



Corner Brook Rapids Swim Club

Pumpkin Plunge Invitational 2024

26th to 27th October 2024

Corner Brook Arts and Culture Centre

Swimming Pool

11 University Drive, Corner Brook, NL



GENERAL INFORMATION

This is an open invitational development meet with the following goals:

Dates: 26th October 2024 – 27th October 2024

Location: Corner Brook Arts and Culture Centre
11 University Drive, Corner Brook, NL

Spectator Admission: No charge.

Pool: 6 lanes - 25 meters.

Referee(s): **Paul MacDonald (Level 4)**
Paul.MacDonald@navcanada.ca
709-424-5924

Bob Edwards (Level 3)
registrar@cbrapids.com
709-660-4616

Sanction: Swimming Newfoundland and Labrador

Meet Management: meetmanager@cbrapids.com
Lisa MacArthur (Meet Manager)
(709) 630-2613

Officials Coordinator: Glenn MacArthur
officials@cbrapids.com

Important Dates:	10 Oct 2024	1800 NST	Entry acceptance
	19 Oct 2024	2000 NST	Entry deadline
	21 Oct 2024	1800 NST	Coaches entry review notification
	23 Oct 2024	1200 NST	Scratch date
	24 Oct 2024	1800 NST	Confirmation of warm up times, Session Reports, and Updated Team Entries.
	25 Oct 2024	2359 NST	Age-up date
	26 Oct 2024	0900 NST	Coaches meeting
	26 Oct 2024	0925 NST	Officials meeting
	26 Oct 2024	1000 NST	Meet start



MEET INFORMATION

Rules:

- Swim Canada rules will govern the meet. Swim Canada Warm-Up safety procedures will be in effect. FINA One-Start Rule (False Start DQ) in effect.

Package:

- The only meet package that will be considered as valid shall be the most current version found on www.swimming.ca.

Description:

- This is an open invitational meet for competitive swimmers.
- All events will be gender divided, open aged, standard seeding timed finals, slowest to fastest.
- The meet will have three sessions, two morning sessions and one evening session.
- All swimmers may compete in a maximum of 6 events plus two relays.
- Swimmers may compete in **either** the 800 Freestyle **or** 1500 Freestyle events. These will be swum as mixed events and may be combined.
- Meet management reserves the right to limit entries in 400 meter free, and 400 meter IM events.

Relays:

- The age of the oldest swimmer will determine the relay age group.
- Completed relay team entries (with swimmers' names) are required.
- Relay changes only, NOT entries, will be accepted up to the start of warmup in which the relay is scheduled and the team is entered.
- Clubs may enter as many teams as they wish in the relays.
- Each swimmer may enter only one relay per session for the meet.
- Relays will be divided into groups, male and female. Each relay team must be composed of either 4 female or 4 male swimmers.
- If a relay team has a swimmer from another club on their relay team, their times will be listed as an exhibition time only.

Warmups:

- SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT.
- Sprint lanes will be available for the last 10 minutes of warm-up. Lanes 1 and 6 will be used for sprinting and are designated as diving lanes with one-way traffic only
- Swim Canada Warm-up procedures will be posted during the meet.



Officials:

- Officials can sign up by emailing Glenn MacArthur at officials@cbrapids.com. Officials are asked to check off the signup sheets prior to each session to confirm their attendance. The sheets can be found in the pool lobby area of the Arts and Culture Pool.
- ***Teams are encouraged to support each session. With a 6-lane pool, there is an increased demand for on-deck officials and the Rapids kindly thank all volunteers in advance. Parents who are qualified officials that have children swimming the 800 or 1500 free are encouraged to officiate during this session.***
- There will be an official's meeting held 30 minutes prior to the start of each session.
- Officials are to be in position 5 minutes prior to the start of the session.
- Food and refreshments will be provided to coaches and officials prior to and during each session. This food is uncontrolled with respect to allergies and dietary needs.

