

Coaches Bulletin

General information

- Registration is available in the Committee Room (upstairs across from the Cafeteria).
- All events will start at the shallow end except 50s which will start in deep.
- The patio pool will be available for warm-up/cool-down during the sessions.
- Backstroke ledges will be available for use during the morning sessions only.

Warmups

12-13 - Morning Sessions (8:00am – 8:55am)

Sprint lanes open at 8:25am – one way swimming only

Friday – Lane 1, 2 and 8 available for sprints from shallow end only.

Saturday/Sunday – Lane 1 and 8 available for sprints from shallow end only, Lane 2 from deep end only.

Backstroke ledges - available in Lane 8 in the shallow end during warmups. Swimmers/coaches are responsible for installing/removing the ledge during warmups.

11&under and Para - Afternoon Sessions (1:00pm – 1:55pm)

Sprint lanes open at 1:25am – one way swimming only

All days - Lane 1 will be a dedicated lane for para and 8/9 yr olds for the first 25 minutes of warmup until the sprint lanes open at 1:25pm.

Friday – Lane 1 and 8 available for sprints from shallow end only, Lane 2 from deep end only.

Saturday/Sunday – Lane 1 and 8 available for sprints from shallow end only, Lane 2 and 7 from deep end only.

Scratch Rules

- The deadline for scratches for all events (including relays) is 30 mins before the start of the session to ensure the fastest heat in each event is full.
- Scratch Forms are available at the Admin Desk and must be filled out in full.
- Failure to participate in the **FASTEST HEAT** of an event without meet management's knowledge and consent will result in a **\$50 fine**.

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- **Individual Events:** Failure to pay the fine before the swimmer's next individual event will exclude the swimmer from any further participation in individual events at the meet.
- **Relay Events:** Failure to pay before the next session will exclude the team from any further participation in relay events at the meet.

Payment:

Accepted payment is via the Online Penalty Form via Credit Card

<https://form.jotform.com/SwimOntario/2023-provincial-meet-penalty-form>

Relays

- Relay cards will be available for coaches to pickup at the beginning of warmup. All cards must be received 30 mins prior to the start of the **session**.
- No name changes will be accepted after this deadline unless approved by meet management.
 - **Friday** – 400 medley and 400 free
 - **Saturday** – 200 medley
 - **Sunday** – 200 free

Disqualifications

- Disqualifications will be announced with Event/Heat/Lane number only.
- Please see the session referee for details on disqualifications.

Positive Check-in for 800s

- **All swimmers** participating in the 800m freestyle on Sunday must check-in 30 mins prior to the start of the session.

Hospitality

- Is available for coaches in the Committee Room upstairs throughout the meet.