



Nipawin Lions Swim Club Invitational Swim Meet Saturday, July 10, 2010



**We cordially invite your club to participate in our
Nipawin Lions Swim Club Invitational Swim Meet.**

SANCTION NUMBER: 09-10-05

HOST CLUB: **Nipawin Lions Swim Club**

DATE: **Saturday, July 10, 2010**

LOCATION: **Irene Manley Swim Pool; 400 2nd Avenue East; 862-4207**

MEET MANAGER: Sandy Timm, 862-2529, stimm@sasktel.net

MEET REFEREES: Sandra Quayle.

TIMES:

Warm ups: 9 AM
Coaches Meeting: 9:30 AM
Officials Meeting: 9:30 AM
Opening Ceremonies: 9:50 AM
Competition Starts: 10 AM

FACILITY:
25 Metre 6 Lane Outdoor Pool
Non-turbulent Lane Markers
Colorado "Dolphin" Timing System
Hy-tek Meet Manager Software

ELIGIBILITY: All swimmers must be amateurs and registered with Swim Saskatchewan as summer swimmers. At meet manager's discretion, registered summer swimmers from other provinces and from out of country may be invited to compete as either exhibition swimmers or competitive swimmers. Age group swimming based on swimmers age as of April 30, 2010. Only swimmers seven (7) years of age and older may compete in sanctioned competitions.

COMPETITION: SNC rules apply except as specifically modified herein. Age groups as per the summer swimming technical package: 7 & 8; 9 & 10; 11 & 12; 13 & 14; 15 – 17; 18 & Over
All events will be swum as time finals. Male and female events will be swum separately, except for 7 & 8 relays, and where events may be swum together to maximize the use of the pool.

SEEDING: All events will be pre-seeded according to time only and will be swum slowest to fastest.

SCRATCHES: Scratches must be submitted to the Meet Manager at least 30 minutes prior to the start of competition. Scratch forms will be available in the swim meet office.

Scratches within a heat will not alter the pre-seeding and the heat will be swum with empty lanes.

START: The FINA start shall be used for all events as per SNC RULE SW 4. The one start rule will be used.



NOTE: At the Referee's discretion, swimmers may be required to stay in the water, along the lane ropes, at the completion of their race to allow for the next heat to begin, with the exception of backstroke and relays.

PROTESTS: ALL infractions will be reported to the Referee and the Referee will report the disqualifications to the coaches. Only a team's coach may approach the Referees about a decision or complaint and may submit protests as per SNC RULE GR 9.2.

ENTRIES: All entries should be submitted by e-mail as a COMMLINK file using the HY-TEK software.

A hard copy of entries must be sent as back up for electronic submissions. This hard copy will be used to ensure that data is transferred successfully from the Commlink file into Meet Manager.

Grid sheets are also acceptable providing they contain all of the required information. The swimmer's entire birth date (day/month/year) MUST be entered. Swim times MUST be entered in short course meters.

Swim Saskatchewan registration numbers MUST be submitted for each Saskatchewan swimmer. Entries for swimmers from out of province or out of Country must also include their summer swimming registration number.

Meet Management will not be responsible for obtaining missing numbers. Entries without registration numbers will not be accepted.

EVENTS: A "List of Events" can be found at the end of this document.

Swimmers are limited to a maximum of 5 individual events plus 2 relays.

RELAYS:

7 and 8 Year old Relays 100 meter - (free and medley).

The 200 meter relay events are "Open". Any swimmer of any age can be entered in that relay (i.e. you could have a relay team made up of: one 9 year old swimmer, one 12 year old swimmer, one 14 year old swimmer and one 17 year old swimmer.)

Please have relay teams and relay event numbers by lunchtime Saturday, July 10th.

DECK ENTRIES: No Deck entries will be allowed.

Entries are due July 5, 2010 at 9PM Please send meet entries to:

Arlene Raine

873-5934

maraine@sasktel.net

ENTRY FEES: Entry fees are: \$20 Please make cheque payable to: NLSC

SCORING and AWARDS

- Ribbons 1st to 6th place for individual events.

1st - 7 points,

2nd - 5 points,

3rd - 4 points,

4th - 3 points,

5th - 2 point,

6th - 1 point.

- Ribbons 1st to 3rd place for relays. No points.

1st - 0

2nd - 0

3rd - 0

- Gold, Silver and Bronze medals will be awarded for high points in six (6) age categories, male and female, as follows:

7 & 8, 9 & 10, 11 & 12, 13 & 14, 15-17, 18 & over.

NOTE: Meet management reserves the right to combine events and/or heats as necessary.



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RESULTS:

Result sheets will be posted in the pool lobby as soon as they become available and are available for purchase at 25¢ per sheet.

