

**Summer Provincial Championships
Bedford Lions Pool, Bedford N.S.
August 17-19, 2018**

Host: Swim Nova Scotia & Bedford Beavers

Location: Bedford Outdoor Pool (Lions Pool), Shore Drive, Bedford NS

Meet Managers:

Bette El-Hawary – (902) 425-5454 ext. 314
swimming@sportnovascotia.ca

Sue Jackson - suejack01@yahoo.com

Head Official:

Lynn Sitland- lsitland@live.com

Sanctioned By: Swim Nova Scotia

Facilities: 6-lane, 25m heated pool.

Facility Rules: Change rooms, showers, flush toilets are located inside the pool house, men to the left and ladies to the right; however these are for use by officials only. Portapotties and handwash stations are located in the area behind the bleachers. THIS IS A SMOKE FREE FACILITY. PETS ARE NOT PERMITTED IN THE BLEACHER AREA. There is a playground adjacent to the pool. Please use at your own risk. Note that this facility is close to open water so children should not be left unattended.

Parking: Due to limited parking in the immediate vicinity of the pool, participants and spectators should consider parking at DeWolfe Park and walking the short distance to the pool. Alternatively, parking may be available on neighbouring side roads, off Bedford Highway. Please pay close attention to parking signs that may indicate restrictions (ie. No parking). Note that there are active train tracks in the area so please use extreme caution and obey signage.

Entry Fees:

\$20 for Age Group Swimmers / \$12 for Participation Swimmers, entry fees are payable to Swim Nova Scotia and must be **delivered/mailed to Swim NS within 24hrs following the entry deadline.** E-transfers will be accepted: swimming@sportnovascotia.ca (use password 'swimming')

Entries:

Deadline for Provincial entries is **Wednesday, August 8th, 2018 @ NOON.**

Entries must be e-mailed to summerswim@sportnovascotia.ca. Entries must be submitted in hytek format, if your club does not own hytek team manager then please email an excel spreadsheet and include the following: complete swimmer names, genders, date of birth, event #, event, entry time.

Age Group Swimmers may swim in five (5) individual events, plus the 50m Kick and two (2) relays. Participation Swimmers may swim in three (3) individual events.

Officials:

Please submit the list of officials (including their level and preferred position(s)) your club will be providing via e-mail to the Head Official: lsitland@live.com by **August 8th, 2018.**

Meet Rules:

Current Swimming Canada rules will govern the meet. The Swimming Canada Warm-Up Safety Procedures will be enforced and are attached.

Opening and Closing Ceremonies: A separate bulletin outlining the details will be circulated.

Eligibility:

Each swimmer must be registered as a summer swimmer with Swim Nova Scotia no later than August 1st, 2018.

- To be eligible for Provincials, a swimmer must have competed in at least one invitational meet prior to August 1st, 2018. The results must be published on the Swim Nova Scotia webpage and included in the rankings for all 11 & over swimmers. 10 & Under swimmers must have meet results published on the Swim Nova Scotia webpage.
- All times being submitted for entry to Provincials must be achieved between June 1st, 2018 - August 6th, 2018
- No time entries will not be accepted for Provincials (except for the 100 IM Participation for swimmers who have the 50 Free qualifying time). Entry times must be

published in the Swim Nova Scotia rankings as of the entry deadline.

- PARA swimmers are eligible to compete in the designated PARA events. PARA events will be dependent on the classification of PARA swimmers.

Any club entering an ineligible swimmer will be penalized 50 points and that swimmer will be expelled from the meet. To check eligibility contact Swim Nova Scotia.

No exhibition swimmers or swims during the meet.

Age categories: 10 & Under, 11-12, 13-14, 15 & Over (will be scored 15-16 & 17-18)

Athletes participating only in relays must be entered in the club roster submitted for provincials. This can be accomplished by entering the athlete's name in at least one relay event. At the beginning of each session, relay teams will need to be confirmed.

Relays are available for Age Group level swimmers only.

If a Participation swimmer graduates on Sunday morning, they are eligible to join an age group relay (that is pre-entered in the meet) on Sunday afternoon.

All swimmers must submit official entry times (NT entries are not permitted) for individual events. For relay events please use the following formula if you do not have a relay time in the 13 & over events: take 45% of the 100m time to calculate the 50m time.

All 'A' relays will be seeded ahead of 'B' relays. Only 'A' relays will score.

