



NWO Open Swim Meet

April 3, 4, 5, 2009

Sanctioned by Swim Ontario
~ NWO Region

- Location:** Kenora Recreation Centre
- Facility:** 6 lane 25 meter pool. 2 lane x 20 yard Warmup/Warmdown pool.
- Eligibility:** All swimmers registered with Swimming /Nataion Canada or with USA Swimming

Competition:

- Current SNC/FINA rules will be in effect.
- The meet will be limited to the first 180 swimmers who register for competition.
- Competition will be in the following Age Groups: 8 & Under; 9 + 10; 11 + 12; 13 + 14; 15 & Over.
- All events will be swum as Timed Finals, and will be Senior Seeded.
- All events will be swum with girls and boys mixed / seeded together, except for the Team Relays.
- Swimmers will be limited to 8 events plus Team Relays.
- **New for 2009 ~ "50 Free Shootout"**.

At the end of Event 2 [50 Freestyle] the fastest **SIX** Girls and the fastest **SIX** Boys [regardless of swimmers ages] will race in Round 2. In Round 3 we will have the fastest **FOUR** Girls and the fastest **FOUR** Boys. Round 4 will have just the fastest **TWO** Girls and the fastest **TWO** Boys racing for the event win!

Meet Program:

Session Number 1 ~ Friday April 3, 2009

Warmup: 4:30 – 5:30 PM ~ Swim Meet 5:30 – 8:30 PM

Event Number	Event
Event 1	200 IM
Event 2	50 Freestyle ~ First Round of the "50 Free Shootout"
Event 3	400 Freestyle *

Session Number 2 ~ Saturday April 4, 2009

Warmup: 8:00 – 9:00 AM ~ Swim Meet: 9:00 AM – 1:00 PM

Event Number	Event
Event 2~A	50 Freestyle ~ Second Round of the "50 Free Shootout" [6]
Event 4	50 Butterfly
Event 5	200 Butterfly
Event 6	100 Freestyle
Event 7	50 Breaststroke
Event 8	200 Breaststroke
Event 9	100 Backstroke
Event 10	200 Freestyle Relay **

Session Number 3 ~ Saturday April 4, 2009

Warmup: 2:30 – 3:30 PM ~ Swim Meet: 3:30 – 6:00 PM

Event Number	Event
Event 2~B	50 Freestyle ~ Third Round of the "50 Free Shootout" [4]
Event 11	100 Breaststroke
Event 12	100 Individual Medley
Event 13	400 Individual Medley

Session Number 4 ~ Sunday April 5, 2009

Warmup: 8:00 – 9:00 AM ~ Swim Meet: 9:00 AM – 1:00 PM

Event Number	Event
Event 2~C	50 Freestyle ~ Fourth Round of the "50 Free Shootout" [2]
Event 14	200 Freestyle

Event 15	100 Butterfly
Event 16	50 Backstroke
Event 17	200 Backstroke
Event 18	200 Medley Relay **
Event 19	800 Freestyle *
Event 20	1500 Freestyle *

* Meet Management reserves the right to run these events (400 Freestyle, 800 Freestyle, 1500 Freestyle) double laned if numbers and time necessitate it.

** Relays will be swum and scored by **sex** and **Age Group**.

Awards:

- Ribbons 1st to 6th in all Age Groups (both Girls and Boys) for all Individual Events
- Ribbons 1st to 3rd for all Age Groups (both Girls and Boys) for all Team Relays
- Event Winner Awards for the **Overall Event Winner** (both Girls and Boys) in each Individual Event and Team Relay
- Best Time Ribbons for all swimmers who better their entry times.
- Special Award to the two winners of the "50 Free Shootout".
- NWO Regional Championship Banner for the NWO Regional Team scoring the greatest number of points in the swim meet.

NWO Region Awards Dinner and Social:

The annual NWO Region Awards Dinner and Social will be held on **Saturday April 4, 2009** in the **Super 8 Motel Meeting Room** [catered by **Casey's Bar & Grill Restaurant**]. All NWO Regional swimmers, their parents and coaches are encouraged to attend. Tickets for the Awards Dinner & Social are included in the **All Inclusive Meet Fee** or are **\$8.00** for NWO Regional Swimmers, **\$16.00** for out of NWO Region Swimmers and **\$16.00** for parents.

Meet Entry Fees:

- **\$60.00** ~ **All Inclusive Meet Fee** ~ Covers meet fees for up to 8 Individual Events, \$2.00 NWO Region Meet Fee, participation in Team Relays, and the NWO Awards Dinner & Social for all NWO Regional Swimmers;
- **\$7.50** per Individual Event (includes GST);
- **\$10.00** per Relay Team (includes GST).

Entry Deadline: **Wednesday March 25, 2009**

- Email entries to the SNC Entry Website.
- Please also email entries to swimmingsharks@kmts.ca.
- Club representatives are asked to submit their **Entry Fee Cheques** to the Meet Manager prior to the start of competition.

Meet "Sponsor":

Our main sponsor for the **2009 NWO Open Swim Meet** is the **Super 8 Motel**, 240 Lakeview Drive, Kenora ~ (807) 468-8016. We have made a large block booking of rooms for this weekend; please support the Super 8 Motel for this swim meet. Ask for rooms for the **NWO Open Swim Meet / Kenora Swimming Sharks** when making reservations.

Meet Managers: Crystal Martin and Patti Boucha.

- **Crystal** ~ 807-543-7668 /// email cbmartin@xplornet.com
- **Patti** ~ 807-547-3900 /// email twynnbree@kmts.ca

Billeting of Swimmers:

The KSS will be able to supply a limited number of billets for this swim meet. For billets please contact **Patti Boucha** @ 807-547-3900 /// email ~ twynnbree@kmts.ca.

Meet Officials: Laura Farrell

If you would be interested in Officiating please contact **Laura Farrell** @ 807 548-2456 /// lfarrell@kmts.ca

Technical Questions: Bruce Fisher (KSS Head Coach)

807-468-4221 [KSS Office] /// swimmingsharks@kmts.ca.