

# ISC Speed League 1

SAANICH COMMONWEALTH PLACE  
4636 Elk Lake Drive  
Victoria, B.C.

**Sanctioned by Swim BC: #34598**

*No records recognized (Swimming Canada Rules, CSW 3.5.2)*

**WHEN:** Sunday, November 10, 2019

**WARM UP:** 1:00pm

**START:** 1:45pm

**END:** 5:00pm

**ENTRY DEADLINE:** November 5, 2019

**POOL:** 8 Lane, 25 metre pool

## **CLUB CONTACTS:**

- **MEET MANAGER:** Karen Medler: [meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com)
- **Head Coach:** Dave Tontini: [Dave.Tontini@islandswimming.com](mailto:Dave.Tontini@islandswimming.com)
- **Officials Coordinator:** Darci Greenfield & Alison Koropatniski: [officials@islandswimming.com](mailto:officials@islandswimming.com)
- **Meet Admin:** Diana Shields, Meet Admin: [meetadmin@islandswimming.com](mailto:meetadmin@islandswimming.com)

## **GENERAL:**

1. Speed League Meets are intended for younger swimmers:
  - a. Boys aged 13&under
  - b. Girls aged 12&under

## **ELIGIBILITY:**

1. Swimmers must be registered with SwimBC or other FINA related organizations.  
(Age of swimmer calculated as of November 10, 2019)
2. Meet management may admit other swimmers at their discretion.

## **ENTRY INFORMATION:**

1. Maximum 4 entries per swimmer (not including the for fun relay).
2. Swimmers can only enter **ONE** of the following pairs of events
  - 100 or 200 IM
  - 200 or 400 Free
3. - Entries must be submitted by November 5, 2019 **through the SNC meet website** (<https://www.swimming.ca/meetlist.aspx> ).
4. Deck entries may be accepted at the discretion of the Meet Manager and/or the Clerk of Course. Deck entries must include the swimmer's correct SNC nine-digit ID number, as well as the swimmer's correct birth date.
5. Swim fee of \$30.00 per swimmer will be charged.
6. There will be an additional \$4.00 BC Provincial Team Splash fee.

## **MEET RULES:**

1. All Swimming Canada rules will be in effect.
2. All events will be conducted as senior seeded, time-finals.
3. SNC warmup competition safety procedures will be in effect and will be monitored by safety marshals.
4. All Starts will be conducted from starting platforms (Blocks) as per FINA FR2.3 and SW 4.1
5. Parents are not permitted on deck unless volunteering for that session.

6. ALL photographers must have applied for and received permission from meet management prior to start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the clubs use only. Requests for photographers can be sent to the Meet Manager.
7. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
8. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

**Schedule of Events:**

Event ID	Event
1	Mixed 50 Free
2	Mixed 100 Fly
3	Mixed 50 Fly
4	Mixed 100 Free
5	Mixed 50 Breast
6	Mixed 100 Breast
7	Mixed 100 IM
8	Mixed 200 IM
9	Mixed 50 Back
10	Mixed 100 Back
11	Mixed 200 Free
12	Mixed 400 Free
13	Mixed 4x50 Free Relay



**COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

**GENERAL WARM-UP:**

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management’s discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

## **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

## **VIOLATIONS:**

*It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines.*

*Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane.*

*Judgment and context is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager. In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

## **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

## **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**

**September 26, 2016**