



St. John's Legends Swim Club

SJL April Showers Swim Spectacular

Apr 11th - 13th, 2025

Hosted By:

St. John's Legends Swim Club

Competition Dates

Friday Apr 11th - Sunday Apr 13th, 2025

Location

Carbonear Swimming Pool
P.O. Box 999 Stn Main
Carbonear, NL, A1Y 1C5
6 Lane, 25m pool with Colorado electronic timing system.

Sanctioning

Swimming Natation Canada (SNC)
Swimming Newfoundland & Labrador (SNL)

Meet Manager

Scott Rideout meets@sjlegends.com

Officials Coordinator

Jennifer Higdon officials@sjlegends.com

Referee:

TBD

Facility Rules

The pool deck area is limited to swimmers registered in the meet, registered Coaches, and Officials that are working in the current session only. Coaches are asked to strictly implement this rule with your clubs.

Entries

The entry file will be emailed to coaches due to the delay in REMS Meet Functionality. Entries MUST be submitted by email to meets@sjlegends.com no later than Tuesday, Apr 1th, 2025 by 11:59 pm.

Meet Manager will acknowledge team entries with a meet entry report by 11:59 pm on Wednesday Apr 2th, 2025

All meet communications including the entry report will be emailed to the coach/team representative who submits the entries on the SNC site. If another coach would like to receive communications directly from the meet manager, please email the meet manager.

Entry Fees

Meet fees are \$50.00 per swimmer.

Scratches and changes will be accepted from coaches until 5:00pm, Tuesday Apr 8th, 2025.

Eligibility

Swimmers must be registered with SNC or a World Aquatics affiliate by the meet entry deadline.

Entry Limitations

Swimmers are permitted to enter up to 6 individual events and 2 relay events however any individual entering a 400m or longer event must have achieved:

- 200m Free time of 3:20.00
and
- 200m IM time of 3:35.00



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Rules

- SNC rules and warm-up procedures will govern the meet.
- SNC Swimwear rule in effect GR.5.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
- Exhibition swims may be permitted at the discretion of Meet Management in empty lanes during prelims only.
- Time Trials may be added to the meet for those seeking SNC qualifying standards, if time permits, and at the discretion of the meet manager.

Meet Format

- Timed Finals

General

- The meet will be run cardless for swimmers.
- Heats will be by entry time and not by age group.
- All events will be swum as timed finals.
- All events will start at the deep end of the pool.
- Meet Management reserves the right to combine events and/or heats.

Coaches

All coaches must be in fully registered and in good standing with the SNC, NLSCA, and CSCA to coach at any sanctioned competition.

Scratches

All events will be pre-seeded. Coaches may pick up their meet information package during warmup on Apr 11th, 2025. Coaches must complete scratches in writing on the provided scratch forms and present them to the Meet Manager or designate.

HEATS: Scratches will be accepted 45 minutes prior to the start of the session.

Awards

There will be no awards for this meet.

Officials

To assist in running successful meet, clubs are asked if they could provide assistance as per SNL policy 6.09 (F)

Timers, Chief Timers, and Volunteers are asked to wear white shirts and black pants. Level Two and above officials are required to wear red shirts and black pants.



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April Showers Swim Spectacular Schedule of Events

Friday Apr 11, 2025	Saturday Apr 12, 2025	Saturday Apr 12, 2025	Sunday April 13, 2025
Timed Finals	Timed Finals	Timed Finals	Timed Finals
Warm-Up: 4:00-5:25pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm	Warm-Up: 7:00am-8:25am Officials Meeting: 8:00am Session: 8:30am-12:00pm	Warm-Up: 3:30-5:25pm Officials Meeting: 5:00pm Session: 5:30pm-8:30pm	Warm-Up: 7:00am-8:25am Officials Meeting: 8:00am Session: 8:30am-12:00pm
100 Backstroke 50 Freestyle 200 Breaststroke 400 Freestyle 200 Medley Mixed Relay	200 Freestyle 50 Backstroke 100 Breaststroke 200 Butterfly 800 Freestyle	200 Backstroke 100 Freestyle 100 Butterfly 400 I.M 200 Free Mixed Relay	1500 Freestyle 50 Butterfly 200 I.M 50 Breaststroke

**** Warm up duration and session start times are subject to change and may be adjusted by Meet Management from what is published here once final entries have been received.**