

# Thorndale Pool

## Northshore Aquatic Association Summer Swimmers - Meet Package



Saturday July 20<sup>nd</sup>, 2024

### VENUE

Thorndale Pool  
14921 rue Oakwood, Pierrefonds  
H9H 1Y1

We have men's and women's bathrooms available for all. Please note that personal belongings left in the changing rooms and on pool deck are under the responsibility of EACH participant. Thorndale Pool, NAA or the Borough of Pierrefonds-Roxboro are not accountable for broken, lost or stolen items.

We request everyone's collaboration to keep the pool and surrounding areas clean. Tables and designated areas will be provided for each team. Spectators and swimmers must bring their sunscreen, hat and water. The canteen/Snack Shack will be open to purchase drinks and snacks. Breakfast items and a BBQ lunch will also be available to purchase.

## COACHES

The Head coach must register upon arrival and prior to the coaches meeting. Please register at the officials' table.

The coaches' meeting is scheduled at 8:10am. A minimum of one coach per team **MUST** attend this meeting.

Please refer to the schedule section for all relevant times.

## OFFICIALS

Several Officials positions need to be filled to run the Summer Swimmers Meet. Officials can send an email to: [vpswimming@leniyo.com](mailto:vpswimming@leniyo.com)

Officials must arrive at 7:55 a.m. and register at the officials' table.

The officials' meeting will commence at 8:15 on the south side of the pool near the starter's area.

Officials will be provided lunch during relay warm up.

All pools must bring stopwatches for their timers. Officials should wear a white shirt.

## ELIGIBILITY

Source: NAA Constitution (June 20, 2022)

### 2.8.2 Eligibility

2.8.2.2 A swimmer must have not participated in a winter aquatic program in the previous 24 months. This includes winter swimming, synchronized swimming, waterpolo or triathlon programs. Attending winter swimming lessons or participating in grade school or high school swimming competitions is acceptable.

2.8.2.3 The recognized categories, separate for Girls and Boys are: 8 and under 9 and 10 years 11 and 12 years 13 and 14 years

2.8.2.5 Any age group swimmer may swim in a maximum of three (3) events NAA Constitution Page: 24 of 46 Updated: June 20, 2022

2.8.2.6 A swimmer may swim in his/her age group or an older age group provided they do not exceed the maximum number of events listed in rule

2.8.2.5 2. 7.2.7 Each team is allowed three (3) official entries in each individual event.

## SCORING

Source: NAA Constitution (June 20, 2022)

2.8.4.1 Scoring for this event will be as follows. For each event, teams will receive a score based on their placing according to the following table:

<b>Placing</b>	<b>Score</b>
1 <sup>st</sup>	20
2 <sup>nd</sup>	18
3 <sup>rd</sup>	17
4 <sup>th</sup>	16
5 <sup>th</sup>	15
6 <sup>th</sup>	14
7 <sup>th</sup>	13
8 <sup>th</sup>	12
9 <sup>th</sup>	11
10 <sup>th</sup>	10
11 <sup>th</sup>	9
12 <sup>th</sup>	8
13 <sup>th</sup>	7
14 <sup>th</sup>	6
15 <sup>th</sup>	5
16 <sup>th</sup>	4
17 <sup>th</sup>	3
18 <sup>th</sup> - higher Up to the number of pools in the NAA that year.	1

1 2.8.4.2 Each pool shall receive the score of only the highest placed of its swimmers in any one event. No pool shall receive more than one score per event.

2.8.4.3 A swimmer that gets disqualified cannot earn any points.

2.8.4.4 In the event of a disqualification, the swimmer in question shall place last, receive no time (9:99.99) and not be able to score.

2.8.4.5 A swimmer who swims with the assistance of flotation devices or a lifeguard's will be considered an exhibition swimmer and will not be eligible to earn points.

2.8.4.6 10 points will be awarded for each participant swimmer (not including Exhibition) to a maximum of 100 points per pool. The total participation points earned shall count in the pools season end totals

## RESULTS

The EVENT results will be posted on the building next to the garage door as they become available.

Ribbons / medals will handed to the head coaches, to present to their athletes at their awards night.

## WARM UPS

FNQ safety measures will be enforced.

No running on pool deck or diving from the side of the pool is permitted.

Flutter boards are permitted during warm ups. Fins and hand paddles are NOT permitted during warm ups.

Diving starts are only permitted during the last 5 minutes of the warm-up period. Only one way swimming shall be permitted during that time.

Please remind swimmers that they must enter the water FEET FIRST in a cautious manner.

### Morning Warm Up

Lane	7:30-7:55	7:55-8:15	8:15-8:35
1	ELM	FVW	VER
2	WAL	FOR	THO
3	ECC	SUR	VYC
4	TMR	BWD	WES
5		GLEN	CSL

### Backstroke Warm Up

Lane	11:15-11:30	11:30-11:45	11:45-12:00
1	ELM	FVW	VER
2	WAL	FOR	THO
3	ECC	SUR	VYC
4	TMR	BWD	WES
5		GLEN	CSL

## SCHEDULE\*

\* Preliminary schedule; exact times subject to change based on meet duration

- |             |  |
|-------------|--|
| 7:30-8:35   | Swimmers warm up   |
| 7:55        | Officials arrival at THO                                       |
| 8:10-8:20   | Coaches meeting [west side of pool near diving area]           |
| 8:15-8:25   | Officials Meeting [south side of the pool near starter's area] |
| 9:00        | Meet starts [freestyle & breaststroke]                         |
| 11:00-12:15 | Backstroke warm up & lunch [75-minute break in total]          |
| 12:15-14:30 | Meet resumes [Backstroke & Butterfly]                          |

## PARKING

You can find some available parking lots circled in red on the map below. Once these are full, visitors will need to find street parking in the area.