Each club will be provided with one hard copy of the meet results sent to the address indicated on their entry form. Extra copies are \$5.00 each.

An electronic copy of the results will be sent if you provide an email to the Meet Manager.

PROGRAMS: \$3.00

OFFICIALS: Visiting clubs are encouraged to participate in officiating at the meet at whatever levels they may be qualified. Please advise the Meet Manager/Officials Coordinator of any available officials and their level(s) of qualification.

If an individual has a certain position that he/she would like to work so that he/she can progress to the next certification level, the individual is to contact the Meet Manager/Officials Coordinator and request to work that position.

Officials Coordinator:

Sandy Timm;

862-2529;

stimm@sasktel.net

For any further information please contact:

Shari Mollberg,

862-2325,

sharijm@hotmail.com

CONCESSION: Under investigation. We will post any information as soon as we know. Lunch and snacks may be provided to all officials.

ACCOMMODATIONS:

Codette Hotel:	862-9393
Green Groves Motel:	862-4633
Kingfisher Inn:	862-9801
Mac Swaney's Cabins:	862-4544
Lakeshore Inn (Tobin Lake):	862-6613
Nipawin Regional Park:	862-3237
Nipawin Motor Inn:	862-3911
Northern Greens Resort:	862-2686
River Inn:	862-4435
Scot's Landing Log Cabins (North shore of River):	862-8333
Shorebird Inn (Tobin Lake):	862-4272
Tobin Lake Hilltop Campground (Tobin Lake):	862-4444
Tobin Lake Motel (Nipawin):	862-4681
Tobin Lake Resort (Tobin Lake):	862-4976
Pruden's Point Resort (North Shore of Tobin Lake):	862-4344



SUPPORTED BY:



LIST OF EVENTS:

1	Girls 11-12 50 Freestyle	40	Boys 13-14 50 Butterfly	76	Boys 13-14 100 Breaststroke
2	Boys 11-12 50 Freestyle	41	Girls 15-17 50 Butterfly	77	Girls 15-17 100 Breaststroke
3	Girls 13-14 50 Freestyle	42	Boys 15-17 50 Butterfly	78	Boys 15-17 100 Breaststroke
4	Boys 13-14 50 Freestyle	43	Girls 18 & Over 50 Butterfly	79	Girls 18 & Over 100 Breaststroke
5	Girls 15-17 50 Freestyle	44	Boys 18 & Over 50 Butterfly	80	Boys 18 & Over 100 Breaststroke
6	Boys 15-17 50 Freestyle	45	Girls 7-8 25 Butterfly	81	Girls 7-8 50 Breaststroke
7	Girls 18 & Over 50 Freestyle	46	Boys 7-8 25 Butterfly	82	Boys 7-8 50 Breaststroke
8	Boys 18 & Over 50 Freestyle	47	Girls 9-10 25 Butterfly	83	Girls 9-10 50 Breaststroke
9	Girls 7-8 25 Freestyle	48	Boys 9-10 25 Butterfly	84	Boys 9-10 50 Breaststroke
10	Boys 7-8 25 Freestyle	49	Girls 11-12 100 Freestyle	85	Girls 11-12 100 Butterfly
11	Girls 9-10 25 Freestyle	50	Boys 11-12 100 Freestyle	86	Boys 11-12 100 Butterfly
12	Boys 9-10 25 Freestyle	51	Girls 13-14 100 Freestyle	87	Girls 13-14 100 Butterfly
13	Girls 11-12 50 Backstroke	52	Boys 13-14 100 Freestyle	88	Boys 13-14 100 Butterfly
14	Boys 11-12 50 Backstroke	53	Girls 15-17 100 Freestyle	89	Girls 15-17 100 Butterfly
15	Girls 13-14 50 Backstroke	54	Boys 15-17 100 Freestyle	90	Boys 15-17 100 Butterfly
16	Boys 13-14 50 Backstroke	55	Girls 18 & Over 100 Freestyle	91	Girls 18 & Over 100 Butterfly
17	Girls 15-17 50 Backstroke	56	Boys 18 & Over 100 Freestyle	92	Boys 18 & Over 100 Butterfly
18	Boys 15-17 50 Backstroke	57	Girls 7-8 50 Freestyle	93	Girls 7-8 100 IM
19	Girls 18 & Over 50 Backstroke	58	Boys 7-8 50 Freestyle	94	Boys 7-8 100 IM
20	Boys 18 & Over 50 Backstroke	59	Girls 9-10 50 Freestyle	95	Girls 9-10 100 IM
21	Girls 7-8 25 Backstroke	60	Boys 9-10 50 Freestyle	96	Boys 9-10 100 IM
22	Boys 7-8 25 Backstroke	61	Girls 11-12 100 Backstroke	97	Girls 11-12 200 IM
23	Girls 9-10 25 Backstroke	62	Boys 11-12 100 Backstroke	98	Boys 11-12 200 IM
24	Boys 9-10 25 Backstroke	63	Girls 13-14 100 Backstroke	99	Girls 13-14 200 IM
25	Girls 11-12 50 Breaststroke	64	Boys 13-14 100 Backstroke	100	Boys 13-14 200 IM
26	Boys 11-12 50 Breaststroke	65	Girls 15-17 100 Backstroke	101	Girls 15-17 200 IM
27	Girls 13-14 50 Breaststroke	66	Boys 15-17 100 Backstroke	102	Boys 15-17 200 IM
28	Boys 13-14 50 Breaststroke	67	Girls 18 & Over 100 Backstroke	103	Girls 18 & Over 200 IM
29	Girls 15-17 50 Breaststroke	68	Boys 18 & Over 100 Backstroke	104	Boys 18 & Over 200 IM
30	Boys 15-17 50 Breaststroke	69	Girls 7-8 50 Backstroke	105	Mixed 7-8 100 Freestyle Relay
31	Girls 18 & Over 50 Breaststroke	70	Boys 7-8 50 Backstroke	107	Girls 9 & Over 200 Freestyle Relay
32	Boys 18 & Over 50 Breaststroke	71	Girls 9-10 50 Backstroke	108	Boys 9 & Over 200 Freestyle Relay
33	Girls 7-8 25 Breaststroke	72	Boys 9-10 50 Backstroke	109	Mixed 7-8 100 Medley Relay
34	Boys 7-8 25 Breaststroke	73	Girls 11-12 100 Breaststroke	111	Girls 9 & Over 200 Medley Relay
35	Girls 9-10 25 Breaststroke	74	Boys 11-12 100 Breaststroke	112	Boys 9 & Over 200 Medley Relay
36	Boys 9-10 25 Breaststroke	75	Girls 13-14 100 Breaststroke		
37	Girls 11-12 50 Butterfly				
38	Boys 11-12 50 Butterfly				
39	Girls 13-14 50 Butterfly				



