



Invitation AA-AAA NOËL 2016

TECHNICAL BULLETIN

TECHNICAL MEETING

A technical meeting for all coaches will be held at the Centre Claude-Robillard on Friday, December 9, 2016 at 7:30 AM closed to the clerk of course table.

RULES

Swimming/Natation Canada meet rules will be in effect. The one start rule will be in effect.

ATTENTION Changes for Finals

Finals : Warm up : 17h00-17-50

Start : 18h00

SPÉCIFICATIONS

- We are asking swimmers to stay in the water until the next heat, except for the backstroke events.
- No card will be given to the swimmers, Timekeepers will have a list of swimmers and start list will be posted on deck.
- We are asking coaches to address all disqualification requests to the concerned referees and all other request to the meet Manager.

1500 M Free: SHORT COURSE, Sunday

- The 1500m session on Sunday, will start at 14:00 with a warm-up between 13:30 and 13:55. The session will be held in the NORTH pool only. Starts will be alternating from girls to boys' heat, fastest to slowest. Note that this session won't be swim by age group.

ALLOTMENT TANKS

- Exceptionally, girls and boys will swim together on the North side.
- The second 25m pool will be available until 11h45 and the diving tank will be available for the Final sessions
- The warm-up before the finals is reserved to the swimmers who swim in finals only.
- During finals warm-up, lane #0 will be reserved for sprint for all warm-up period.

PROTOCOL-AWARDS

- Award presentations during the finals. Please advise your swimmers to be there right after their races.
- SUNDAY, there will not be any award presentation, even for the 50m Free. It is the coach responsibility to get the medals at the clerk of course. None of the medals will be sent by mail.
- Medals will be presented to the 1st, 2nd and 3rd place swimmers for all individual events and ribbons for relays.
- A banner to the best team
- Price of 250.00\$ to the best swimmer (M-F) of each age group category

IMPORTANT DEADLINE

- ✓ **RELAYS REGISTRATION CONFIRMATION**
 - Friday: 4X50m FREE, you have until the end of Friday preliminaries to confirm your registration.
 - Saturday : 4X50 MEDLEY, the end of Saturday preliminaries
 - Sunday: 4x50m Mixed: the end of Saturday preliminaries
- ✓ **RELAYS NAMES AMENDMENT**
 - 4X50m FREE, you have until 30 minutes prior to Friday finals session.
 - 4X50m MEDLEY, you have until 30 minutes prior to Saturday's session.
 - 4x50m Mixed: you have 30 minutes prior to Sunday's session.
- ✓ **SCRATCHES Finals:**
 - Swimmers may scratch without penalty within thirty (30) minutes after the posting of the results of each event in the preliminary session.
 - A swimmer who forgets to scratch will be retired of all the remaining events, including relays and for the rest of the session.
- ✓ **FRIDAY AND SATURDAY FINALS**
 - At their arrival, we are asking to all finalists to come in person at the clerk of course to confirm their presence by highlight their name(s) on the posted program.



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RÉSULTS

- The results will be available LIVE on the CAMO natation website : www.camonatation.org



Protect our planet! Think "GREEN" Please bring your water bottle!



Following the rule of the city of Montreal, shoes, except the ones used on deck, will not be permitted, and this rule is for all participants. Sandals are obligatory for swimmers



IMPORTANT

- We have rooms for your swimmers to rest in between sessions; please advise us if you need them
- An adult must be present in the room; \$10.00 as a deposit, will be asked for the key.

MISCELLANEOUS

- Coffee, meals and refreshments will be available for coaches in the hospitality room
- Start lists and Finals programs will be available in the club's folder at the clerk of course.
- Results and Finals programs will be posted in the hallway of deck level and at the clerk of course table.
- Please be sure your lockers are locked.

Meet Manager

Nicole Normandin