



# DST's Orange & Black III

Friday, May 31, 2019



**NEW MEMBERS:** *this is an example of a Meet Package that is distributed prior to every competition. Some notes are added for your benefit and are outlined in italics.*

Questions? Please be sure to connect with your Swimmer's Coach by email [firstname@duncanstingrays.com](mailto:firstname@duncanstingrays.com) – uncertain who that is? Please connect with ICS Lead [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com)

**Sanction #** *unsanctioned*  
**Date:** Friday, May 31, 2019  
**Meet Manager:** Leanne Sirup

**Location:**  
Cowichan Aquatic Centre  
2653 James St  
Duncan, BC  
250 746 7665

6 x 25m Competition Pool  
Timing System: Manual Timing

**Participating Teams:** DST

Friday, May 31, 2019	
<u>Warmup:</u>	4:20 – 4:40pm
<u>Start:</u>	4:45 pm
<u>Projected End:</u>	7:00 pm

**Eligibility:**

- All swimmers must be registered with a Swim BC or FINA recognized club (I Can Swim registration is applicable)
- Age groups are based on the age of the swimmer as of Friday, May 31, 2019

**Meet Rules:**

- This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide
- The FINA one start rule and SNC warm up procedures will be in effect
- All events are Timed Finals  
*Meaning the swimmers will only race their event once. In a Heats & Finals type competition, the swimmers race the Preliminaries/Heats and then the top ranked swimmers race again in Finals for their final placing.*
- All events will have HEAT WINNER awards only  
*Solely the discretion of the Host Team. Awards can also include ribbons, medals, certificates, draw prizes, etc.*
- 25m events are for Novice swimmers only and will be timed manually.
- Age groups will not be recognized for this event
- Individual entries are limited to a maximum of four (4) per swimmer  
*these are selected by your Swimmer with their Coach cooperatively.*

**Entries:**

*the only point of concern for members is point 1: Entry Fee. The rest is handled by the Team's Staff.*

*It is important to note that your first point of contact for Home and Away Meets is your Swimmer's Coach. The Meet Manager corresponds only with the Team's Coach.*

- Entry Fee is \$0 per swimmer.  
*This cost is set by the Host Team and is typically between \$8 - \$12 per event*
- SwimBC Splash Fee is \$0 per swimmer  
*This cost is \$4 per swimmer for a sanctioned competition*
- Cheques payable to: **Duncan Swim Team**
- Entries must be uploaded to swimming.ca prior to the deadline. Entries emailed directly to the MM will not be accepted.

**Entries Deadline: Wed, May 29, 2019**

- Due to the small nature of this competition, deck entries and / or exhibition swims will not be accepted
- Please email known scratches to Leanne Sirup [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com) no later than **Thur, May 30**

Female	Event Order	Male
1	400 Freestyle	1
2	200 Freestyle	2
3	100 Freestyle	3
4	50 Freestyle	4
5	25 Freestyle	5
6	200 Breaststroke	6
7	100 Breaststroke	7
8	50 Breaststroke	8
9	25 Breaststroke	9
10	200 Butterfly	10
11	100 Butterfly	11
12	50 Butterfly	12
13	25 Butterfly	13
14	200 Backstroke	14
15	100 Backstroke	15
16	50 Backstroke	16
17	25 Backstroke	17
18	400 Individual Medley	18
19	200 Individual Medley	19
20	100 Individual Medley	20



[www.duncanswimteam.com](http://www.duncanswimteam.com)

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## 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 warmup 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.”**

[www.duncanswimteam.com](http://www.duncanswimteam.com)

t: 250 710 FAST (3278)