



NORTHERN LIGHTS SWIM CLUB

STAR WARS TIME TRIAL

May 3rd & 4th, 2025

NORTHERN LIGHTS SWIM CLUB

“Star Wars” Time Trial

DATE:

Saturday, May 3, 2025 and May 4, 2025

LOCATION Saturday:

Mike Adam Rec Center
Wabush, NL
25 yards, 5 Lanes

LOCATION Sunday:

Fermont Swimming Pool
Fermont, QC
25 meter, 6 lanes

SANCTION

Swimming Newfoundland & Labrador
Swim Canada

MEET MANAGER:

Giselle Pike
E-Mail:coachgiselle@outlook.com
Phone: 709 – 944 – 0678

REFEREE

Paul Macdonald
macdonp@navcanada.ca

ELIGILITY:

All Swimmers must be registered with
Swim Canada.

MEET FORMAT:

All events will be swam as a time finals.

ENTRIES:

All entries must be entered using Hytek file.
A limit of six individual events per swimmer.
Please note, there will be two Hytek files sent
due to the length of each pool. Yard times will be
converted.
All events will be Time Final and Time Seeded
running slowest to fastest.
Meet Management reserves the right to combine
heats and/or adjust the schedule of events when
numbers/session lengths warrant (coaches will
be notified).

ENTRY DEADLINE:

April 26, 2025

ENTRY FEES:

Entry Fee of \$25.00 per swimmer.
NOTE: It would be appreciated if meet fees were
sent via email transfer to **NLSC@crrstv.net**
Coaches will receive an entry report for review
by Tuesday April 29th, 2025.
Scratches must be made in writing to the meet
manager at least 30 minutes prior to the start of
the session.
There will be a coaches meeting ½ hour before
the start of the first warm-up session on
Saturday May 3rd.
Psych Sheets/Session Report will be made
available to the coaches by email by Thursday
May 1st.

RULES:

SNC rules will govern the meet.

WARM UP:

ALL Teams will warm up together for
25minutes before each session.

AGE GROUPS

Age groups for this competition will be as
follows,
10&Under
11-12
13-14
15&Over

AWARDS

Ribbons will be provided for 1st, 2nd, & 3rd place
to participants after the meet.

ON DECK ACCESS

Only participating swimmers and registered
coaches plus officials are permitted on deck. Meet
Management and Referees reserve the right to
request a coach to produce coaching credentials.
Failure to produce credentials may result in the
coach being asked to leave the pool deck.

HOTELS:

**Two Seasons Inn
Labrador City
709-944-2661**

**Carol Inn
Labrador City
709-944-7736**

**The Wabush Hotel
Wabush
709-282-3221**

**Twin Cities B&B
Labrador City
709-944-2875**

**Northern Inn and Suites
Labrador City
709 944- 2425**

SCHEDULE OF EVENTS

Times are listed for the Time Zone the event will take place

Saturday Wabush

WARM UP: 5:15 pm

START: 5:45 pm

END: 9:00 pm

800 Free

25 Back

200 Back

200 Fly

50 Back

400 IM

100 Free

25 Breast

200 Breast

50 Fly

100 Back

400 Free

4*50 IM Relay

Sunday Fermont

WARM UP: 1:15 pm

START: 1:45 pm

END: 5:30 pm

50 Free

100 Breast

200 IM

25 Fly

100 Fly

50 Breast

25 Free

200 Free

100 IM

1500 Free

4*50 Free 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..