



Duncan Swim Team's

Spring Break Invitational



Mar 7th & 8th, 2020

Sanction # 35066

Date: March 7 & 8, 2020
Meet Referee: Leon Politano
Meet Manager: Joey Dahlstrom

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

8 x 25m Competition Pool
 3 x 25m Wave Pool warm down lanes
 Colorado Electronic Timing Systems
 Coffee Shop on site

Participating Teams: Swim BC affiliated Teams

Saturday, March 7, 2020		
Warmup:	Start:	Projected End:
1:00 – 1:50pm	2:00pm	8:00pm
Sunday, March 8, 2020		
Warmup:	Start:	Projected End:
9:00 - 9:50am	10:00am	3:00pm

Eligibility:

- 1) All swimmers must be registered with a Swim BC or FINA recognized club
- 2) All swimmers qualified to race at the Swim BC Winter Provincial Championships are dequalified from racing at this competition as per the Swim BC Championship Meet Blackout Period policy

Entries & Fees:

- 1) Individual entries are limited to a maximum of three (3) events per swimmer per day.
- 2) Entry Fee is \$9 per individual event, \$0 per relay event, and \$4 per swimmer Swim BC Provincial Team fee.
- 3) Cheques payable to: **Duncan Swim Team Society**
- 4) Entries must be uploaded through swimming.ca
- 5) **Entries Deadline: Monday, March 2nd, 2020**
- 6) Due to the potential number of participants, deck entries and/ or exhibition swims will not be accepted
- 7) The meet will be limited to **250 swimmers**.
- 8) Please email known scratches to DST Meet Manager meetmanager@duncanstingrays.com no later than **Mar 4, 2020**

Awards:

- 1) Age groups for results are based on the age of the swimmer as of March 7, 2020: 9&U, 11&U, 12/13, 14/15, 16&Over
- 2) Heat Winner prizes will be given to ALL Heat Winners

Meet Rules:

- 1) This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide
- 2) The FINA one start rule and **SNC competition warm-up safety procedures will be in effect at this meet**
- 3) **Starts will be conducted from Starting Platforms (blocks) as per FINA 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**
- 4) All events are Timed Finals; senior seeded, run slowest to fastest
- 5) 10&Unders are limited to 4 hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered
- 6) Meet Management reserves the right to swim 2 per lane for the 400 Freestyle and/or remove relays to meet target timelines

Event Order		
Female	Saturday	Male
1	11&U 200 IM	2
3	200 IM	4
5	11&U 100 Freestyle	6
7	100 Freestyle	8
9	11&U 50 Breaststroke	10
11	50 Breaststroke	12
13	200 Breaststroke	14
15	4x25 Mixed Freestyle Relay 11&Under	15
16	4x25 Mixed Freestyle Relay 12&Over	16
17	11&U 100 Butterfly	18
19	100 Butterfly	20
21	11&U 50 Backstroke	22
23	50 Backstroke	24
25	200 Backstroke	26
27	400 Freestyle	28
Female	Sunday	Male
29	11&U 200 Freestyle	30
31	200 Freestyle	32
33	11&U 100 Backstroke	34
35	100 Backstroke	36
37	11&U 50 Butterfly	38
39	50 Butterfly	40
41	200 Butterfly	42
43	4x25 Mixed Medley Relay 11&Under	43
44	4x25 Mixed Medley Relay 12&Over	44
45	11&U 100 Breaststroke	46
47	100 Breaststroke	48
49	11&U 50 Freestyle	50
51	50 Freestyle	52
53	11&U 100 IM	54
55	100 IM	56
57	400 IM	58



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SWIMMING
CANADA
NATATION



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."