

NCSA Fall Invitational 2024

Technical and Safety Bullentin

November 1-3, 2024



MNP Community and Sport Centre
2225 Macleod Trail SW, Calgary, AB T2G 5B6
25 meter, 8 lane pool (North Competition Pool)
Omega/Quantum timing system
Level 3 Heats and Finals

Contact Information:

Meet Manager	Stephen Plosz meet.manager@ncsaswim.ca
Entries	Kyoko Taylor entries@ncsaswim.ca
Officials	Margaret Palmer and Amy McMillan ncsa.officials@ncsaswim.ca
Advisory Referee	Dave Jenkins

Session Schedule (no changes):

Sessions		Date	Warm up	Start
Session 1 (Timed finals)	All Ages	Friday November 1, 2024	3:00 PM	3:45 PM
Session 2 (Prelims and Timed Finals)	All Ages	Saturday November 2, 2024	7:00 AM	7:45 AM
Session 3 (Finals)	All Ages	Saturday November 2, 2024	3:00 PM	3:45 PM
Session 4 (Prelims)	All Ages	Sunday November 3, 2024	7:30 AM	8:15 AM
Session 5 (Finals)	All Ages	Sunday November 3, 2024	3:00PM	3:45PM

Heat Sheets and Results:

- Heat sheets will be available at no charge on Meet Mobile
- Results will be available on Meet Mobile. Meet Mobile results are unofficial and all final results will be published to Swim Canada at the end of the meet.

Swimmers, Coaches and Officials:

- MNP Event guidelines are in effect during this meet. (**PLEASE NOTE:** MNP Centre is currently under construction, and there are changes to both parking and building entry. Please follow directions as posted in the parking lot and inside the facility)
- Access to the facility will utilize the north doors.
- Access for swimmers and coaches into the pool deck area is permitted 30 minutes prior to the warmup start time .
- Access for officials is permitted 30 minutes prior to session start.

General Information:

- Event participants are not permitted to use the hot tubs before, during or after the events.
- Athletes/participants are not permitted to change their clothing in the activity areas.
- Please do not bring any glassware into the activity areas, including onto the pool deck. All beverages should be in a sealed, spill proof container.
- In the event of an emergency requiring an evacuation, the designated Muster Point is the large electronic MNPCSC sign located on MacLeod Trail. In the event that an evacuation is required, please calmly and promptly make your way to the Muster Point. Facility emergency personnel will make themselves known and provide assistance during the evacuation.
- **Please remind swimmers' family members, parents/guardians are not permitted on the pool deck for safety reasons, except if they are officiating.**

Scratches:

- **The Swim Alberta Scratch Rule will be in effect for this competition .**
- To make the meet run more efficiently any last-minute scratches would be appreciated until Thursday, October 31st, 2024 by Noon. Please notify NCSA by e-mail: entries@ncsaswim.ca.

Swimmer Information:

- Please inform your swimmers: They are to remain in the water after their swim during preliminary events as the next heat or event will start over them. Swimmers remaining in the water should move to either side of their lane and remain there quietly until the start has been given.
- Please discourage your swimmers from disturbing the next swimmer by waiting directly beneath the starting blocks &/or hanging onto the backstroke starting grips.
- In backstroke preliminary events, when the referee blows the first long whistle the swimmers will leave the pool as the next swimmer enters the water unless instructed differently by the Referee &/or Starter.
- During finals, alternates check in with the Meet Official located near the referees. After check in the swimmers will await direction from Meet Officials.
- Inform Meet Management and the Advisory Referee of all PARA swimmers from your club at

the start of each session and discuss if your swimmer(s) will require special attention or assistance on deck, including at the starting blocks.

- If your swimmer(s) have to withdraw from the meet, at any time, as a result of a medical condition, etc., please notify the meet manager and advisory referee, ASAP.

Prizes - Bell Ringer:

- Heats will be randomly chosen during session 1, 2, and 4. At the beginning of that heat a bell will ring to indicate it is a prize heat. Swimmers winning that heat will receive a prize. Winners will be announced during the swim meet and are asked to collect their prize from the prize table. All prizes must be collected by swimmers or their coach(es) at the conclusion of the competition.
- Medals will be given out for 1-3 place, excluding relays

Spectators:

- Access to the facility will utilize the north doors.
- Offsite event parking may be required, please follow directions of MNP staff.

Warm Up / Cool Down:

General Warmup:

	Start / Finish	Dive / Back Starts	Dive / Back Lanes
Session 1 (Fri PM)	3:00-3:40 PM	3:25 PM	Lane 1&8 - Dive Lane 7 - Back Starts
Session 2 (Sat AM)	7:00-7:45 AM	7:25 AM	Lane 1&8 - Dive Lane 7 - Back Starts
Session 3 (Sat PM)	3:00-3:40 PM	3:25 PM	Lane 1&8 - Dive Lane 7 - Back Starts
Session 4 (Sun AM)	7:30-8:10 AM	7:55 AM	Lane 1&8 - Dive Lane 7 - Back Starts
Session 5 (Sun PM)	3:00-3:40 PM	3:25 PM	Lane 1&8 - Dive Lane 7 - Back Starts

Warmup / Cooldown lanes during sessions:

Session 1 (Fri PM)	West Training Pool	Lanes 5, 6, 7, 8
Session 2 (Sat AM)	West Training Pool	Lanes 5, 6, 7, 8
Session 3 (Sat PM)	West Training Pool	Lanes 5, 6, 7, 8
Session 4 (Sun AM)	West Training Pool	Lanes 5, 6, 7, 8
Session 5 (Sun PM)	West Training Pool	Lanes 5, 6, 7, 8