

Brock Niagara Aquatics

LONG COURSE INVITATIONAL

Saturday-Sunday, April 27-28, 2019



Facility:

Eleanor Misener Aquatic Centre
Brock University
St. Catharines, Ontario

- Clean 8-lane 50m Pool.
- FREE Parking is available at Brock University on weekends in Zone 1 (first right as you enter campus). For those who wish to park closer:
 - Visitor Parking Lot D (across from the Pool): \$12.00 Cash
 - Pay & Display Lot P, and Parking Meters: \$3.00 per hour
- Please see our website at www.brocku.ca/brock-swimming for a map and parking options, also for accommodation or restaurant listings.

Meet Package:

The only meet package which will be considered as valid must be the most current version found on www.swimming.ca.

Competition Coordinator:

Angela Taylor, Level 4, sacmtaylor@gmail.com

Meet Manager:

Robert Di Persio, robert.dipersio@gmail.com

Entries Submission:

Scott Taylor, scott4scouts@gmail.com

Additional Meet Information:

For more information, please contact the Brock Niagara Aquatics team administration at brockswimming@brocku.ca.

Description:

- Brock Niagara Aquatics would like to extend this welcome to participate in our annual Spring LC Invitational, to be hosted Long Course at Brock University on Saturday, April 27^h and Sunday, April 28th, 2019.
- The competition is geared towards those swimmers who rarely get a chance to attend an Invitational, however please feel free to bring an entire team if you need a team-builder type experience.
- The meet is fully sanctioned by Swim Ontario and all swimmers must be registered as competitive swimmers with Swim Ontario or equivalent agency.
- Entries will be accepted based on date received only until an acceptable limit is reached. Session lengths will be restricted to manageable timelines. No phone or email reservations will be accepted.

Competition Rules:

- Sanctioned by Swim Ontario. All current SNC Rules will be followed.
- All events are Timed Finals.
- Swimmers will not be penalized for scratching from events.
- FINA Start rule is in effect.
- The only meet package which will be considered as valid is the most current version found on www.swimming.ca.
- Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).
- All swimmers participating in a provincially sanctioned meet shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.
- Coaches are responsible for informing their swimmers before arrival of the Safety Rules as contained in this package and to ensure their adherence and the athletes disciplined behavior. Meet Officials will provide a safe environment and an organized competition; but are not responsible for the supervision of the athletes during the competition or during session breaks.

DIVE STARTS:

- As per the facility rules for dive starts, the competition will be conducted as follows:
- Starts will be conducted from starting blocks as per FINA FR2.3 and SW4.1 from deep end only.

Eligibility:

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

Coach Registration:

- Meet management will cross reference the list of coaches in attendance at the competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Foreign Competitors:

- All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.
- All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

Split Time:

- The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race.
- The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.
- Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

Competition Results:

- Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca.
- Live results will be available at www.brocku.ca/brockswimming/results.

Safety and Liability:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the pool deck.

Recording of Event:

- Only individuals who have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so.
- Please contact Meet Management for application and authorization.

Mixed Gender:

- Due to time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.
- In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national, etc., whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.

Competition Sessions, Structure, and Event List:

- Day One (April 27, 2019) will be a single session. A warm-up break may be added midway.
- Day Two (April 28, 2019) will be divided into two sessions with a break/warm-up between the sessions.
- All events are timed finals. Swimmers may swim in as many sessions so as to suit their requirements.
- Swimmers will be seeded together according to entry times, regardless of age or gender.
- For results and awards purposes, swimmers will be separated into the following age groups: 10/under, 11/12, 13/14, and 15/Over.

Awards:

- Ribbons for 1st through 8th place in each individual event in the 10/under, 11/12, and 13/14 age groups.
- No awards in the 15/Over age group. No scoring.

Entry Restrictions:

- There are no qualifying times and no event limitations.
- Competition length will be held to a reasonable time limit if necessary, and entries received after that limit is reached will be turned down.
- In case of a large entry into the 400m, 800m, or 1500m events meet management reserves the right to restrict entries or swim two per lane if necessary.

Entry Fees:

- \$10.00 per individual event.
- Cheques payable to "Brock University".
- Payment for meet fees is to be provided to the Meet Management committee in the Hospitality room on April 27th.

Entries:

- Entries must be submitted through www.swimming.ca/meetlist.aspx by Wednesday, April 17th, 2019.
- Please submit all entries in LCM. HyTek conversions are acceptable.
- Email entries will be accepted from foreign teams only.

Deck Entries:

- May be accommodated where lane openings exist. No reseeding or heat additions.
- Payment for deck entries is required at time of submission: \$12.00 per event with exact cash or cheque payable to Brock University.

SESSION 1 - Saturday, April 27, 2019. <i>Warm-up 2:00 PM/Start 3:15 PM</i>		SESSION 2 - Sunday, April 28, 2019. <i>Warm-up 7:30 AM/Start 8:45 AM</i>	
Events #1 - 200 Breaststroke #2 - 100 Freestyle #3 - 200 IM #4 - 100 Butterfly #5 - 50 Backstroke #6 - 400 Freestyle		Events #7 - 200 Freestyle #8 - 50 Breaststroke #9 - 200 Backstroke #10 - 50 Butterfly #11 - 400 IM	
		Session 3 - Sunday, April 28, 2019 #12 – 200 Butterfly #13 – 50 Freestyle #14 - 100 Breaststroke #15 - 100 Backstroke #16 - 800 Freestyle #17 - 1500 Freestyle	
<i>Meet Management reserves the right to:</i> <ul style="list-style-type: none">• <i>adjust the scheduling of the Saturday's and Sunday's breaks depending on entries, or to eliminate it entirely if entry levels are low.</i>• <i>run events 16 & 17 at the same time (i.e. combined).</i>• <i>Run events 16 and 17 fastest to slowest, alternating heats 800 and 1500.</i>			

Notes:

- Due to the exclusive contract between Brock University and Sodexho Food Services, food preparation (e.g. making sandwiches at the pool for the whole team) or bulk food orders from off-campus caterers (e.g. ordering pizza for 40 swimmers) are not permitted on campus.
- However, individuals may bring their own food (e.g. box lunches); or teams may place bulk food orders (e.g. pizza) with Sodexho in advance (allow 7 days) at 905-688-5550 ext. 3372.
- Food will also be available for purchase at the Physical Education Building during the meet.
- Coaches, swimmers, and officials are encouraged to bring their own refillable water bottles that can be filled at water stations and fountains as bottled/canned beverages will not be provided by meet management.

