



Hyack swim club

Hyack Icebreaker Classic

January 14 & 15, 2012
Canada Games Pool
65 East Sixth Avenue
New Westminster, BC
SWIM BC Sanction: #12089

Date	Sessions		
	Warm-ups	Heats	Estimated Finish
Jan 14/12	2:00-2:40pm	2:45pm	7:30pm
Jan 15/12	8:00-8:50am	9:00am	1:30pm

Pool and Facilities

TWO (2) EIGHT LANE, 25-METRE POOLS with ARES timing system interfaced with Hytek Meet Manager. A shallow 15X20 metre tank will be available for warm-up and warm-down.

Eligibility

Entry requirement is 4:00 or under for 200 IM SC and under 5:40 for 300 Free – please submit proof of times in Word format. Swimmers must be registered with Swim BC or other FINA affiliate.

NT entries will not be accepted. Para-swimmers are welcome. IPC athletes' classification must be designated with entries. Age group is based on swimmer's age on 1st day of meet.

General Information

1. All SNC, Swim BC and LMR rules and sanctions apply.
2. The FINA one-start rule, and the SNC Warm-Up procedures will be in effect.
3. Current SNC/FINA swimsuit policy will be observed.
4. 10 & U swimmers are limited to 4 hours per session, excluding warm-up. Coaches are requested to adhere to this limit when considering events entered.
5. Heats will be 'Over-the-Top' starts, with the previous heat remaining in the pool.
6. Timed-Finals for all events, swum senior seeded, slowest to fastest, except for the 800/1500 Free.

7. **800/1500 Free** will be swum mixed gender, fastest to slowest and may be limited to the fastest 2 heats for each event. There will be a positive check-in 90 minutes after the start of the Sunday session for these distance events. As these events are mixed gender, no records will be recognized.
8. Results will be separated by gender. Results will be broken into age groups:
12 & Under, 13-14 and 15 & Over.
9. There will be no awards.
10. **400 Free and 400 IM:** There will be a maximum of 6 heats (3 for each gender) and will be limited to the fastest 3 heats for each gender. Any additional overflow heats may be swum at the end of the session, as time permits.
11. **Entries will be limited to 450 swimmers to preserve reasonable session lengths. The 450th swimmer's team will be the last team accepted into the meet. Teams will be notified if entries cannot be accepted.**
12. Meet Manager: Joe Elsinga,
jelsinga@shaw.ca, Ph: 604-501-2531
13. Meet Secretary/Entries: Deirdre Porreca,
porreca@telus.net, Fax: 604-461-0551
14. Director of Swimming: Mark Bottrill,
bottrill@hyack.com Ph: 604-461-0550
15. Meet Referee: Vance Temple, Level V

Entries

1. **Meet entries will only be accepted via upload to the [SNC meet website](#).** Entries e-mailed to the meet manager will not be accepted. All meet payments must be received no later than start of preliminaries on January 14, 2012.
2. Please make cheques payable to:
Hyack Swim Club.
3. **No Advance reservations will be accepted. Teams will be confirmed in the order that entries are posted to the SNC meet website.**
4. **Entries must be received by January 5, 2012.** Early scratch deadline is midnight **January 10, 2012.** Refunds will not be issued after the early scratch deadline without a medical certificate.
5. **Fees:** \$7.50 per individual event.
\$4.00 per swimmer Swim BC Provincial Team Splash Fee.
All fees must be paid by the first day of the meet.
6. All times must be entered in SCM. Deck entries will be permitted to fill empty lanes; new heats will not be created. Deck entry fee of \$10 will apply, per swim, payable at the time of entry. Swimmers' 9-digit SNC registration number, date of birth, and name as it appears in the SNC registration database must accompany deck entries for swimmers not already in the meet

Meet Officials

1. All LMR clubs must provide each swimmer with two Timers for 800/1500 Free Events. Timers are requested to remain for the complete Event.
2. As a general rule, the number of Officials provided by each club for each session, in accordance with the number of swimmers entered per session, is as follows:
 - a. 3 – 5 swimmers; 1 Timer.
 - b. 6 – 10 swimmers; 1 Timer,
1 Stroke & Turn.**
 - c. 11 + swimmers 2 Timers,
1 Stroke & Turn.**

** Or other experienced meet Official.

These are minimum recommended requirements only. More help on deck is always appreciated.
3. Meetings for Officials will be held 30 minutes prior to the start of a session, unless altered by the Meet Manager or session Referee(s).
4. The names of your Club's meet Officials and Trainees should be submitted to the Director of Officials by January 9th, 2012, with their names and intended session(s).
5. Director of Officials: Piero Porreca,
porreca@telus.net.

Other

1. Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
2. Hyack Swim Club is not responsible for visiting teams' swimmers.



Hyack swim club

HYACK Icebreaker Classic Event Order

Timed-Finals
Saturday – Session 1
2:45pm Start

Women		Men
1	400 Free (limited entries)	2
3	100 Breast	4
5	200 Back	6
7	100 Free	8
9	200 Fly	10
11	200 I.M.	12
1	400 Free (Overflow Heats if required)	2

Timed-Finals
Sunday – Session 2
9:00am Start

Women		Men
13	400 I.M. (limited entries)	14
15	200 Free	16
17	100 Back	18
19	50 Free	20
21	200 Breast	22
23	100 Fly	24
25	800 Free	25
26	1500 Free	26
13	400 I.M. (Overflow Heats if required)	14

APPENDIX D

SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.

- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

FLUTTER BOARDS and PULLBUOYS are allowed.

HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-2

(Snorkel gear is not allowed.)