs.

There will be an entry limit of 140 swimmers for the meet.

- Swimmers must be a minimum of 7 years of age as of the first day of competition. Age group based on age of swimmer as of April 1, 2023
- This meet is intended primarily for developmental athletes ages 12 & Under.**
Age group athletes 13 & Over may attend at their club's discretion.
- Eligibility will be **limited to 30 swimmers maximum per club** and entries will be taken on a 'first come first serve' basis up to the max number of 140 swimmers.
- There are no qualifying times but swimmers can be de-qualified from events - see item #6 below.
- Para swimmers who are registered with Swimming Canada or a World Aquatics (formerly FINA) affiliated are eligible to compete.
- Entries will not be allowed for any master's swimmers registered in the Masters-Open category.

6. Dequalifying times

a) 10 & under Females and 11 & under Males

- There are no de-qualifying times for 10 & under Females or 11 & under Males.

b) 11 & over Females and 12 & over Males

- De-qualifying times for 11 & Over Females and 12 & Over Males are Saskatchewan "A" or "AA" Short & Long Course Times 2016-2024. [Time Standards — Swim Saskatchewan](#)

7. ENTRY DEADLINE:

All Entries must be uploaded to the Swimming Canada system no later than 9:59 pm. Friday, March 24th, 2023. No entries will be accepted by email.

All attending coaches must be listed when uploading the entry file. If a coach from the same club as swimmers entered is not attending the meet, then they must inform the Meet Manager which coach and club will be responsible for coaching their swimmers.

8. ENTRY FEE:

Swimmer Surcharge: \$15.00 per swimmer

Individual events: \$7.00 per swimmer per event.

There is no charge for relays.

Deck entry fees are twice the normal entry fee per event.

Cheques for entry fees are to be made payable to **Moose Jaw Kinsmen Flying Fins**

Payment must be received on or before the start of warm-ups on the first day of competition.

No swimmer/club will be allowed to swim whose entry fees have not been paid.

9. ENTRIES REFUND POLICY: - [As per Winter Swimming Policy WC-4](#)

10. ENTRIES FOR ALL SWIMMERS:

- a. Swimmers can enter up to 5 **individual events** plus relay
- b. There will be a maximum of 140 swimmers allowed into the meet. Limited to 30 swimmers maximum per club
- c. Entry times will be accepted in either short course or long course. Converted times will NOT be accepted.
- d. NT's will be accepted for a swimmer that does not have a time or their entry time is prior to Sept 1, 2021.

11. Relay Entries:

- a) Relay swimmers must be properly entered in at least one (1) individual event.
- b) Relays will be held as **Open Mixed** events therefore may be composed of any age.
- c) Clubs may enter any number of relays
- d) **Relay Names** – For clubs that submit relay names in their entry file, they will not be required to submit another relay card during the meet, unless they have a swimmer name or order change.
- e) Mixed relays *must* consist of 2 swimmers of each gender.
- f) There are no qualifying times for relay events. However, to obtain seeding, a team time should be submitted.
- g) There will be no swimmer name or order changes after submission of the relay card.

12. DECK ENTRIES:

- Deck entries may be permitted at the discretion of Meet Management and only if space permits; additional heat will not be created.
- Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for day of competition entries.
- Deck entries will be classified as exhibition swims and therefore will not be given awards.
- The cost of all deck entries will be twice the normal entry fee. Payment in cash or cheque must accompany the entry when handed to the Clerk of Course or Meet Office and before being assigned a lane.
- De-qualifying times are still in effect for deck entries. If a swimmer has an "A" time, then they are not allowed to deck enter.

13. MEET FORMAT/COMPETITION:

- All events are Timed Finals.
- Male and Female events will swim separately. Meet Management reserves the right to swim heats with both genders together, if doing so will keep the meet on time.
- There are no Para specific events or entry standards

14. SEEDING:

- All events will be senior seeded according to entry times and will be swum slowest to fastest
- Para swimmers will be seeded according to their entry time.
- Heats maybe combined as necessary
- Meet Management has the right to limit entries should the session timelines be too long.

15. START:

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

16. SCRATCHES:

- a) Clubs are requested to report any scratches no later than 30 minutes prior to the start of each session. Scratches must be submitted on a scratch form which will be available from Clerk of Course.
- b) Scratches simply create empty lanes.
- c) There is no scratch penalty except for loss of entry fee.
- d) Entry fees will not be refunded for scratches received after the entry deadline date.

