



Spring Break Invitational

Mar 5th & 6th, 2022

Sanctioned by Swim BC: #37033

Date: March 5th & 6th, 2022
Meet Referee: Heather Ney
Meet Manager: Trish O'Halloran & Pierre Graham

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

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.

Participating Teams: Swim BC affiliated Teams

| Saturday, March 7, 2020 | | |
|-------------------------|---------|----------------|
| Warmup: | Start: | Projected End: |
| 1:00 – 1:40pm | 1:50pm | 4:30pm |
| 5:00 – 5:40pm | 5:50pm | 8:00pm |
| Sunday, March 8, 2020 | | |
| Warmup: | Start: | Projected End: |
| 9:00 - 9:50am | 10:00am | 3:00pm |

Eligibility:

- All swimmers must be registered with a Swimming Canada / Swim BC or FINA recognized club.
- All swimmers qualified to race at the Swim BC Winter Provincial Championships are de-qualified from racing at this competition as per the SwimBC Championship Meet Blackout Period policy.
- Age groups are based on the age of the swimmer as of March 5th, 2022.

Meet Rules:

- This meet will observe rules as outlined in the current Swimming Canada Rulebook.
- Swim BC Competition warm-up safety procedures will be in effect at this meet
- 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
- All events will be swum as time finals, mixed gender, senior seeded
- Given events are mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records.
- 10&Unders are limited to 4 hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered.

Entries & Fees:

- Entries will be limited to X swimmers per session based on current COVID facility capacity
 - Sessions 1 & 2: 100 swimmers per session
 - Session 3: 200 swimmers
- Anticipated numbers would be appreciated and can be sent to meetmanager@duncanstingrays.com
- Entry Fee is:
 - \$10 per individual event
 - \$4 per swimmer Swim BC Competition Surcharge
- Individual entries are limited to a maximum of X events per swimmer per session:
 - Sessions 1 & 2: 3 events per swimmer
 - Session 3: 4 events per swimmer
- Cheques payable to: **Duncan Swim Team** or e-transfer to admin@duncanstingrays.com
- Entries must be uploaded through swimming.ca

Entries Deadline: Monday, February 28th, 2022
- Please email known scratches to DST Meet Manager meetmanager@duncanstingrays.com no later than **Mar 2nd, 2022**.
 - Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive refund of meet fees PRIOR to the conclusion of the competition. There will be no other refunds made after the scratch deadline.
 - PLEASE CONSIDER YOUR SWIMMING COMMUNITY if you/your swimmer(s) are exhibiting COVID or COVID related symptoms. DO NOT ATTEND. Entry fees will be refunded on a case-by-case basis
- Deck entries will be accepted as a first come, first serve basis and only to fill empty lanes. No new heats will be created.

Awards:

- All events will have HEAT WINNER awards only
- All Personal Best times will be entered into an ongoing raffle
- Age groups for results are based on the age of the swimmer as of March 5, 2022: 8&U, 10&U, 12&U, 13&Over.

COVID Restrictions & Guidelines:

- Proof of vaccination: All swimmers ages 12 yrs and older, coaches and volunteers attending the Duncan Swim Team Spring Break Invitational must provide proof of full vaccination when checking in at the Cowichan Aquatic Center. You are fully vaccinated with 2 (two) doses. <https://www.2gov.bc.ca/gov/content/covid-19/vaccine/proof>
- All swimmers ages 5 yrs & older, coaches, and volunteers will be required to wear masks at the Cowichan Aquatic Center. Swimmers are not required to wear a mask when travelling between the designated team areas in the stands and the pool for warmup/warmdown and racing.
- Parents & Guardians: please make sure that all swimmers ages 12 yrs and older have proof of vaccination with them at the meet or they will not be able to enter the facility. We do not want to turn away swimmers.
- No Spectators: only people volunteering as officials will be allowed into the CAC, this will allow for the maximum number of swimmers to attend each session. Livestream link will be sent to coaches prior to the meet.



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| SESSION 1 | |
|---------------------------|-----------------------|
| <i>11&Under</i> | |
| Saturday 05mar2022 | |
| Warm Up: 1:00 – 1:40 | |
| Racing: 1:50 – 4:30 | |
| EVENT # | Description |
| 1 | 200 Individual Medley |
| 2 | 100 Backstroke |
| 3 | 50 Butterfly |
| 4 | 200 Freestyle |
| 5 | 100 Breaststroke |
| 6 | 50 Freestyle |
| 7 | 100 Individual Medley |
| SESSION 2 | |
| <i>12&Over</i> | |
| Saturday 05mar2022 | |
| Warm Up: 5:00 – 5:40 | |
| Racing: 5:50 – 8:00 | |
| EVENT # | Description |
| 8 | 200 Individual Medley |
| 9 | 100 Backstroke |
| 10 | 200 Freestyle |
| 11 | 100 Breaststroke |
| 12 | 50 Freestyle |
| 13 | 800 Freestyle |
| SESSION 3 | |
| <i>Open</i> | |
| Sunday 06mar2022 | |
| Warm Up: 9:00 – 9:50 | |
| Racing: 10:00 – 3:00 | |
| EVENT # | Description |
| 14 | 200 Breaststroke |
| 15 | 100 Butterfly |
| 16 | 50 Backstroke |
| 17 | 400 Freestyle |
| 18 | 50 Breaststroke |
| 19 | 200 Backstroke |
| 20 | 100 Freestyle |
| 21 | 50 Butterfly |
| 22 | 200 Butterfly |
| 23 | 400 Individual Medley |



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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.



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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."