



2022/23 Stingrays' Annual Orange & Black II

Wed 01mar2023

Sanctioned by Swim BC: # unsanctioned

NEW MEMBERS:

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Meet Referee: Joelle Boudreault
Meet Manager: Leanne Sirup
MM email: leanne@duncanstingrays.com

Venue: Cowichan Aquatic Centre
 2653 James St, Duncan BC, V9L2X5
 6 x 25m Competition Pool
 Manual Timing

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:

- All swimmers must be registered with a Swimming Canada / Swim BC or other FINA affiliated organization
All of our FUNDamentals group members are registered as Swim BC Swim School category. This competition is unsanctioned. For our FUNDamentals Swimmers to go into a Sanctioned competition, they will need to upgrade their Swim BC Registration to Competitive.
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- 25m events are for Novice swimmers only and will be timed manually

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- All events will have HEAT WINNER awards only
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Entries:

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DST pays the host on behalf of the membership
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Entries Deadline: Mon 27feb2023

DST Staff submit the Team's entries on behalf of our members

- Due to the small nature of this competition, deck entries and / or exhibition swims will not be accepted
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GENERAL WARM-UP:

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- 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.)
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EQUIPMENT:

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- 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.
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VIOLATIONS:

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- 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:

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- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

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- Be visible by safety vest.
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- Actively monitor all scheduled warm-up periods.
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Meet Referee: Joelle Boudreault
Meet Manager: Leanne Sirup
MM email: leanne@duncanstingrays.com

Venue: Cowichan Aquatic Centre
 2653 James St, Duncan BC, V9L2X5
 6 x 25m Competition Pool
 Manual Timing

Safe Sport Statement:

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Eligibility:

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All of our FUNDamentals group members are registered as Swim BC Swim School category. This competition is unsanctioned. For our FUNDamentals Swimmers to go into a Sanctioned competition, they will need to upgrade their Swim BC Registration to Competitive.
- Age groups are based on the age of the swimmer as of March 1st, 2023.

Meet Rules:

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- 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:

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- 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."



2022/23 Stingrays' Annual Orange & Black II

Wed 01mar2023

Sanctioned by Swim BC: # unsanctioned

NEW MEMBERS:

this is an example of a "Meet Package". Meet Packages are the details for the competition and are distributed prior to every competition for your consideration. For this Package, some notes are added for your benefit and included in italics.

The Meet Pkg along with other notes pertaining to the competition are always posted on the specific competition's Event Page (on the Stingrays website) and are your first point of reference. QUESTIONS? Please be sure to connect with your Swimmer's Coach by email firstname@duncanstingrays.com – uncertain who that is? Please connect with leanne@duncanstingrays.com and your email will be forwarded your Swimmer's Coach.

To note: your first point of contact for ALL Meets is your Swimmer's Coach. It is wholly understood that the Meet Manager corresponds ONLY with the Team's Coach. Questions about the competition are to be directed to your regular Coach and NOT the Meet Manager.

Meet Referee: Joelle Boudreault
Meet Manager: Leanne Sirup
MM email: leanne@duncanstingrays.com

Venue: Cowichan Aquatic Centre
 2653 James St, Duncan BC, V9L2X5
 6 x 25m Competition Pool
 Manual Timing

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:

- All swimmers must be registered with a Swimming Canada / Swim BC or other FINA affiliated organization
All of our FUNDamentals group members are registered as Swim BC Swim School category. This competition is unsanctioned. For our FUNDamentals Swimmers to go into a Sanctioned competition, they will need to upgrade their Swim BC Registration to Competitive.
- Age groups are based on the age of the swimmer as of March 1st, 2023.

Meet Rules:

- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or
 - 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 timed finals, mixed gender, slowest to fastest
Meaning the swimmers will only race their event one time only. As a point of reference, in a Heats & Finals type competition, the swimmers race the Preliminaries (aka 'Heats') and then the top 8 ranked swimmers race again in Finals for the final result and placing.
- Being mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records
- Age groupings will be
 - 6yrs & Under, 7/8yrs, 9/10yrs, 11&Over
- Maximum events each swimmer can swim is 3 per session
Events selections are done cooperatively with the Swimmer and their Coach in support of their ongoing partnership in training.
- 25m events are for Novice swimmers only and will be timed manually

Awards:

- 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.

Entries:

the only point of concern for members is points 1 & 2: Entry Fee (s). The rest is handled by the Team's Staff.

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- 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 \$5 for a sanctioned competition. The Orange & Black II is an unsanctioned competition; meaning unofficial.
- Cheques payable to: **Duncan Swim Team**
DST pays the host on behalf of the membership
- Entries must be uploaded to swimming.ca prior to the deadline. Entries emailed directly to the MM will not be accepted.

Entries Deadline: Mon 27feb2023

DST Staff submit the Team's entries on behalf of our members

- 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 no later than Tues 28feb2023 **ALL communication with the Host is done by DST Staff**

Session 1	Warm Up 4:15 – 4:35pm Racing 4:40 – 6:20pm
1	100 Freestyle
2	50 Freestyle
3	25 Freestyle
4	100 Breaststroke
5	50 Breaststroke
6	25 Breaststroke
7	100 Butterfly
8	50 Butterfly
9	25 Butterfly
10	100 Backstroke
11	50 Backstroke
12	25 Backstroke
13	200 Individual Medley
14	100 Individual Medley

Officiating:

- Volunteers needed – please use the DST Event Page's online Job Signup function to secure your seat on deck



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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.
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