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MEET SAFETY RULES:

SNC warm-up procedures will be in effect at this meet, as per Appendix F in the SNC Rulebook. During warm-ups, no swimmer shall enter the pool by a dive.

Exception: During the last 10 minutes of the warm-up period, when lanes 1, 2, 5 and 6 are designated at diving lanes. During this period, diving and one-way swimming only will be allowed in these lanes. After the dive the swimmer must exit the pool. Lanes 2 and 5 must exit from the opposite end of the diving end. Lanes 1 and 6 may exit on the edge of the pool after 16 meters.

Safety Marshals will be on deck during warm-ups.

NOTE: It is the responsibility of the coaches to ensure that all swimmers are aware of and adhere to these safety rules, and to all rules of the facility.

All persons (swimmers, coaches, volunteers, officials and spectators) in attendance at a sanctioned swim meet must abide by the Swim Sask Member Code of Conduct - Board Policy M-3. Copy of Policy M-3 can be found as follows:

CODE OF ETHICS:

All persons participating or competing in the Swim Saskatchewan Summer Swimming program are asked to comply at all times with the spirit and intent of these rules. Thus, through their individual and collective demonstration of sportsmanship and fair play in action, the achievements of Summer Swimming purposes may be enhanced.

1. Each pool has a dedicated group of parents who work hard to make the meets run smoothly. Because all Clubs involved in the Summer Swimming Program have pools built primarily for recreation, none are ideal for competitive swim meets. Also, most pools have rules set by others than just swim club parents. If you are a visitor, be tolerant of problems and difficulties of the home team. They have to live with their pool and its problems more often than you do. If you have a suggestion for a solution to a problem, offer it tactfully. Gripping about things that can't be changed, accomplishes nothing.
2. Remember, all officials are volunteers. Assume that each official is doing his/her best to be accurate. Nothing is gained by challenging a judgment different from the one you think you would have made. If you are not a team representative and you think that there is an impropriety, a mistake or an unfair decision, take it up with the right person - usually your team coach or Club President. These are the people you have chosen to represent your team. They may be able to explain a puzzling action or decision and if a protest needs to be made, they are the ones authorized to take such action.
3. Remember that rules are made to provide a basis for fair competition and to help meets run smoothly. Use of rules to prove superior knowledge, harass the other team or to move the competition from the swimmers in the pool to the officials on the deck, frustrates the reason for rules.
4. Don't jump to conclusions. If the actions of a spectator, swimmer, coach or official seems strange to you, find out what the person is doing and why before assuming wrongdoing on his/her part.
5. Anyone can make a mistake - even you! If the error is made by another, correct it courteously through proper channels.
6. Officials and swimmers work close together. Even mumbled words may reach many ears. Watch your language!
7. It is strongly recommended that visiting teams observe and heed the host pool's rules and regulations pertaining to the safety and the conduct of its members, before, during and after all Summer Swimming meets.