Coaches:

- There will a coaches meeting held at 0900 NST 26th October 2024, on the basement level floor of the Arts and Culture Pool. Each team shall send a representative.
- All Coaches must be in good standing with their respective provincial bodies.
- Coaches must submit contact information plus email address where they can receive messages from meet management. Please email this information when submitting entries. A cell phone number would be great!!
- Coaches requesting information on a DQ must speak to the Referee directly.

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.

Photography and Video:

- Only meet management sanctioned photography and video recordings are permitted on deck.
- Coaching video is considered sanctioned.

ENTRIES & SCRATCHES

Meet Management Conditions:

- Meet Management reserves the right to limit entries in any event, session, or the meet to maintain facility session times.
- Meet Management reserves the right to modify session times and event order as necessary to accommodate meet requirements and will notify coaches whenever possible.
- Meet Management reserves the right to combine heats and events when numbers warrant.
- Meet Management reserves the right to impose an event swim time cut-off or prohibit NT entries.

Charges:

- Meet management reserves the right to charge a \$100.00 for all late entries or to refuse late entries.
- Meet management reserves the right to charge \$1.00 per occurrence for each of the following:
 - A prohibited entry;
 - An invalid entry time; or
 - A swimmer with greater than six individual events.

**Qualifying Standard:**

- The meet is open to competitive swimmers.
- Current Provincial time standards can be found on www.swimmingnl.ca

Eligibility:

- All athletes must be registered as Competitive Swimmers with Swim Canada, or any other amateur swimming organization recognized by FINA.
- A valid SNC registration number is required for all Canadian swimmers, and entries without a Swim Canada registration number will be declined entry.

Entries:

- Swimmers are restricted to entering no more than three individual events per session.
- Age-up date is 2359 NST, 25th October 2024.
- Email hy-tek entries will be accepted via SNC online system. Limited email entries will be accepted with justification and at the discretion of meet management.
- Entry acceptance begins 1800 NST, 10th October 2024.
- Entry deadline is 2000 NST, 19th October 2024.
- All entries will be processed after the entry deadline. Teams will have an opportunity to review their club entries.

Para-Swimmers

- Para-swimmers must be classified as per Swim Canada with their names reflecting their classification.
- Para-swimmers will swim in able-body events and will be scored as such.

Psych Sheet:

- The psych sheet will be emailed to coaches no later than 24th October 2024.

Charges and Entry Fees:

- Entry fees are set at **\$50.00** per swimmer. Payment to the Corner Brook Rapids Swim Club is due at the first meet session. Cheque or e-transfer only please (cash not accepted)
- Please make cheque payable to Corner Brook Rapids Swim Club; or send e-transfer to treasurer@cbrapids.com
- Fees due are based on the entries confirmed on Wednesday, October 23, 2024 at 6:00 p.m. (NST) – Scratch deadline.
- \$10.00 deck entry fee per entry (no refund), payment required with submission at Meet Manager Desk.

Deck Entries:

- Deck entries must be made 30 minutes prior to start of the session.
- Deck entries will only be accepted based on the availability of empty lanes only and at the discretion of meet management.
- Deck entries are exhibition swims only in accordance with Rule C.S.W 3.6.5



Scratches:

- There are no penalties for late scratches or no-shows.
- Meet Management may not accommodate swimmers who no-show.
- Meet Management may not accommodate requests to move a swimmer to another open lane.
- Any accommodations are at the sole discretion of meet management and are not tied to precedents.

RESULTS/SCORING & AWARDS

Results:

- Results will be posted on the deck and outside the officials' area throughout the session.

Scoring:

- Timed finals for swimmers will be based on 1st through 16th, using the following point system: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 in individual events.
- Points will be based on age groups: 10 & under, 11-12, 13-14, 15 & over.

INDIVIDUAL AWARDS

- Certificates will be given to all participants.
- A Best Times Box will be placed on deck for random draw prizes at the end of the meet prior to the awards announcements.
- Top Achiever awards will be given to the highest 3 (three) total point scorers based on individual events, both male and female, in each age group.

