

Nanjing International School Invitational

December 07th & 08th, 2019

The NIS Seas Lions are delighted to invite you to the Nanjing International Swim Meet (SSL Swim Meet #3). We look forward to hosting you, your athletes, coaches and parents at this exciting event!

PLEASE MAKE NOTE OF ALL DEADLINES

EVENT INFORMATION

NIS SWIMMING POOL & GUEST HOSPITALITY

25m pool with 6 lanes plus electronic timing

The NIS cafeteria & Delimarche Cafe (with balcony views of the pool) will be open all day
Western style fast food & local cuisine outlets can be found in the extra information packet.
Hotels and transportation can be found in the extra information packet

ENTRY INFORMATION

Entry fee PER athlete - 100RMB - paid on the day. Receipt ONLY.

Hytek Team Manager MUST be used for all entries, sent to:

KathrinLammers@nanjing-school.com

NUMBER OF SWIMMERS – THURSDAY 31st OCTOBER 2019 @ 8:00am

Final Entry DEADLINE - MONDAY 25th NOVEMBER 2019 @ 8:00am

MEET PROTOCOLS

- Age Groups (9-10, 11-12, 13-14, 15&O) age as of **7th of December 2019**.
- Maximum for all teams is 80 swimmers throughout the two day meet.
- Swimmers may enter a maximum of three individual events and two relays.
- Any combined events are scored according to the age group & gender. Note 13 & overs relay shall be combined together for purposes of creating a competitive exciting environment, should be swam and scored as 13 – 14 & 15 & over.
- Team entries per event are unlimited for individual events.
- Relay points will be awarded to team tallies but, not to individual point tallies.
- You can age up swimmers for relays but no repeats.
- No qualifying times apply.
- No NT in entries as per SSL meeting agreement.

- All events are timed finals.
- FINA disqualification rules apply as well as the one start rule.
- 400m events: heats by time entered, mixed age separated by gender, time limit: 6:00min or faster. Swimmers will be scored by age and gender.
- Scratches ONLY AFTER THURSDAY 28th NOVEMBER 2019 @ 8:00am.
- Warm up lane assignments and times will be set once entries have been received.

SCORING & AWARDS

- Scoring: 1st – 12th score.
- Only two swimmers from each team can score within one event
- Only two relay teams A & B can be entered in each relay event, only the fastest team scores
- Top 3 swimmers per event (male & female) will receive medals, 4th, 5th and 6th will receive ribbons
- Heat winner ribbons will be presented at end of each race
- Age group 'Team High Point Trophy': 1st, 2nd & 3rd: points earnt for each team in each gender & age group are totaled together.
- Overall Team High Point Trophy: 1st, 2nd & 3rd: all age groups, genders, events combined.
- FINA High Point Trophy one female & one male
- Team Aggregate Trophy Team's must have a minimum of 12 active swimmers. One trophy per meet
- All events are timed finals
- All heats shall be organized SLOW to FAST format
- FINA Rules apply, fly overs (not in Backstroke / Relays)

Saturday, December 07th, 2019

***Anticipated time schedule**

*Warm-ups from 7:15am / Coaches meeting: 8:45am / Events: 9:00am / Lunch break / Finish by 5:00pm

Females	Event	Males
1	13 & Over 400 Freestyle	2
3	9 – 10 50 Butterfly	4
5	11 – 12 50 Butterfly	6
7	13 & Over 50 Butterfly	8
9	9 – 10 50 Backstroke	10
11	11 – 12 50 Backstroke	12
13	13 & Over 50 Backstroke	14

15	9 ~ 12 100 Freestyle	16
17	9 – 10 100 IM	18
19	11 – 12 100 IM	20
21	9 – 10 50 Breaststroke	22
23	11 – 12 50 Breaststroke	24
25	13 & Over 50 Breaststroke	26
27	9 – 10 4x50 Freestyle Relay	28
29	11 – 12 4x50 Freestyle Relay	30
31	13 & Over 4x50 Freestyle Relay	32

Sunday, December 08th, 2019

*Warm-ups from 7:15am / Coaches meeting: 8:45am / Events: 9:00am / Events finish by 12:00 (midday) / Awards finish by 1:00pm

Females	Event	Males
33	13 & Over 200 IM	34
35	9 – 10 50 Freestyle	36
37	11 – 12 50 Freestyle	38
39	13 & Over 50 Freestyle	40
41	9 – 10 4x50 Medley Relay	42
43	11 – 12 4x50 Medley Relay	44
45	13 & Over 4x50 Medley Relay	46

Hotel and food information can be found attached.

NIS offers to assist in booking Nanjing buses if traveling by train.

Nanjing CRT Railway Stations:

- Nanjing Railway Station – 25mins to NIS
- Nanjing South Railway Station – 45mins to NIS

If you have any specific requirement or needs, please contact Kathrin Lammers via KathrinLammers@nanjing-school.com