

# WHISTLER SEAWOLVES SWIM CLUB INVITATIONAL

## MAY 27th & 28th, 2023

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**Sanctioned by Swim BC:** 39218

### **Safe Sport Statement:**

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

### **Session Timelines**

	<b>Warm Up</b>	<b>Start</b>	<b>Finish</b>
Saturday, May 27 <sup>th</sup>	12:30pm (2 Sessions)	1:30pm	6:00pm
Sunday, May 28 <sup>th</sup>	12:30pm (2 Sessions)	1:30pm	6:00pm

**Location:** Meadow Park Sports Centre  
8625 Highway 99, Whistler BC V0N 1B8  
604-935-7529  
[Meadow Park Sports Centre - Google Maps](#)

**Pool:** 6 lane, 25m pool  
Dolphin Electronic Timing System  
Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.  
There is no warm-up/cool-down area while events being swum

### **Meet Contacts**

Meet Manager: David Higgins [Davidh@wrec.com](mailto:Davidh@wrec.com) (604-905-9626)  
Meet Referee: Barry Parish level 5  
Officials and Volunteers: TBA  
Head Coach: Brandi Higgins [brandi4seawolves@gmail.com](mailto:brandi4seawolves@gmail.com)

**Club Website:** <http://whistlerseawolves.com>

### **Meet Format:**

1. All events will be Timed finals, mixed gender
2. All races will be ‘start-overs’ with the previous heat remaining in the pool, excluding backstroke events. Coaches, please outline this to your athletes.
3. Age groups: 10 & Under, 11-12, 13-14 and 15 & Over
4. Events will be senior seeded, and heats swum slowest to fastest

### **Meet Rules:**

1. All Swim BC and Swimming Canada rules will be in effect. Clubs will be required to submit the complete list of coaches attending the meet.
2. All swimmers must be registered properly with Swimming Canada/Swim BC, or other FINA-affiliated organization.
3. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
4. The meet will be limited to 130 swimmers: the team entering the 130<sup>th</sup> swimmer will be accepted.
5. Deck entries must be submitted a minimum of 30 minutes prior to the start of the session and will be accepted only for empty lanes available. No extra heats will be created. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.
6. Meet management reserves the right to reduce the number of entries for all events if the meet timelines do not fit our allotted time frame. Clubs will be notified in advance and will have 24hours to re-submit entries.
7. No Provincial or National records will be recognized from mixed gender events

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### Special Meet Rules:

1. Divisional and Provincial swimmers are welcome to participate.
2. Time Trial events will be swum mixed gender

### Scratches:

1. Scratch Deadline with refund is **Tues. May 23<sup>rd</sup>, 2023**. No refunds will be provided after this date without a medical note.
2. Session scratches must be received by the Clerk of Course a minimum of 30mins prior to the session start time.

### Awards and Scoring:

1. Best times will be recognized for 10 & under, 1<sup>st</sup> to 6<sup>th</sup> place ribbons for all age groups
2. There will be no scoring at this meet.

### Entry Fees:

1. Entries will be limited to 8 (8) individual events and two (2) relay events with no more than four (4) individual and one (1) relay event per session.
2. Coaches are asked to submit best times estimates for swimmers and relays to assist with seeding.
3. Individual Entry Fees: \$80 for both sessions or \$60 for one (1) session.  
\$4 Swim BC Competition Surcharge (per swimmer)  
(Total of \$84 for both sessions, or \$64 for one session)
4. Relay Entry Fees: \$25.00
5. Deck Entry Fees: \$25.00 payable by cash or check, on deck when accepted
6. All Entry Fees must be paid prior to the start of the first session. Please make checks payable to **Whistler Sea Wolves Swim Club**.

### Entry Deadline:

Deadline for uploading entries to the SNC meet listings is **Friday May 19<sup>th</sup>, 2023**.

### Officials:

Teams are responsible to provide a reasonable number of timekeepers and officials for their swimmers. Volunteers will receive complimentary snacks and beverages

**Officials Meeting** will be held **10mins prior to the start of each session**

If there is interest, we will have a stroke and turn clinic on the Friday before the meet. If you are interested, please contact the meet manager. [Davidh@wrec.com](mailto:Davidh@wrec.com)

**Coaches Meeting:** 10mins prior to warm-up on Sat. May 27th.  
Location TBA.

**Parking:** Free parking is available at the pool.

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<b>Event List</b>		
<b>Saturday Events</b>		
<b>Event Number</b>	<b>Event</b>	
1 **	200m IM	
2	200m Breast	
3	100m Fly	
4	50m Backstroke	
5	100m Breaststroke	
6	50m Freestyle	
7	4 x 50 Medley Relay	
8*	800/400 Freestyle Time Trial	
<b>Sunday Events</b>		
<b>Event Number</b>	<b>Event</b>	
9 **	200m IM	
10	100m Backstroke	
11	50m Butterfly	
12	50m Breaststroke	
13	200m Backstroke	
14	100m Freestyle	
15	200m Butterfly	
16	4 x 50 Freestyle Relay	

\* Time Trial Events will be swum, mixed gender, if time permits. Final decision will be made by Referee prior to the start of the session.

\*\* 200IM is on both days, only allowed to do it once.

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### COMPETITION WARM-UP SAFETY PROCEDURES

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Meet Management for all sanctioned Swim BC 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 or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

#### 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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

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### **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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

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