

Feb Frosty Frenzie Meet
22 – 23 Feb 2025

- LOCATION:** Central Labrador YMCA
- POOL:** 25m 6 Lanes, Colorado Timing System
- Sanction:** SNL
- MEET MANAGER:** Meet manager: Kerry Rideout
Kerry.rideout@gmail.com
- ELIGIBILITY:** All Swimmers registered with SNL
- MEET FORMAT:** All events swam as time finals. All individual events will be swam as mixed open events based on entry time. All 25's events can only be swam by PRE-COMPETITIVE 12 & Under.
- REFEREE:** Wayne Winsor
- ENTRIES:** All entries use Hytek and entry deadline 18 Feb 2025. Hytek file will be sent to your club by SNL. A limit of 5 swims per swimmer.
Scratched Deadline 19 Feb 2025 and meet program sent by 20 Feb 2025
- RULES:** SNC rules will govern the meet.
- Warm-up:** Saturday 5pm
Sunday 845am

Warmup:

- SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT.
- Warm-up for prelims and finals will be 45 minutes.
- Sprint lanes will be run by each Team in their assigned Lanes

Session 1

Saturday Pm

WARM UP: 5pm-545pm

START: 0600pm

800 Free
100 BR
50 Fly
200IM
25 Free
200 Br
100 Fr
50 Bk
25 Fly
200 Free
4 x 50 Free relay

Session 2

Sunday AM

WARM UP: 0845-0900am

START: 0915am

50 Free
25 BR
200 BK
100 Fly
50 Br
100 Bk
25 Bk
100 IM
400 Fr
4 x 50 Medley Relay

Photography/Videography

a. In order to minimize risk, all photographs and video taken at Swimming Canada/PSO 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.

b. The full details on the Event Photography and Videography Procedure can be found [HERE](#)

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 warmup 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 warmup 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.