

MIDDLE SCHOOL SWIM MEETS – 2023
JIMMY THOMPSON POOL
Tuesday, May 2nd
Thursday, May 4th
Friday, May 5th

- IMPORTANT**
1. **Marshalling Route – swimmers will proceed to poolside by way of the EAST stairs.**
 2. **All shallow end starts must take place from a position in the pool rather than a dive entry. Therefore, freestyle relays will begin in the deep end. Backstroke events will begin in the shallow end.**
 3. **If you have any special needs participants, please inform Athletics a week in advance of your meet.**

The meet format is intended to emphasize fun and participation.

In order that the program may be conducted with fairness and in an efficient manner, please see that the following criteria are carefully observed:

1. Age divisions are as follows:

Grade 6
Grade 7
Grade 8

PLEASE NOTE THIS ENTRY PROCEDURE

Coaches are asked to refer to the contestant form (attached) to determine the number of entries permitted for each event. Each competitor/relay team **must** have an event card made out in order to compete. Cards are available at the coaches meeting or thereafter from the Athletics Office (905) 521-2521. **ONLY ONE CARD IS NECESSARY FOR RELAY TEAMS.** Last minute changes may be made by the swimming coach by simply altering the swim card. These cards will be carried by the entrant to the pool deck for collection.

2. The number of schools participating will determine the number of meets held. As there is now a strict limit on the capacity in the building, which includes swimmers, coaches, spectators and meet officials. Therefore to meet capacity requirements there will be approximately 7 schools in each meet. Participating schools will be arranged in divisions by population. Schools will be informed of the date and time of the meet in which they will participate as soon as possible.

The meets will take place on Monday, May 1st, Tuesday May 2nd and Thursday May 4th at either 9:30 AM or 1:00 PM

3. Each competitor may enter **one** of each of the following events:

- Freestyle
- Backstroke
- Relay
- Medley relay

No competitor is to be entered any more than once in each of these four events.

4. **SCORING:** The system for scoring is as follows for individual events: **1st** – 7 points; **2nd** – 5 points; **3rd** – 4 points; **4th** – 3 points; **5th** – 2 points; **6th** – 1 point. For relays, the points will be doubled. TIES – points will be awarded equally.

5. **TIMING:** Each event will be broken into heats, with each competitor in each heat timed. At the conclusion of the heats for each event, the six fastest times will determine the top six swimmers for that event. It is, therefore, a swimmer's time that will determine his/her **overall** event placing, **not** his/her placement in the heat.

5. **AWARDS:**

Divisional Championship Pennants will be presented to the winning school in each of the following categories: Overall Girls; Overall Boys; Overall School.

Pennants are to be kept by the schools for permanent display.

EVENT WINNERS: 1st place, 2nd and 3rd place – ribbons (NOTE: awards are not presented to heat winners, only event winners.)

6. Swimmers will not be able to stand or jump into the water from the shallow end bulk head. Swimmers may sit and slip into the water from the bulkhead and they also may sit on the bulkhead and listen to instructions from the coaches. Coaches are not allowed to walk along the bulkhead. **ALL** competitors will be swimming in at least four (4) feet of water at all times. In the past, we have had to pull swimmers from the water. Please ensure that all swimmers can swim the distance safely.

7. **SWIM PRACTICES:** To be eligible for participation in the swim meet, school teams must have participated in a minimum of four (4) practices. Practice time is available at various city pools and will be booked at the coaches' meeting. It is the responsibility of the coach to assure participants can swim the distance safely. Make sure that you go to the pool prepared to time your **OWN** swimmers.

8. School representatives must accompany competitors, and will be responsible for general discipline of their pupils in the stands. Please sit with your team.

Teachers in charge must see that competitors report to the marshalling area on time.

9. We hope that good sportsmanship will prevail among swimmers and spectators. Spectators and competitors in the stands are asked to cheer in a positive manner. Please refrain from using any artificial noisemakers such as drums and whistles.
10. All competitors are to change and wait in the stands for their event. Please remind all swimmers to bring their belongings up the stand area and place them on the bottom two rows. When their event is called, they are to proceed with their event card to the marshalling area.
11. Coaches are asked to please pick up their awards at the end of the meet.
12. Competitors are expected to swim in their appropriate age category. A student can be moved to a higher age category however cannot be moved to a lower age category.
13. **NOTE: The order for the Medley Relay is: Backstroke; Butterfly; Breaststroke; Freestyle. THE MEDLEY RELAY BEGINS IN THE SHALLOW END OF THE POOL – THIS IS THE ONLY RELAY THAT DOES.**

AN “ORDER OF EVENTS” IS ATTACHED.

A SAFETY NOTE FOR COACHES

1. **DO NOT** arrive at the pool any earlier than 30 minutes prior to the start of the meet.
2. **DO NOT** allow your students to wait in front of the doors of the building. Students can line up along the front of the building and down Balsam Street. King Street is far too busy to have students close to the edge of the road.
3. Due to safety requirements the seating arrangements at the swim meets will be as follows:
 - Swimmers and coaches will be seated on the east side of the building.
 - Spectators will be seated on the west side.
 - Once swimmers have entered the pool area they will not be allowed to use the front stairs to go down to the change room. Change rooms and washrooms can be accessed from the stairs on deck.
 - Once the meet starts, in order to keep the seating areas as dry as possible, swimmers will not be able to cross to the spectator side of the pool and vice-versa.
 - Swimmers who are competing, will move to the marshalling area along the top walkway of the pool.
 - Swimmers who have finished racing will exit the pool deck at the back of the pool and return to their school. (Same side of marshalling area).
 - Please have swimmers wearing footwear as much as possible.