2018 Stingrays' Annual
Winter Break Invitational

Saturday, December 15th, 2018

Sanctioned by Swim BC: #32263

Date: Saturday, December 15th, 2018
Meet Manager: David Van Veen

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

8 x 25m Competition Pool
Pool Depth 12 ft
3 x 25m Wave Pool
Timing System: Colorado electronic touch pads + display

Participating Teams: DST & VIR and other invited Clubs

Saturday, December 15th, 2018	
Warmup:	1:00 – 1:50pm
Start:	2:00 pm
Projected End:	7:00 pm

Eligibility:

1. All swimmers must be registered with a Swim BC or FINA recognized club
2. Age groups are based on the age of the swimmer as of Saturday, December 15th, 2018

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 SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET
3. Age groupings will race as 11&Under and 12&Over separated by gender
4. All events are Timed Finals
5. All events will have HEAT WINNER awards only
6. **Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.**
7. 25m events are for Novice swimmers only and will be timed manually. Age groups will not be recognized for this event
8. Entries will be limited to 100 swimmers with the 100th swimmers' team being the last team accepted. Reservations can be made by emailing meetmanager@duncanstingrays.com with the estimated number of swimmers attending the competition. Entries will be accepted on a first come first serve basis. Meet Manager will confirm by email those teams whose reservation are accepted.
9. Swimmers and families are invited to a Stingrays FUN SWIM following each Swimmer's last race until 9:00pm

Entries:

1. Entries are limited to a maximum of 4 (four) per athlete
2. Swimmers may enter into the 200/400/800m races with priority given to those who **have not** achieved an Age Group Provincial/Provincial Championship QT in their respective age category. If timelines exceed the projected timeout, Teams who have swimmers affected by this will be notified prior the competition to select an event in lieu:
   a) the first dequalified swimmers will be those with greater than an Age Group Provincial/Provincial Championship QT in that specific event
   b) the next dequalified swimmers will be those who have greater than a VIR QT in that specific event
3. Entry Fee is $34 per swimmer.
   a) This includes the $4 Swim BC Splash Fee per swimmer
4. Cheques payable to: **Duncan Swim Team**
5. Entries must be uploaded to swimming.ca prior to the deadline. Entries emailed directly to the MM will not be accepted.

Entries Deadline: Mon, Dec 10th, 2018

6. Deck entries will be accepted as a first come, first served basis and only to fill empty lanes. No new heats will be created.
7. Prior to Wed, Dec 12th, 2018, please email known scratches to David Van Veen meetmanager@duncanstingrays.com

Female	Event Order	Male
1	200 Individual Medley	2
3	100 Individual Medley	4
5	25 Backstroke - novice	6
7	50 Backstroke	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	25 Freestyle - novice	14
15	50 Freestyle	16
17	100 Backstroke	18
19	200 Breaststroke	20
21	25 Butterfly - novice	22
23	50 Butterfly	24
25	100 Freestyle	26
27	200 Backstroke	28
29	25 Breaststroke - novice	30
31	50 Breaststroke	32
33	100 Butterfly	34
35	200 Freestyle	36
37	400 Individual Medley	38
39	400 Freestyle	40
41	800 Freestyle	42

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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 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."