

NCSA Spring Invitational 2025

Technical and Safety Bulletin

March 15-16, 2025

YMCA -Seton 4995 Market Street, St SE, Calgary, AB T3M 2P9

25 meter, 10 lane pool

Omega/Quantum timing system

Level 3 Heats and Finals



Contact Information:

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

Session Schedule: **NOTE TIME CHANGE FOR FINALS**

Sessions		Date	Warm up	Start
Session 1 (Timed finals and prelims)	All Ages	Saturday March 15, 2025	8:00AM	8:45AM
Session 2 (Finals)	All Ages	Saturday March 15, 2025	4:00PM	4:45PM
Session 3 (Timed finals and prelims)	All Ages	Sunday March 16, 2025	8:00AM	8:45AM
Session 4 (Finals)	All Ages	Sunday March 16, 2025	4:00PM	4:45PM

Heat Sheets and Results:

- Heat sheets will be available for coaches on deck.
- 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:

- Seton YMCA guidelines are in effect during this meet.
- All participants must present the access pass at the desk. Participants 18 years and up must also show photo ID at the desk. We encourage all to have a photo of the access pass saved on their phone to show upon arrival.
- Access for swimmers, coaches and officials into the pool deck area is permitted 30 minutes prior to the warmup start time.

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.
- Food on deck for swimmers is permitted. We ask that the pool deck space be kept clean and free of food and encourage clubs to monitor their area.
- Food provided in the "hospitality room", is required to remain in the room and not brought onto the pool deck.
- **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.
- If a swimmer no-shows a swim during a finals session, they will not be scratched from subsequent finals.
- To make the meet run more efficiently any last-minute scratches would be appreciated until Thursday March 13, 2025 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, with the exception of backstroke events. 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 events, swimmers will clear the pool at the end of the heat 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 Meet 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 Management and the Meet Referee, ASAP.

Prizes and Awards:

- Individual events
 - Medals will be given out for places 1, 2 and 3.
 - Ribbons will be given out for places 4 through 8, based on finals / timed finals results.

General Warmup:

	Start / Finish	Dive / Back Starts	Dive / Back Lanes
Session 1 (Sat AM)	8:00-8:40 AM	8:25AM	Lane 0&9 - Dive Lane 8 - Back Starts
Session 2 (Sat PM)	4:00-4:40 PM	4:25 PM	Lane 0&9 - Dive Lane 8 - Back Starts
Session 3 (Sun AM)	8:00-8:40 AM	8:25AM	Lane 0&9 - Dive Lane 8 - Back Starts
Session 4 (Sun PM)	4:00-4:40 PM	4:25 PM	Lane 0&9 - Dive Lane 8 - Back Starts

Warmup / Cooldown lanes during sessions:

Session 1 (Sat AM)	Non Competition Pool	4 Lanes (TBA)
Session 2 (Sat PM)	Non Competition Pool	4 Lanes (TBA)
Session 3 (Sun AM)	Non Competition Pool	4 Lanes (TBA)
Session 4 (Sun PM)	Non Competition Pool	4 Lanes (TBA)