

**Nepean Kanata Barracudas
Winter Invitational
January 19-21, 2018**

Revised: January 15, 2018

**Hosted by:
The Nepean Kanata Barracudas Swim Club**

**Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, ON K2G 1W2**



**Sanctioned by:
Swim Ontario**



General Information

Date: 19-21, January 2018

Hosted by: Nepean Kanata Barracudas

Location: Nepean Sportsplex, 1701 Woodroffe Ave. Nepean, ON K2G 1W2

Facility: 8-lane, 25m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard

Competition Coordinator: Yik Hon Yu

Meet Manager: Megan Dodge – megandodge0@gmail.com

Officials: Christy McMann - officials@swimnkb.com

Sanction:

Sanctioned by Swim Ontario.

All current Swimming/Natation Canada (SNC) rules will be followed.

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

For club and provincial meets, a swimsuit that covers more of the body such as modesty swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh textile material and does not give the swimmer an advantage. The full interpretation can be viewed [HERE](#). Advanced notification or for clarification of interpretation please see the Competition Coordinator.

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.

Split Times:

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.

Age Groups:

Events are all Timed Finals. Sessions grouped by ages: 12 & Under and 13 & Over. Events in the 12 & under session will have all ages and sexes seeded together. Events in the 13 & over sessions will have all ages seeded together but will be separated by gender. Results will be published according to age group and sex (10&U, 11, 12, 13, 14 and 15 & over). Swimmers age will be determined as of the first day of the meet.

Standards: Not Applicable

Meet package:

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

Mixed Gender:

The host seeks an exemption from the requirement to swim events in gender separated events due to facility or 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.

Entries:

Swimmers may enter a meet total of 7 individual events.

Entries must be submitted through the SNC online entries system at www.swimming.ca.

Meet Management will not accept entries directly via email.

Deadline: Friday, January 12, 2018

Payment: Make cheque(s) payable to “NKB”

Fees: Individual event(s) \$9.00 + HST = \$10.17

Relay(s) \$9.00 + HST = \$10.17

Sessions:

Session	Date	Format	Age	Warm up	Start	Events
1	Friday, Jan 19	LC	All ages	1:00-1:40 pm	1:40 pm	1-3
2	Saturday, Jan 20	SC	12 & under	7:20-8:00 am	8:00 am	4-12
3	Saturday, Jan 20	LC	13 & over	2:00-2:40 pm	2:40 pm	13-32
4	Sunday, Jan 21	SC	12 & under	7:20-8:00 am	8:00 am	33-40
5	Sunday, Jan 21	LC	13 & over	2:00-2:40 pm	2:40 pm	41-58

Scratches:

Meet Management should be informed of scratches prior to the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

Points / Awards: Individual events and relays – awards 1st, 2nd, 3rd by age group.

Coaches' Meeting: Friday, January 19, 2018 @ 1:10 pm

Results:

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

COACH'S REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this 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 meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Safety & Liability:

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

Recording of Event:

Only individuals that 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 Manager for application and authorization.

Hospitality:

A selection of food and refreshments will be made available throughout the meet for coaches and officials only.

SESSION DETAILS:

Friday, January 19, 2018

Session 1 (**Long Course**)

Warm up: 1:00 pm

Start Time: 1:40 am

Event #	Event Description	Age
1	400 Free	12 and under
2	800 Free	Open
3	1500 Free	Open

Saturday, January 20, 2018

Session 2 (**Short Course**)

Warm Up: 7:20 am

Start: 8:00 am

Event #	Event Description	Age
4	50 Free	12 and under
5	100 IM	12 and under
6	200 Breast	12 and under
7	100 Back	12 and under
8	50 Breast	12 and under
9	200 Free	12 and under
10	100 Fly	12 and under
11	400 IM	12 and under
12	200 Free Relay	12 and under

Session 3 (Long Course)

Warm up: 2:00 pm

Start: 2:40 pm

Event #	Female	Event Description	Male	Event #
13	13/14	200 Free Relay	13 and over	14
15	15+	200 Free Relay	15+	16
17	13 and over	200 Fly	13 and over	18
19	13 and over	100 Breast	13 and over	20
21	13 and over	50 Back	13 and over	22
23	13 and over	200 Free	13 and over	24
25	13 and over	50 Fly	13 and over	26
27	13 and over	200 Back	13 and over	28
29	13 and over	100 Free	13 and over	30
31	13 and over	400 IM	13 and over	32

Sunday, January 21, 2018

Session 4 (Short Course)

Warm up: 7:20 am

Start: 8:00 am

Event #	Event Description	Age
33	50 Fly	12 & under
34	200 Back	12 & under
35	100 Breast	12 & under
36	50 Back	12 & under
37	200 Fly	12 & under
38	100 Free	12 & under
39	200 IM	12 & under
40	200 Medley Relay	12 & under

Session 5 (Long Course)

Warm up: 2:00 pm

Start: 2:40 pm

Event #	Female	Event Description	Male	Event #
41	13/14	200 Medley Relay	13/14	42
43	15+	200 Medley Relay	15+	44
45	13 and over	200 IM	13 and over	46
47	13 and over	50 Breast	13 and over	48
49	13 and over	100 Fly	13 and over	50

51	13 and over	200 Breast	13 and over	52
53	13 and over	100 Back	13 and over	54
55	13 and over	50 Free	13 and over	56
57	13 and over	400 Free	13 and over	58

* In the event of oversubscription, Meet Management reserves the right to adjust the warm-up/session start times.

** In the event of oversubscription or session length issues, Meet Management reserves the right to swim the 1500, 800 & 400 Free as 2 per lane

*** In the event of oversubscription or session length issues, Meet Management reserves the right to limit the number of heats of 400IM. Limits will be imposed such that slower heats will be eliminated



Holiday Inn Express & Suites Ottawa West – Nepean
2055 Robertson Road, Nepean, ON, K2H 5Y9

Guest Room rate includes:

Free Hot Buffet Breakfast

Free Parking

Free Wireless Internet in every guest room

Call in to reserve at [613-690-0100](tel:613-690-0100) and mention the group name or group code or click on the link below.

Group Name: Nepean Kanata Barracudas Swim club

Group Code: NKB

[2018 NKB Winter Invitational - Hotel Reservations](#)