TOP TEAM AWARD

- Teams must have at least 8 swimmers at the meet to qualify for top team award.
- Top team award will be based on total points accumulated by each swimmer on the team divided by the number of swimmers on that team at the meet.



SESSION INFORMATION

Session Schedule:

Session	Morning	Evening
October 26	0855 – Warm-up	1700 – Warm-up
	1000 – Session Start	1805 – Session Start
	1200 – Session End	1930 – Session End

Session	Morning	Evening
October 27	0825 – Warm-up	
	0930 – Session Start	
	1100 – Session End	

Note

- Warm-up ends 5 minutes before start of session. Swimmers are expected to have vacated the pool by this time.
- Warm-up will be two 30-minute sessions.

Event Schedule:

Session	Morning	Evening
October 26	800 Free (mixed)	400 Free
	1500 Free (mixed)	100 Fly
	(15-minute break)	50 Breast
	200 Back	100 Free
	50 Fly	200 IM
	100 Breast	4 x 50 Free relay
	50 Back	
	200 Free	
	100 IM	

Session	Morning	Evening
October 27	200 Fly	No sessions
	100 Back	
	200 Breast	
	400 IM	
	50 Free	
	4 x 50 Relay medley	

Note

- Swimmers are restricted to 3 **NT** entries for distances of 200-meter events.
- Swimmers may compete in a maximum of 6 events plus 2 relays.
- Swimmers may compete in **either** the 800 Freestyle **or** 1500 Freestyle events. These will be swum as mixed events and may be combined.
- Meet management reserves the right to limit entries in 400 meter free and 400-meter IM events.
- If a swim team adds a swimmer from another swim team – this will be added as an exhibition time and not added to overall team scoring.



PRE-COMPETITION

- A Safety Marshall will be appointed by Meet Management prior to each swim competition, or this role can also be filled by the Meet Manager.
- Meet Management will work with the Arts and Culture Centre Pool to confirm all facility logistics and expectations.
- Disinfection protocols for the facility have been established by the Arts and Culture Pool. The Arts and Culture Pool is responsible for any disinfection of the facility and equipment prior to and following each competition.

OFFICIATING INFORMATION

- Spectators will be permitted to use the viewing area.
- Only officials, volunteers, coaches, and swimmers will be permitted on pool deck.
- Six (6) lanes will be used for warm-up.
- Manual timing will be in use and the following minimum number of officials has been identified:
 - 1 Referee
 - 1 Starter
 - 1 Meet Manager
 - 2 Safety Marshalls
 - 1 Clerk of Course
 - 1 Electronics
 - 1 Chief Finish Judge & Recorder/Scorer, HyTek Meet Manager
 - 2 Chief Timers
 - 12 Timers (Level one) – two per lane
 - 9 Inspectors of Turns (Level 2) – one per lane on start end (Head Lane), and a minimum of three on turn end.
 - 2 Inspector of Stroke (Level 2) – one on each side of the pool
- Referee and Starter will be positioned on opposite sides of the pool.
- Referee will use an electronic whistle.
- Starter does not require whistle as electronic starter will be used.
- Timer will be required to operate a Stop Watch at start, splits and finish. Inspector of Turns (Head Lane) will be required to operate Stop Watch at Start and Finish.



SWIMMER START / FINISH

- A 30 second time interval between heats will be used.
- Swimmers will marshal and enter the starting block area at Lane 6.
- Only one swimmer will be permitted at the starting block at a time. The swimmer in the next heat is to remain behind the Timers, along the back wall, until called to move behind the starting block.
- Swimmers will be requested to clear the pool when the heat has ended. Swimmers to exit the pool at Lane 1 or 6. Once entries are received and session times reviewed a fly-over start may be used (the next heat starts before the swimmers in the last heat exit the pool).
- Immediately after exiting the pool swimmers must proceed to exit the start block area at Lane 1 near the Starter.

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.