

GANDER LAKERS SWIM CLUB

***GANDER LAKERS
SPRING
INVITATIONAL***

May 10-11, 2025

Joseph R. Smallwood Arts and Culture Centre Pool
Gander, Newfoundland

Location

Joseph R. Smallwood Arts and Culture Center.
Airport Blvd., Gander, NL

Pool

6 lanes 25 meters

Sanction

Swimming Newfoundland and Labrador
Swim Canada

Meet Manager

Jill Hartle

email: lakersmeetmanager@outlook.com

Officials

Carla Albert

email: ganderlakersofficials@gmail.com

Referee

Paul MacDonald

General Information

- Due to severe allergies please ask your team members not to bring products containing peanuts to this facility.
- All Entries must be submitted via e-mail to the Meet Manager no later than **Thursday, May 1, 2025 at 8:00pm**. *However, it would be appreciated if entries can be made earlier.* Late entries cannot be assured acceptance. A \$100.00 penalty will be applied to all late entries.
- Please email entries to lakersmeetmanager@outlook.com.
- **SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.**
- Swimmers and Coaches must be registered and in good standing (Swimmers with SNL and coaches with SNC, NLSCA, CSCA.)

Events & Seedings

- All races will be timed finals, running slowest to fastest.
- All races will be gender divided, open seeded, and results provided by age.
- Meet management reserves the right to combine heats and events when numbers warrant.
- Meet Management reserves the right to limit entries in any event, session, or the meet to maintain facility session times

Entries

- Coaches will receive entry reports for review by **Saturday, May 3, 2025**.
- There will be no refund for scratches received after **Monday, May 5, 2025, 6:00pm**.
- Age is determined as the swimmer's age on the first day of the meet "per SNC Rule C5.1.14". A swimmer's age shall be as of the first day of the meet.
- Entry fees are set at \$50 per competitive swimmer as set by Swim NL Policies. Payment to the Gander Lakers Swim Club is due at the first meet session. (EMT preferred to ganderlakers@outlook.com)
- Scratch forms must be completed by the finish of the first warm-up of each session.
- There will be a brief coach meeting during the warm-up of the first session. Coaches will be notified of the meeting location and time.
- Competitive Swimmers may participate in a maximum of **6 individual events**. The event maximum does not include relays.
- Swimmers may participate in **either** 800 or 1500m Free.

Relays

- **Maximum of 2 Relay Teams per age group per Swim Club, per event**
- There will be no age restriction on relays. The age of the oldest swimmer will determine the age category of that team.
- Relay entry names must be submitted with entries. Changes to names are permitted 30 minutes prior to the start of that session. Relay names will not be printed in any programs.

Pre-Competitive Swimmers

- Pre-Competitive Swimmers from Western Teams are permitted to attend this meet for exhibition swims.
- Pre-Competitive fees to be communicated to attending teams.
- Pre-Competitive events will take place during the Saturday PM and Sunday AM sessions.
- Pre-Competitive swimmers will be limited to 4 swims.
- Pre-Competitive swimmers will be restricted to the following events
 - 25, 50 and 100 Free
 - 25 and 50 Breast
 - 25 and 50 Back

Scoring

- Individual: Points will be based on age groups 10 and under, 11 - 12, 13 - 14, and 15 and over. Timed finals will be scored 1st through 6th, using the following point system 7, 5, 4, 3, 2, 1.
- Relays will be scored using the following point system 14, 10, 8, 6, 4, 2. Only the fastest relay from each team per age group will score.

Awards

- Place Ribbons will be awarded for 1st-6th place for individual events. Place Ribbons will be awarded for 1st-6th place relay teams by age group.
- Top Achiever Gold, Silver and Bronze Medals will be awarded for the overall top aggregate point winners for the following ages: 10 and under, 11 - 12, 13 - 14, 15 and over.

Team Award

- A Top Team award will be given to the team with the highest total points divided by the number of swimmers entered from that team, there is a minimum of 10 swimmers required to qualify for the team award.

Session Times

May 10th	Saturday AM	Saturday PM
	8:00am – Warmup 1	4:00pm – Warmup 1
	8:30am – Warmup 2	4:30pm – Warmup 2
	9:00am – Session Start	5:00pm – Session Start
	12:00pm – Session End	8:00pm – Session End

May 11th	Sunday AM
	8:00am – Warmup 1
	8:30am – Warmup 2
	9:00am – Session Start
	12:00pm – Session End

Notes

- Warm-up will end 5 minutes before the start of each session. Swimmers are expected to have vacated the pool by this time.
- Warm-up will be two 25-minute sessions.
- Warm-up and Session Times will be confirmed when all entries are received, and sessions are timed out.
- Coaches meeting will take place during Warm-up 1 on Saturday AM. Time and Location will be confirmed once session times are finalized.
- Officials meetings will take place during Warmup2 of each session. Time and Location will be confirmed once session times are finalized.

Session Events

Saturday AM	Saturday PM	Sunday AM
800 Free	50 Back	200 IM
1500 Free	50 Breast (*Pre-Comp Only)	50 Free
100 IM	100 Fly	25 Back (*Pre-Comp Only)
200 Back	400 IM	100 Back
50 Breast	25 Free (*Pre-Comp Only)	50 Free (*Pre-Comp Only)
100 Free	100 Breast	200 Breast
200 Fly	50 Back (*Pre-Comp Only)	50 Fly
4 x 50 Freestyle Relay	200 Free	25 Breast (*Pre-Comp Only)
		400 Free
		100 Free (*Pre-Comp Only)
		4 x 50 Medley Relay



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warm-up environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.



VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."