



# CHENA U12 AND DISTANCE SWIM MEET 2023

Saturday January 28 – Sunday January 29, 2023

Harry Jerome Aquatic Centre  
123 East 23<sup>rd</sup> Street  
North Vancouver, BC, V7L 3E2  
<https://goo.gl/maps/voVa3FVTNgu>

Sanctioned by Swim BC - # 38368

# OVERVIEW

## SESSION TIMES

Session	Date		Warm-up	Heats	Estimated Finish
1	Sat – Jan 28	U12	8:00am	9:00am	1:00pm
2	Sat – Jan 28	Distance	3:00pm	4:00pm	7:00pm
3	Sun – Jan 29	U12	8:00am	9:00am	1:00pm
4	Sun – Jan 29	Distance	2:00pm	3:00pm	6:00pm

## SAFE SPORT

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.

## POOL & FACILITIES

The competition will be held in a 6 lane 25-metre pool with a Colorado touch pad timing system and 6-lane display board. There will be no warm down pool space available while events are being swam.

**MEET MANAGER:** Daniel Fassina, [officials.coord@chenaswimclub.ca](mailto:officials.coord@chenaswimclub.ca)

**MEET REFEREE:** Bruce McIver

**HEAD COACH:** Vincent Chung

## ELIGIBILITY

Swimmers must be registered with Swim BC, Swimming Canada or other FINA affiliate organisation.

For the U12 sessions:

- Swimmers must be 12 years old or younger on the first day of the meet.

For the Distance sessions:

- Swimmers must have accomplished the LMR qualification standard (200 IM < 4:00)

## ENTRIES

- Entries will be limited to 200 swimmers for each U12 session and 100 swimmers for each distance session to preserve reasonable session lengths. The 800m freestyle and 1500m may be limited to fastest 24 entries for 800m freestyle and fastest 18 entries for 1500m freestyle. Teams will be notified if entries cannot be accepted.
- Meet management reserves the right to reduce the number of entries if the meet time lines do not fit a reasonable time frame.

- For the U12 sessions, swimmers can be registered for up to a maximum of 5 individual events, including 1 individual medley, 1 freestyle relay and 1 medley relay. Swimmers can only enter 1 distance per stroke (100m, 50m) and either the 200m or 100m medleys.
- For the distance sessions, swimmers can be registered for up to a maximum of 1 event per session.
- To ensure that swimmers are placed in appropriate heats, coaches are requested to enter accurately estimated times for swimmers that have not previously participated in an event.

## ENTRY DEADLINE

Meet entries must be uploaded to the SNC meet website (<https://www.swimming.ca/meetlist.aspx>) by 11:59pm on Monday, January 23th, 2023.

## ENTRY FEES

- Entry fees will be set at a \$10 per individual U12 event, \$20 per distance event and a one-time \$5.00 Swim BC Competition Surcharge. Deck entries will not be allowed.
- Meet payments must be handed to the Clerk of the Course 30 minutes prior to the start of heats on the first day of the meet. Please make cheques payable to Chena Swim Club.

## MEET FORMAT

- Timed-Finals for all events.
- The U12 sessions will be seeded slowest to fastest and the distance sessions will be seeded fastest to slowest.
- Results will be separated by gender into the following age groups: 10 & under, 11 and 12. Results will not be separated by age for the distance sessions.

## SCRATCHES

- Scratches must be submitted to the Meet Manager by 11.59pm Wednesday, January 25th, 2022. There will be no refunds for scratches done after the deadline unless a medical note is presented to the Clerk of the Course.
- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.

## MEET RULES

- All applicable Swimming Canada rules will be observed.
- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
- Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals. **Please refer to the attached warm-up procedure.**
- 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.
- No Provincial or National Records will be recognized from events run as mixed gender.

## MEET RULES

There will be no individual or team scoring.

## AWARDS

Bell heat prizes will be awarded.

## MEET OFFICIALS

- Each participating club will be required to provide Timers and Stroke & Turn Officials proportionally to the number of swimmers registered for each session according to the table below;

3-5 Swimmers	1 timer*
6-10 swimmers	1 timer, 1 stroke & turn*
11 or more swimmers	2 timers, 1 stroke & turn*

\*or other experienced deck official. These are minimum requirements only. More help will be appreciated.

- Please email details of your officials separately to Daniel Fassina ([officials.coord@chenaswimclub.ca](mailto:officials.coord@chenaswimclub.ca))
- Meetings for Officials will be held 30 minutes prior to the start of each session, unless altered by the Meet Manager or Referee.

## SPECTATORS

Harry Jerome Pool has limited seating space for spectators. As such we ask that you limit spectators to 1 per family. Further restrictions on spectators may be required depending on how many swimmers are signed up, in order to provide enough space for the swimmers on deck.

# EVENTS

**Saturday, January 28<sup>th</sup>**

## Session 1

Event	Description
	<b>Warm-up 8:00am</b>
1	Mixed 100 Free
2	Mixed 50 Free
3	Mixed 100 IM
4	Mixed 100 Fly
5	Mixed 50 Fly
6	Mixed 200 Medley Relay

## Session 2

Event	Description
	<b>Warm-up 3:00pm</b>
101	Mixed 400 IM
102	Mixed 400 Free
	20 Minute Warm Up Period
103	Mixed 800 Free
104	Mixed 1500 Free

**Sunday, January 29<sup>th</sup>**

## Session 3

Event	Description
	<b>Warm-up 8:00am</b>
7	Mixed 200 IM
8	Mixed 100 Back
9	Mixed 50 Back
10	Mixed 100 Breast
11	Mixed 50 Breast
12	Mixed 200 Free Relay

## Session 4

Event	Description
	<b>Warm-up 2:00pm</b>
101	Mixed 400 IM
102	Mixed 400 Free
	20 Minute Warm Up Period
103	Mixed 800 Free
104	Mixed 1500 Free



## COMPETITION WARM-UP SAFETY PROCEDURES

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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."**