



Hard off the Block Invitational

CBS BLUEFINS SWIM CLUB

2025 Winter Invitational

February 21st – 23rd, 2025

CBS Recreation Complex

LOCATION

CBS Recreation Complex
Stoney Hill Park
Conception Bay South, NL

POOL

25 meters, 4 Lanes

SANCTION

Swimming Newfoundland and Labrador
Swim Canada

MEET MANAGER

Mike Ball
e-mail: mikecball@outlook.com

OFFICIALS

Please contact
Alicia Penney
e-mail: aliciapenney@live.ca

NOTES

- **Due to severe allergies please ask your team members not to bring products containing nuts to this facility.**
- All entries must be received by the Meet Manager no later than **THURSDAY February 13th @ 7:00pm**. Late entries cannot be assured acceptance or seeding. A \$100.00 penalty will be applied to all late entries.
- Please email entries to mikecball@outlook.com or warford.jason@gmail.com by the entry deadline.
- SNC Warm-Up procedures will be observed.
- Swimmers must be members in good standing with SNC/SNL.
- As per Swim Canada General Rule CGR 1.2.1.4 A swimmer's age shall be as of the first day of the meet.
- SNL requires that all coaches be in good standing with the CSCA, NLSCA and SNC.
- A Clerk of the Course will be present for all sessions, however It is the responsibility of individual swimmers to make their assigned events/heats/lane assignments. Makeup swims will not be permitted.

EVENTS & SEEDING

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).

Exhibition swims may be permitted at the discretion of meet management.

RELAYS

Swimmers can only swim in one (1) relay per session to a maximum of two (2) for the meet. The age of the oldest swimmer will determine the relay age group. Teams may enter two (2) relay teams per event/gender/age group. Relay name changes may be made up to 30 minutes before the start of the session.

ENTRIES

- Entry fees are \$50.00/swimmer. Payment to the CBS Bluefins is due prior to competition.
- Coaches will receive an entry report for review by Saturday February 15th
- Scratches should be sent to the meet manager at least 30 minutes prior to the start of the session. However, if at all possible, please provide these scratches the session before the race.
- There will be no refund for scratches received after 6:00 pm Monday February 17th
- There will be a coaches meeting ½ hour before the start of the first warm-up session on Friday February 21st
- Psych Sheets/Session Report will be made available to the coaches by email by Wednesday February 19th

ENTRY LIMITS

Swimmers may enter up to 5 individual events.
Swimmers may choose a **maximum** of two 200m events.

50 FREE ELIMINATOR

All swimmers entered in 50 Free swim on Friday Evening,
Top 8 (per age group/gender) swim Saturday Morning
Top 4 (per age group/gender) swim Saturday Evening
Top 2 (per age group/gender) swim Sunday Morning

AGE GROUPS

Age groups for this competition will be as follows,

10&Under
11-12
13-14
15&Over

AWARDS

Ribbons will be awarded to swimmers finishing 1st – 3rd in individual events.

Prizes will be awarded to the Eliminator Winners as well as random heat winners throughout the meet.

SCHEDULE OF EVENTS

Friday February 21 st	Saturday February 22 nd	Saturday February 22 nd	Sunday February 23 rd
Warm-Up: 5:00pm	Warm-Up: 7:00am	Warm-Up: 4:00pm	Warm-Up: 7:00am
50 Free Eliminator (All) 100 Breast 200 Fly 4x50 Free Relay	50 Free Eliminator (Top 8) 100 Fly 50 Back 200 IM 100 Free	50 Free Eliminator (Top 4) 100 Back 50 Fly 200 Breast 4x50 Medley Relay	50 Free Eliminator (Top 2) 200 Back 50 Breast 200 Free

WARM-UP SCHEDULE

Listed warm-up times are approximate, the Finalized Warm-Up Schedule will be distributed to coaches at a later date.

FACILITY INFORMATION

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.

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.

DECK ENTRIES (C.S.W 3.6.5)

Deck entries may be requested 30 minutes prior to start of the session.

Deck entries will 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.

RESULTS

Results will be posted on the deck and in the Pool Viewing area throughout the session.

Results will be uploaded to Meet Mobile after the conclusion of the session.

If the results fail to upload, a copy will be posted on the CBS Bluefins website.

Food and refreshments will be provided to coaches and officials prior to and during each session. Please note that food is uncontrolled with respect to allergies and dietary needs. Canteen services may be available upstairs in the Pool Viewing area.



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.