Age Determination:

The age of the individual as of June 30th at 11:59pm of the current season will determine the age group of the individual.

Special requests may be brought forward to Swim Nova Scotia by a club president for consideration.

Awards:

Medals will be awarded for first, second and third place in individual and relay events.

Ribbons will be awarded for 4th-10th place for individual events.

Aggregate Age Group Trophies:

10& Under

11-12

13-14

15-16

17-18

Awarded to both small and large teams.

High Point Female/High Point Male

High Point Small Team*

High Point Large Team*

Most Improved Team – Greatest increase in point percentage over the last year.

Coach of the Year

Assistant Coach of the Year

Spirit of Swimming Award

The All Nova Scotia Team – The Summer Swimming All Star Team will be selected at the completion of Provincials based on the top aggregate scores in each age of the following age group categories: 10 & Under (top 5 of each gender); 11-12 (top 5 of each gender); 13-14 (top 5 of each gender); 15-16 (top 4 of each gender); 17-18 (top 4 of each gender).

**A Large Team has 51 or more registered swimmers on their club, and a Small team has 50 swimmers or less registered on their club.*

Scoring:

For individual & team awards:

50 – 30 – 20 – 15 – 14 – 13 – 12 – 11 – 9 – 7 places first through tenth – individual and relay events. Participation scores 5 points per splash. Kick event scores 5 points per splash.

Coaches Technical Meeting: Head coaches will meet at 12:00pm on Friday in the canteen.

Bleacher Seating, and Team/Individual Tents:

Spectator seating is available just above the pool in the bleachers. Teams are encouraged to set up tents in the open grassy space adjacent to the pool, on the waterside. Teams will not be permitted to set up tents in the basketball court area.

Canteen: The Bedford Beavers are pleased to offer the canteen services of the "Sugar Shack", located just above the pool area. Snacks and drinks will be available for sale daily. A bbq will be held during lunch on Saturday and Sunday.

2018 Summer Provincials Qualifying Criteria

2018 Summer Swimming Provincial Championships Qualifying Standards								
FEMALE				Event	MALE			
10 & Under	11-12	13-14	15 & Over		15 & Over	13-14	11-12	10 & Under
1:44.92		1:20.89	1:15.90	100 Free	1:12.85	1:19.41		1:44.79
3:58.57	3:29.72	3:01.56	3:03.07	200 Free	2:50.66	3:05.11	3:30.47	3:58.28
	7:56.14	7:03.03	7:01.06	400 Free	6:32.52	7:11.31	7:57.48	
		1:43.96	1:35.52	100 Back	1:28.79	1:43.55		
		1:50.96	1:46.43	100 Breast	1:34.85	1:50.86		
		1:38.65	1:35.14	100 Fly	1:27.24	1:37.68		
2:05.39				100 IM				2:07.64
	4:00.00	3:34.10	3:32.93	200 IM	3:22.82	3:42.22	4:05.81	

To be eligible for Provincials, a swimmer must have competed in at least one invitational meet prior to August 1st, 2018. The results must be published on the Swim Nova Scotia webpage and included in the rankings.

All times being submitted for entry to Provincials must be achieved between June 1st, 2018-August 6th, 2018

No time entries will not be accepted for Provincials, entry times must be published in the Swim Nova Scotia rankings as of the entry deadline.

PARA swimmers are eligible to compete in the designated PARA events. PARA events will be dependent on the classification of PARA swimmers.

All athletes who fulfill the above criteria are eligible to attend Provincials*, following the event entry eligibility determined as follows:

PARTICIPATION LEVEL swimmers are eligible to swim any 3 PARTICIPATION LEVEL events. As per regular season rules, Participation Level athletes are eligible to swim the 100 IM if they have met the 50 free graduation standard. *If swimmers qualifying for the 100 IM after the 50m Free, they may contact meet management and enter the 100 IM. Participation swimmers may only score points for 3 events. If a Participation swimmer graduates on Sunday morning, they are eligible to join an age group relay (that is pre-entered in the meet) on Sunday afternoon.*

AGE GROUP LEVEL swimmers are eligible to swim AGE GROUP events.

10-and-under AGE GROUP swimmers achieving qualifying times in **100 OR 200 free AND 100 IM** are eligible to swim any **5** individual events in their age group.

11-12 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free AND 200 IM** are eligible to swim any **5** individual events in their age group.

