

# **Brock Niagara Aquatics**

## **LONG COURSE INVITATIONAL**

### **Saturday-Sunday, April 26<sup>th</sup>-27<sup>th</sup>, 2014**

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 26<sup>th</sup> and Sunday, April 27<sup>th</sup>, 2014.

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.

This competition has filled quickly in previous years; we apologize to any clubs who have been left out in the past. 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 Sessions and Structure:** Saturday, April 26<sup>th</sup> afternoon only; Sunday, April 27<sup>th</sup> morning and afternoon. Day One will be a single session. Day Two will be divided into two sessions, with a lunch and warm-up break between. Meet Management reserves the right to adjust the scheduling of the Sunday lunch break depending on entries. All events are timed finals. Swimmers may swim in as many sessions as 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.

**Facility:** Brock University, St. Catharines, Ontario, Canada. Clean 8-lane 50m Pool. Parking is available across from the Walker Complex (Physical Education Centre) for \$6.00 per entry (entrance to the lot is directly from the traffic circle); or parking meters are available at the building. Please see our website at [www.brocku.ca/brockswimming](http://www.brocku.ca/brockswimming) for a map and parking options, also for accommodation or restaurant listings.

**Deck Entries:** May be accommodated where lane openings exist. No reseeding or heat additions. Payment for deck entries is required at time of submission: \$10.00 per event with exact cash or cheque.

**Results:** Results will be posted to [www.swimmeet.ca](http://www.swimmeet.ca).

**Meet Rules:** SNC Rules shall govern the meet. Swimmers will not be penalized for scratching from events. One Start rule is in effect. Swim Ontario Warm-up Procedures apply. FINA swim suit rules will be enforced. 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. Session times will not exceed 4.5 hours as per the LTAD model. The only meet package that will be considered as valid will be the most current version found at [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx).

<b>Personnel:</b>	Meet Referee:	Marg Galbraith	<a href="mailto:galbrth@rogers.com">galbrth@rogers.com</a>
	Meet Managers:	Angela Taylor	<a href="mailto:sacmtaylor@gmail.com">sacmtaylor@gmail.com</a>
		Carmela Maddalena	<a href="mailto:cmaddalena26@gmail.com">cmaddalena26@gmail.com</a>
	Entries:	Ann Harrison	<a href="mailto:Ann.Harrison@dsbn.org">Ann.Harrison@dsbn.org</a>

For more information, please contact the team administration at [brockswimming@brocku.ca](mailto:brockswimming@brocku.ca)

*Note: Due to the exclusive contract between Brock University and Sodexo 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 Sodexo 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.*

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**Saturday, April 26<sup>th</sup> - Sunday, April 27<sup>th</sup>, 2014**

## PROGRAMME OF EVENTS

SESSION I - Saturday, April 26<sup>th</sup>: Warm-up 2:00 PM/Start 3:30 PM

Event #	1	200 Freestyle
	2	100 Butterfly
	3	100 Backstroke
	4	400 IM
	5	100 Breaststroke
	6	100 Freestyle
	7	1500 Freestyle*

SESSION II - Sunday, April 27<sup>th</sup>: Warm-up 7:00 AM/Start 8:30 AM

Event #	8	100 Freestyle
	9	200 Butterfly
	10	50 Breaststroke
	11	100 Backstroke
	12	50 Butterfly
	13	200 Breaststroke
	14	400 Freestyle

LUNCH BREAK (Pool available for warm-up): Projected 12:30 PM

SESSION III - Sunday, April 27<sup>th</sup>: Projected Start 1:30 PM

Event #	15	200 Individual Medley
	16	50 Backstroke
	17	100 Breaststroke
	18	100 Butterfly
	19	200 Backstroke
	20	50 Freestyle
	21	800 Freestyle*

\*800 and 1500 Freestyle Events may be limited to the faster entrants if required to stay within a reasonable session length. However, we will attempt to accommodate all swimmers if we can, and will consider going two swimmers per lane if entry for these events is large.

*Anyone taking photographs or video footage within the Brock University Eleanor Misener Aquatic Centre must have gained prior permission from the subjects being photographed, or from the parents of the subject(s) if a minor.*