17. OFFICIAL SPLITS:

- As per CSW 13.3.1.1, Meet Management requires that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question. Official Split requests must be submitted to Meet Management a minimum of 30 mins prior to the start of the session.
- Clubs must be prepared to provide additional timers when an Official Split is being requested.
- Official splits will be reported as a separate event in the meet results.

18. RESULTS, SCORING AND AWARDS:

- a) **Results:** Female & Male: 7-8, 9-10, 11-12, 13 & Over
Mixed Relay: Open

Unofficial results may be made available on Meet Mobile

All official rulings will be made by officials on the pool deck.
Livestream or video will not be used to question the ruling of officials.

Final official results will be uploaded to Swimming Canada Registration, Tracking and Results site.

- b) **Scoring:** There will be no scoring.

c) **Awards**

Ribbons will be awarded for individual events for swimmers placing 1st – 6th
Relay Ribbons will be awarded for 1st -3rd place.

19. MEET SAFETY RULE

WARM-UPS:

Respective clubs will be assigned a lane or lanes based on the number of swimmers registered. Clubs will determine own lane use. There will not be assigned diving lanes, Coaches will determine when to have start dives in their assigned lane(s). At this time one-way swimming only.

Safety marshals will be on the pool deck during the assigned warm-up period.

Kick boards, pull buoys and snorkels will be allowed during the warm-up period.
Hand paddles and flippers will not be allowed, nor will tubing or cord assisted sprinting.

Any individual who is sick or has COVID-like symptoms MUST NOT participate.

It is coach's responsibility to inform the swimmers and ensure their discipline and adherence to the Swimming Canada Competition Warm-Up Safety Procedures as well as wearing masks properly.

GENERAL INFO:

There are very limited spectator numbers allowed due to fire regulations. Spectators may be asked to come and go when not watching their swimmer so all parents can have a chance to watch.

There is no deck-changing allowed. All participants must use change rooms to change in and out of swimsuits.

All Clubs are requested to clean up and supervise their own areas.

Teams are responsible for the conduct of their swimmers. Inappropriate behaviour may result in disciplinary action by Meet Management.

OFFICIALS

- Officials are encouraged to bring own water bottle.
- Parents and family members from visiting clubs wanting to be present on the pool deck during competition are encouraged to volunteer as an official. Those interested can contact the official's coordinator at: jenabrahamson8@gmail.com

COVID-19 SAFETY:

Covid 19 Safety Protocols will follow any current provincial, municipal, facility and Swim Sask guidelines, and will be subject to change. Changes will be communicated with clubs as needed.

Swimmers, coaches, officials, and volunteers are not to participate if sick or symptomatic.

Swimmers, coaches, officials, and volunteers are encouraged to follow SHA guidance and the **Living with COVID (Government of Sask)** :

Know your Risk – personal risk assessment

- Self-Monitor
- Practice frequent hand washing and cough/sneeze etiquette.
- Get fully vaccinated (and get a booster when eligible)
- Wearing a mask is an added layer of protection.
- Test and self-isolate if you test positive
- physically distance whenever possible
- Stay home even with mild symptoms.

MASKING:

Swim Sask supports a mask friendly environment. Mask use is a personal choice. Everyone must be kind and respectful of individuals' choices.

Rapid Tests

If not feeling well, even if it is just cold symptoms, then all swimmers, coaches, officials and volunteers are asked to administer a home rapid test prior to attending a swim meet and stay home if test is positive. If test is negative but are feeling sick/symptomatic, then please stay home.

Swim meets will prioritize athletes, coaches and officials on the pool deck.

PHOTOGRAPHY/VIDEOGRAPHY

- In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- For full details see the Event Photography and Videography Procedure Policy found **HERE**
- Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.
- Meet Management will issue an accreditation/name tag identifying such person. This tag must be worn at all times.

SAFE SPORT:

- a) Swimming Canada and Swim Saskatchewan 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.
- b) Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#).
- c) Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- d) Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.

EVENT LIST

SESSION 1		
Warm-up: 9:00 a.m.		Competition Starts: 10:00 a.m.
Female event #		Male event #
1	50 m Freestyle	2
3	50 m Butterfly	4
5	50 m Backstroke	6
7	100 m Breaststroke	8
9	200 m Individual Medley	10

SESSION 2		
Warm-up: 1:00 p.m.		Competition Starts: 1:45 p.m.
Female event #		Male event #
11	100 m Free	12
13	50 m Breaststroke	14
15	100m Backstroke	16
17	200 m Freestyle	18
19	200 m Mixed Relay Open	

Swimmers must exercise caution when doing turns as the water is shallow.

There will be no diving at the turn end of the pool, 2nd and 4th place relay members must start in the water from a push.