

**NOSSA Championship Swimming**  
**December 12, 2018**

**Time:**

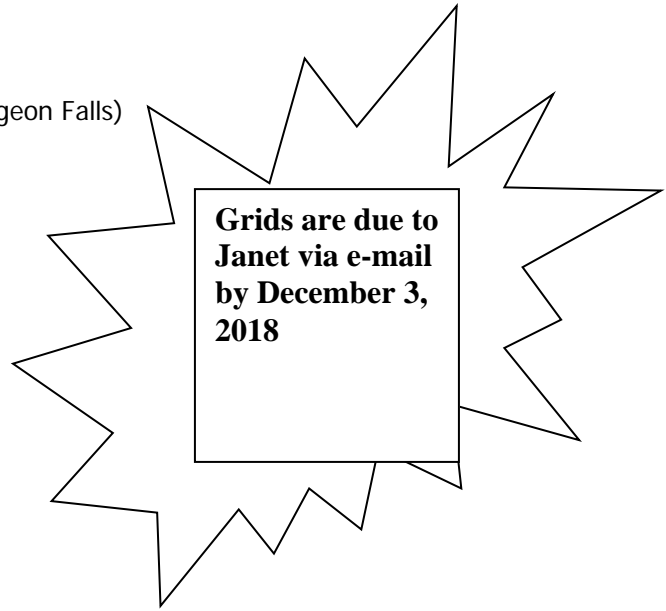
Warm ups – 9:00 a.m.- 9:25 (Greater Sudbury Schools)  
– 9:25-9:50 (North Bay, Espanola, Elliot Lake, Sturgeon Falls)

Start: 10:00 am

**Scoring:**

**Team Awards**

1 <sup>st</sup>	6
2 <sup>nd</sup>	4
3 <sup>rd</sup>	3
4 <sup>th</sup>	2
5 <sup>th</sup>	1



**\*Awards will be presented in all categories: Junior, Senior, Open Medals and Ribbons:**

Medals will be awarded for 1<sup>st</sup> and 2<sup>nd</sup>. Ribbons will be awarded to 5<sup>th</sup> place

**Eligibility:**

Juniors are: Under 16 as of January 1 2019 (most grade 9 and 10 students)

Seniors are: 19 and under

Open swimmers are: 19 and under and fall under the following description:

**A swimmer who has competed for and/or trained with and/or been registered with a SNC club or equivalent as of November 1st of the year prior to the current school year shall be eligible to compete in the Open Division only provided that he/she is a bona fide member of the school team.**

**A swimmer who, during the current school year, has competed for and/or trained with and/or been registered with a non-SNC competitive aquatic club shall be eligible to compete in the Open Division only, provided that he/she is a bona fide member of the school team. A "non-SNC competitive aquatic club" is defined as a club OR program in which athletes practice AND/OR compete outside the school curricular and/or extra-curricular programs. Clubs or programs may include, but are OFSAA not limited to, swimming, synchronized swimming, water polo and triathlon.**

**A swimmer who, during the current school year, receives any coaching and/or training, outside of his/her high school curricular or extra-curricular program shall be eligible to compete in the Open Division only provided that he/she is a bona fide member of the school team.**

**If a grade 9 swimmer has ceased to compete for and/or train with and/or is no longer registered with a SNC or non-SNC competitive aquatic club after November 1<sup>st</sup> of the current school year, he/she shall be eligible to swim in the High School Division.**

**OFSAA:**

All first place finishers in OFSAA events and swimmers who meet the OFSAA time standard are eligible to compete at OFSAA. This includes relay teams.

**Individual Events:**

- High school swimmers may swim two individual events.
- Open swimmers may swim up to two individual events
- Open swimmers must swim all of their events, **including relays** in the OPEN category.

**Relays**

- Swimmers may swim one or more relays to a maximum of 3 events in total.
- Swimmers may swim on any relay in their age group, or any OPEN relay.
- Swimmers may also swim "up" on a relay team a Junior may swim on a Senior relay, but they may not swim "down" (a senior may not swim on a Junior relay).

**Grid Sheets**

- Please enter times for your swimmers when possible. This makes for a better seeded meet.
- In order to ensure a quicker and easier data entry process you are encouraged to submit grid sheets electronically rather than by fax.

**All events will be swum as Time Finals.**

**THERE WILL BE A COACHES MEETING in the shallow end of the pool at 9:30AM ON  
DECEMBER 12TH.**

<b>Event # Girls</b>	<b>Event</b>	<b>Event # Boys</b>
1	Senior 200 Free	2
3	Open 100 Free	4
5	Junior 200 M.R.	6
7	Senior 200 M.R.	8
9	OPEN 200 M.R.	10
11	Open 200 IM	12
13	Junior 100 IM	14
15	Senior 100 IM	16
17	Open 100 IM	18
19	Junior 50 Breast	20
21	Senior 100 Breast	22
23	Open 100 Breast	24
25	Junior 50 Free	26
27	Senior 50 Free	28
29	SWAD 50 Free	
30	Open 100 FLY	31
32	Junior 50 Fly	33
34	Senior 50 Fly	35
36	OPEN 50 Free	37
38	Junior 50 Back	39
40	SWAD 50 Back	
41	Senior 100 Back	42
43	OPEN 100 Back	44
45	Junior 100 Free	46
47	Senior 100 Free.	48
49	Open 200 Free.	50
51	Junior 200 F.R .	52
53	Senior 200 F.R.	54
55	OPEN 400 F.R.	56



