

JOHN TIMMERMANS MEMORIAL 2024

February 9-11, 2024 *Technical & Safety Bulletin*

Contact Person

Meet Manager Kerri Engler meet.manager@ncsaswim.ca

Entry Contact Kyoko Taylor entries@ncsaswim.ca

Official Coordinator: Margaret Palmer and Amy McMillan, ncsa.officials@ncsaswim.ca

Advisory Referee: [Dave Jenkins](#)

Schedule **Note time changes**

Sessions	Date	Warm up	Start
Session 1* (Timed final)	February 9, 2024	3:00 PM	3:45 PM
Session 2	February 10, 2024	8:00 AM	8:45 AM
Session 3 (finals)	February 10, 2024	4:00 PM	3:45 pM
Session 4	February 11, 2024	7:15AM	8:00AM
Session 5 (finals)	February 11, 2024	3:00PM	3:45PM

Heat Sheet & Results

- Heat Sheets available for free 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.
- 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 meet officials is permitted 30 minutes prior to session start.

Nose Creek Swim Association

Dream it! Train it! Live it!



General

- 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.**

Warmup & Cool down

General Warm Up North and South Competition Pools

	Dive/Backstroke Times	Lanes
Session 1	3:25-3:45 pm	lane 1 & 8 (dive) lane 2 backstroke
Session 2	8:25-8:45am	lane 1 & 8 (dive) lane 2 backstroke
Session 3	4:25-4:45 pm	lane 1 & 8 (dive) lane 2 backstroke
Session 4	7:40:-8:00 am	lane 1 & 8 (dive) lane 2 backstroke
Session 5	3:25-3:45 pm	lane 1 & 8 (dive) lane 2 backstroke

Lanes available during the sessions for swimmers for warm up and cool down:

Session 1	West Pool	lane 5,6,7,8
Session 2	West Pool	lane 5,6,7,8
Session 3	West Pool	lane 5,6,7,8
Session 4	West Pool	lane 5,6,7,8
Session 5	West Pool	lane 5,6,7,8

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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, February 8, 2024 by Noon. Please notify NCSA by e-mail: entries@ncsaswim.ca.

Swimmer Information

- During session 2 and 4 odd heats will be run in the north pool and the even heats will be run in the south pool. All other sessions will be in the north pool.
- 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.