



Hollyburn Summer Swim Meet 2024

July 20-21st

Hollyburn Country Club
950 Cross Creek Rd
West Vancouver, BC, V7S 2S5

Sanctioned by Swim BC: 39368

Meet Referee: Rob Smith

Meet Manager: Khosro Mansuri

Contact: Brad Hutton bhutton@hollyburn.org

Overview

Session 1 Saturday, July 20 th	Warm-Up 1:30pm	Preliminaries 2:30pm	Finish 5:30pm
Session 2 Saturday, July 20 th	Warm-Up 6:00pm	Finals 6:45pm	Finish 8:30pm
Session 3 Sunday, July 21 st	Warm-Up 12:00pm	Preliminaries 1:00pm	Finish 4:00pm
Session 4 Sunday, July 21 st	Warm-Up 4:30pm	Finals 5:15pm	Finish 7:00pm

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.

Eligibility

Swimmers must be registered with Swim BC or other World Aquatics affiliated organization. An LMR qualifying time of under 4:00 in the 200m IM is required.

General Information

One six lane 25 metre pool and Dolphin timing system with 1-lane display board.

To ensure that swimmers are placed in appropriate heats, coaches are requested to enter estimated times for swimmers that have not previously participated in an event.

Preliminaries and A Finals for all events.

Results will be separated by gender into the following age groups: 11&under, 12-13, 14&over. Medals will be presented for all A Final events including relays as swimmers get out of the water. 4x50m Free Mix Age/Gender Relay – total age must be 52 or lower, must have at least one swimmer of each gender. Results will be unofficial for the 4x50m Free Mix Age/Gender Relay.

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Meet Entries

Entries will be limited to 180 swimmers in order to preserve reasonable session lengths. Teams will be notified if entries cannot be accepted.

Swimmers can be registered for up to 6 individual events (3 per session) and 2 (1 per event) relays.

Meet entries must be uploaded to the SNC meet website by Tuesday, July 9th, 2024.

Swimmers will pay \$11.00 per individual event as well as a \$5.00 Swim BC Competition Surcharge. Fees include relays.

Scratches must be submitted to the Meet Manager by Wednesday, July 17th.

Meet payments must be handed to the Clerk of the Course 30 minutes prior to the start of timed finals on the first day of the meet. Please make cheques payable to the Hollyburn Swim Team.

Deck entries: Will only be accepted to fill empty lanes and will be swum as exhibition. Swimmers not already registered in the meet must pay their flat fee at registration time, provide proof of current registration, including 9-digit SNC registration number, date of birth and name as it appears in the SNC registration database.

Meet Officials

All participating clubs should provide Timers and Stroke & Turn Officials proportionally to the number of swimmers registered to the meet. Meetings for Officials will be held 30 minutes prior to the start of each session, unless altered by the Meet Manager or Referee.

Meet Rules

This meet will be conducted under Swimming Canada rules and regulations. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.

Starts will be conducted from the Deck or Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1 and In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.

10&under swimmers are limited to 4 hours of competition time per session. Coaches are requested to adhere to this limit when considering events entered.

Events List

Saturday, July 22 – preliminaries			Sunday, July 23 - preliminaries		
1	50m Freestyle	2		50m Freestyle eliminator (top 4/age)	
3	100m Backstroke	4	17	100m Breaststroke	18
5	50m Breaststroke	6	19	50m Backstroke	20
7	100m Individual Medley	8	21	200m Individual Medley	22
9	100m Butterfly	10	23	100m Freestyle	24
11	200m Freestyle	12	25	50m Butterfly	26
13	200m Breaststroke	14	27	200m Backstroke	28
Saturday, July 22 – finals			Sunday, July 23 – finals		
15	4x50m Medley Relay	16	29	4x50m Free Mix Age/Gender Relay	
	50m Freestyle eliminator (top 6/age)			50m Freestyle eliminator (top 2/age)	
	100m Backstroke			100m Breaststroke	
	50m Breaststroke			50m Backstroke	
	100m Individual Medley			200m Individual Medley	
	100m Butterfly			100m Freestyle	
	200m Freestyle			50m Butterfly	
	200m Breaststroke			200m Backstroke	



COMPETITION WARM-UP SAFETY PROCEDURES

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.



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."