Swim Saskatchewan Inc.

BOARD OF DIRECTORS POLICIES

Type: Membership

Name: Member Code of Conduct

Authority: Board of Directors

Policy Number: M-3

Date Approved: June 2003

Date Revised: Sept 2003, Oct 2005

Reference: SSI Bylaws Art. 5, Sect. 3

The behavior of all competitors, coaches, volunteers, officials and spectators at Swim Saskatchewan Inc. events will conform to the following Code of Conduct. Breaches in this Code will result in the penalties expressed in this policy.

The Rulebook of Swimming/Natation Canada will govern the conduct of all swim competitions sanctioned by SSI. For Masters' competitions, the Masters' Swimming Canada Rules, Procedures and Guidelines will supervene where applicable.

SSI will not tolerate the use of violence, abusive or profane language or behavior at any time. In particular, during swim competitions SNC Rule CSW 2.1.6.5 and 2.1.6.6 will be enforced.

SSI expressly forbids the use by athletes of performance enhancing drugs, as defined by the Canadian Centre for Ethics in Sports.

Performance enhancing drugs include all anabolic steroids, and may include erythropoietin and any sympathomimetic or stimulant medications (including bronchodilators and decongestants), except where medically required for the treatment of illness.

SSI expressly forbids the consumption of alcohol by participating swimmers, coaches, volunteers, officials or staff during the hours of competition at any swim meet. SSI expressly forbids the consumption of alcohol by persons under the legal drinking age at any time during any SSI sponsored event.

SSI expressly forbids the use of any illicit substances, including any hallucinogenic substances or any drugs used for purposes other than their normal therapeutic effects, at any swim competition or SSI sponsored events.

SSI expressly forbids the willful damage, defacement or destruction by any person of personal property or of any facility or property.

SSI expressly authorizes the High Performance Program Committee to impose any additional conditions of personal or professional conduct as may be appropriate for the athletes, coaches and support staff of the High Performance Teams. The High Performance Committee has the authority to discipline members for serious infractions of its rules of conduct, including the authority to withhold financial support or to revoke travel, selection and other privileges.

SSI expressly authorizes the Winter or Summer Program Committees to impose any additional conditions of conduct as may be appropriate for their members.

SSI encourages all member clubs to adopt internal policies governing the conduct of their members, including adoption of the Code of Conduct of SSI.

SSI may assist clubs to investigate or adjudicate breaches of their internal Codes of Conduct, upon the request of the clubs, where clubs lack sufficient expertise or resources to conduct a fair and impartial investigation and adjudication.

SSI will promote a safe environment for training and competition for all swimmers. Through its Master and Senior Officials Committee, SSI will ensure that all clubs are aware of the minimum facilities requirements as outlined in Appendix B of the Rulebook of Swimming/Natation Canada. Where necessary, at their request, SSI may assist clubs to lobby their civic or municipal authorities for the provision of safe swimming facilities.

Through its Sanctions Policies, and through its Master and Senior Officials Committee, SSI will ensure that Safety Marshalls are on deck during the warm-up period and that the warm-up procedures of the Rulebook of Swimming/Natation Canada are strictly enforced at all swim meets. (see Rule 2.13.1.5 and Appendix F in the October 2005 Edition of the Rulebook.)

Through its Master and Senior Officials Committee, SSI will ensure that all other rules of competition that relate to safety are strictly enforced, in particular, SW 10.6.

SSI expects that all swimmers, coaches, spectators and volunteers will observe the posted safety rules of any facility, and will obey the instructions of lifeguards and designated pool staff in respect to public health and safety regulations.

Penalties

Any breach of items 1, 2, 3, 4 or 5 above will result in the immediate expulsion of the person or persons from the SSI sponsored competition or event. The President of SSI will have the authority to suspend summarily for egregious violations of those items. Any member summarily suspended will have the right of a full hearing before the Discipline Committee within not less than 7 and not more than 14 days of the suspension.

Any breach of this Code of Conduct will be referred to the Discipline Committee of SSI for investigation and adjudication. Egregious breaches of the Code of Conduct may constitute cause for suspension or expulsion of any member. In accordance with the Bylaws, Article 5, Section 3.7, the Board of SSI has the authority to suspend or expel affiliated clubs or swimmers for cause. The Board of Directors of SSI will have the discretion to refer matters that cannot be resolved by its Discipline Policy to the Dispute Resolution process provided by Sask Sport. In accordance with the Dispute Resolution Policy of Sask Sport, SSI will report to Sask Sport any expulsion of a member or any suspension of a member for a period of greater than one year.