

CORNER BROOK RAPIDS SWIM CLUB



March 14-16, 2025

Corner Brook Arts and Culture Centre

Swimming Pool

11 University Drive, Corner Brook, NL



GENERAL INFORMATION

This is an invitational meet and open to all swimmers registered with S.

Dates: 14th March 2025 – 16th March 2025

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

Spectator Admission: No charge.

Pool: 6 lanes - 25 meters.

Referee(s): Mike Greene (Level 5)
rentalmike68@gmail.com
709-632-3173

Bob Edwards (Level 3)
cst.edwards@gmail.com
709-660-4616

Sanction: Swimming Newfoundland and Labrador

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

Officials Coordinator: officials@cbrapids.com

Important Dates:	23 Feb 2025	1800 NST	Entry acceptance
	3 Mar 2025	2000 NST	Entry deadline
	6 Mar 2025	2000 NST	Coaches entry review notification
	10 Mar 2025	1700 NST	Scratch date
	12 Mar 2025	1800 NST	Confirmation of warm up times, Session Reports, and Updated Team Entries.
	14 Mar 2025		Age-up date – first day of the meet
	14 Mar 2025	1810 NST	Coaches meeting
	14 Mar 2025	1835 NST	Officials meeting
	14 Mar 2025	1900 NST	Meet start



MEET INFORMATION

Rules:

- Swim Canada rules will govern the meet. Swim Canada Warm-Up safety procedures will be in effect. World Aquatics 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, age divided (12 & Under, 13 & Over and Open), standard seeding timed finals, slowest to fastest.
- The meet will have four sessions, two morning sessions and two evening sessions.
- 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 200 m and 400 m events.
- Manual timing will be in use.

Relays:

- ***A maximum of 2 relay teams per age group per club per event.***
- 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 the warmup preceding the session in which the relay is scheduled and the team is entered.
- Clubs may enter two relay teams per age group.
- 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 swim on their relay team, the relay 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 officials@cbrapids.com. Official Signup sheets can be found in the Pool lobby area near the Canteen of the Arts and Culture Pool at the beginning of each session. Officials are asked to check their name to confirm their presence.
- ***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 after each session. This food is uncontrolled with respect to allergies and dietary needs.

Coaches:

- There will a coaches meeting held at 1740 NST 14th March 2025, in the Party Room 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 provide the cell phone number of the coach attending the meet to the meet manager before the start of the meet.
- Coaches requesting information on a DQ must speak to the Referee.

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 \$100.00 for all late entries or to refuse late entries.
- Meet management reserves the right to charge \$10.00 per occurrence for the following:
 - A swimmer with greater than six individual events.

Qualifying Standard:

- The meet is open to competitive swimmers.

Eligibility:

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

Entries:

- All Swimmers may compete in a maximum of 6 events plus two relays.
- Swimmers are restricted to entering no more than three individual events per session.
- Age-up date is the first day of the meet, 14th March 2025.
- Email hy-tec entries will be accepted via email to the meet manager at meetmanager@cbrapids.com. Limited email entries will be accepted with justification and at the discretion of meet management.
- Entry acceptance begins 1800 NST, 23rd February 2025.
- Entry deadline is 2000 NST, 3rd March 2025.
- 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 13th March 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 start of 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 March 10, 2025 at 5:00 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.
- Scratches must be submitted no later than 30 minutes after the last session. Any scratches or requests received after this time will result in the swimmer being recorded as a no show.
- 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 in the canteen 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

- 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.
- Ribbons will be awarded for 1st, 2nd, and 3rd place for all individual events.

TOP TEAM AWARD

- Teams must have at least 15 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
March 14		1755 – Warm-up
		1900– Session Start
		2030 – Session End

Session	Morning	Evening
March 15	07:30 – Warm-up	1600 – Warm-up
	08:35 – Session Start	1705 – Session Start
	1230 – Session End	2000 – Session End

Session	Morning	Evening
March 16	0730 – Warm-up	
	0835 – Session Start	
	1200 – 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 1: FRIDAY EVENING, MARCH 14 th , 2025				
WARM-UPS: 5:30PM 6:35PM			SESSION START:	
Female	Age Group	Event	Age Group	Male
1	OPEN	800M Freestyle	OPEN	2
3	OPEN	1500M Freestyle	OPEN	4
5	12 & Under	200m Backstroke	12 & Under	6
7	12 & Under	100m Breaststroke	12 & Under	8
9	12 & Under	4 x 50m Freestyle Relay	12 & Under	10



EVENT SCHEDULE (cont'd):

SESSION 2: SATURDAY MORNING, MARCH 15 th , 2025				
WARM-UPS: 7:30AM			SESSION START: 8:35AM	
Female	Age Group	Event	Age Group	Male
11	12 & Under	50m Freestyle	12 & Under	12
13	13 & Over	200m Backstroke	13 & Over	14
15	13 & Over	100m Breaststroke	13 & Over	16
17	13 & Over	50m Freestyle	13 & Over	18
19	12 & Under	50m Backstroke	12 & Under	20
21	OPEN	200m Butterfly	OPEN	22
23	OPEN	400m Individual Medley	OPEN	24
25	13 & Over	50m Backstroke	13 & Over	26
27	13 & Over	4 x 50m Freestyle Relay	13 & Over	28

SESSION 3: SATURDAY EVENING, MARCH 15 th , 2025				
WARM-UPS: 4:00PM			SESSION START: 5:35PM	
Female	Age Group	Event	Age Group	Male
29	OPEN	400m Freestyle	OPEN	30
31	OPEN	100m Fly	OPEN	32
33	12 & Under	50m Breaststroke	12 & Under	34
35	12 & Under	100m Freestyle	12 & Under	36
37	OPEN	200m Individual Medley	OPEN	38
39	13 & Over	50m Breaststroke	13 & Over	40
41	13 & Over	100m Freestyle	13 & Over	42
43	12 & Under	4 x 50m Medley Relay	12 & Under	44

SESSION 4: SUNDAY MORNING, MARCH 16 th , 2025				
WARM-UPS: 7:30AM			SESSION START: 8:35AM	
Female	Age Group	Event	Age Group	Male
45	13 & Over	200m Freestyle	13 & Over	46
47	12 & Under	200m Freestyle	12 & Under	48
49	12 & Under	100m Individual Medley	12 & Under	50
51	12 & Under	50m Butterfly	12 & Under	52
53	12 & Under	100m Backstroke	12 & Under	54
55	OPEN	200m Breaststroke	OPEN	56
57	13 & Over	100m Individual Medley	13 & Over	58
59	13 & Over	50m Butterfly	13 & Over	60
61	13 & Over	100m Backstroke	13 & Over	62
63	13 & Over	4 x 50m Medley Relay	13 & Over	64



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 200 and 400 m events.
- If a swim team adds a swimmer from other swim team – this will be added as an exhibition time and not added to overall team scoring.

PRE-COMPETITION

- Two Safety Marshalls 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.
- All officials will be recruited and assigned positions prior to the day of competition.



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.

August 3, 2020

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