

**Freeze to Frozen Meet
7 – 8 Dec 2024**

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 are age open and swam as time finals. All individual events will be swam as 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 3rd Dec 2024**. Cost of entries \$25.00 per swimmer. Hytek file will be sent to your club by SNL. A limit of 5_swims_per swimmer.
Team entry report 5 Dec, scratch deadline 6 Dec

RULES: SNC rules will govern the meet.

Warm-up: Saturday 5pm
Sunday 830am

Warmup:

- SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT.
- Warm-up for prelims and finals will be 60 minutes.
- Sprint lanes will be available for the last 20 minutes of warm-up

Session 1
Saturday Pm

WARM UP: 5pm-6pm

START: 0615

100 Free

50 BR

25 Free

200 BR

100 Fly

50 Bk

25 bk

200 FR

4 x 50 Free relay

Session 2
Sunday AM

WARM UP: 0830-0930am

START: 0915am

50 Free

25 BR

200 BK

100 BR

50 Fly

100 Bk

200IM

25 Fly

100IM

400 Free

Photography/Videography

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