13-14 AGE GROUP swimmers achieving qualifying times in **200 OR 400 free OR 200 IM AND any other** eligible events to swim any **5** individual events in their age group.

15-and-over AGE GROUP swimmers achieving a qualifying time in **ANY** event are eligible to swim any **5** individual events in their age group.

AGE GROUP LEVEL swimmers who have not achieved AGE GROUP QUALIFYING STANDARDS are eligible to swim any **2** individual events in their age group.

ALL AGE GROUP LEVEL swimmers are eligible to participate in a maximum of **2 relays** in addition to individual events.

* Individual club policies will determine which eligible athletes are entered in the meet

2018 Summer Provincials Order of Events

Friday Participation

Warm-Ups: 12:30pm 1:00pm			Meet Start:	
Female	Age Group	Event	Age Group	Male
101	Open	25 Freestyle PARTICIPATION	Open	101
<i>10 Minute Marshaling Break</i>				
102	Open	25 Breaststroke PARTICIPATION	Open	102
<i>10 Minute Marshaling Break</i>				
103	Open	25 Backstroke PARTICIPATION	Open	103
<i>10 Minute Marshaling Break</i>				
104	Open	25 Butterfly PARTICIPATION	Open	104

Friday Age Group

Warm-Ups: 3:30pm 4:30pm			Meet Start:	
Female	Age Group	Event	Age Group	Male
1	Open	200 Freestyle	Open	2
3	10 & Under	100 Medley Relay	10 & Under	4
5	11-12	200 Medley Relay	11-12	6
7	13-14	200 Medley Relay	13-14	8
9	15 & Over	200 Medley Relay	15 & Over	10

* Note: 200 Free to be swum together, scored/awarded by age group
 15 & Over individual events will be swum together, scored/awarded by age group (15-16 & 17-18)

Saturday

Warm Ups: 7:00-8:45am 9:30am			Meet Start:	
Female	Age Group	Event	Age Group	Male
11	15 & Over	50 Freestyle	15 & Over	12
13	13-14	50 Freestyle	13-14	14
15	11-12	50 Freestyle	11-12	16
17	10 & Under	25 Freestyle	10 & Under	18
105	Open	50 Freestyle PARTICIPATION	Open	105
19	15 & Over	100 Breaststroke	15 & Over	20
21	13-14	100 Breaststroke	13-14	22
23	11-12	50 Breaststroke	11-12	24
25	10 & Under	25 Breaststroke	10 & Under	26
27	15 & Over	50 Backstroke	15 & Over	28
29	13-14	50 Backstroke	13-14	30
31	10 & Under	25 Butterfly	10 & Under	32
33	11-12	50 Butterfly	11-12	34
35	13-14	100 Butterfly	13-14	36
37	15 & Over	100 Butterfly	15 & Over	38
106	Open	50 Kick	Open	106
39	11 & Over	400 Freestyle	11 & Over	40

* Note: 400 Free to be swum together, scored/awarded by age group
 15 & Over individual events will be swum together, scored/awarded by age group (15-16 & 17-18)

Sunday

Warm Ups: 7:00am 9:00am			Meet Start:	
Female	Age Group	Event	Age Group	Male
41	13-14	50 Breaststroke	13-14	42
43	15 & Over	50 Breaststroke	15 & Over	44
45	10 & Under	100 Freestyle	10 & Under	46
47	13-14	100 Freestyle	13-14	48
49	15 & Over	100 Freestyle	15 & Over	50
51	10 & Under	25 Backstroke	10 & Under	52
53	11-12	50 Backstroke	11-12	54
55	13-14	100 Backstroke	13-14	56
57	15 & Over	100 Backstroke	15 & Over	58
107	Open	100 IM PARTICIPATION	Open	107
59	13-14	50 Butterfly	13-14	60
61	15 & Over	50 Butterfly	15 & Over	62
63	10 & Under	100 IM	10 & Under	64
65	11-12	200 IM	11-12	66
67	13-14	200 IM	13-14	68
69	15 & Over	200 IM	15 & Over	70
71	10 & Under	100 Freestyle Relay	10 & Under	72
73	11-12	200 Freestyle Relay	11-12	74
75	13-14	200 Freestyle Relay	13-14	76
77	15 & Over	200 Freestyle Relay	15 & Over	78

* Note: 15 & Over individual events will be swum together, scored/awarded by age group (15-16 & 17-18)

**SWIMMING CANADA
COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”