



Hyack swim club

Fall Into Finals

November 10 & 11, 2012

City Centre Aquatic Complex

1210 Pinetree Way

Coquitlam, BC

604-927-6999

Sanctioned by SwimBC: #13421

Date	Preliminaries			Finals		
	Warm-ups	Heats	Finish	Warm-ups	Finals	Finish
Nov 10/12	7:30-8:20am	8:30am	2:00pm	4:30-5:15pm	5:30pm	7:30pm
Nov 11/12	7:30-8:20am	8:30am	2:00pm	4:30-5:15pm	5:30pm	7:30pm

Pool and Facilities

Eight lane, 25-metre pool with ARES timing system. Two lanes will be available for warm-down. Food concession will be available on site.

Eligibility

Entry requirement is 4:00 or under for all 200M events. Swimmers must be registered with Swim BC or other FINA affiliate. **NT entries will not be accepted.** Meet management reserves the right to challenge any entry time prior to or during the competition. It is the responsibility of the club to prove any entry times if requested. Para-swimmers are welcome. IPC athletes' classification must be designated with entries. Age group is based on swimmers age on 1st day of meet.

Teams Invited

In addition to the host club, Hyack, the following teams are invited to participate:

- Chena North Shore Swim Team
- Haney Seahorse Swim Club
- Kelowna Aqua Jets
- Pacific Sea Wolves
- Surrey Knights Swim Club
- Vancouver Pacific Swim Club

General Information

1. All SNC, Swim BC and LMR rules and sanctions apply.

2. The FINA one-start rule, and SNC warm-up procedures will be in effect.
3. Current SNC swimsuit policy will be observed.
4. Heats will be senior seeded with finals swum in the following three age groups: 12 and under, 14 and under, 15 and over.
5. 10 and under swimmers entered in the meet are eligible to swim in finals in the 12&U category.
6. **Finals:** All events up to 200M will be swum as prelims and finals. All 400M, 800M and 1500M events will be timed finals.
7. In order to maintain reasonable session lengths, Saturday's entries may be limited to a maximum of two of the following events: 400 Free, 200 Fly, 200 Back and 200 IM; Sunday's entries may be limited to a maximum of two of the following events: 400 IM, 200 Breast, 200 Free and 800/1500 Free.
8. **400 Free and 400 IM:** The fastest 32 entries (16 boys and 16 girls) in 400 I.M. and 400 Free, regardless of age, will swim in finals. There will be positive check-in for the top 16 swimmers in 400fr via email by November 9, 2012, and for 400IM on Saturday. For preliminaries, there will be a maximum of 6 heats (3 for each gender). Any additional overflow heats may be swum at the end of preliminaries, time permitting. All overflow 400 Free entries must provide their own timers.

Hyack Swim Club
65 East 6th Avenue
New Westminster, BC
V3L 4G6

Valuing the Pursuit of Competitive Excellence

9. **800 Free (Female only) and 1500 Free (Male only)** will be swum seeded fastest to slowest. There will be a positive check-in 90 minutes after the start of preliminaries for the distance events. Entries may be limited to two heats for each event. Meet management reserves the right to swim these events two swimmers per lane.
10. **Entries will be limited to 280 swimmers to preserve reasonable session lengths. Entries will be accepted on a first-come, first-served basis. The 280th swimmer's team will be the last team entered. Teams will be notified if entries cannot be accepted.**
11. All relays will be swum as timed finals during the finals sessions, and will be the first event during finals.
12. Initial scratch deadline for finals is 30 minutes after the conclusion of heats on the day the event is swum, not including overflow or distance events, last-chance scratch deadline for finals is 30 minutes prior to the start of the applicable finals session, in accordance with Swim BC scratch rule;.
13. 10 &U swimmers are limited to 4 hours of competition time per session.
14. Meet manager: Deirdre Porreca, porreca@telus.net, Fax: 604-461-0551.
15. Director of Swimming - Mark Bottrill – 604-461-0550, bottrill@hyack.com
16. Meet Referee: David Rosec.
17. Director of officials: Benny Yang at benny88@shaw.ca.
18. **Prizes:** There will be “bellringer” prizes. Cash prizes (\$50, \$25, \$10) for each age group and gender will be awarded based on the cumulative total of FINA points for swimmers' five highest point events.

Cheques will be mailed to teams after the meet.

Entries

1. Meet entries will only be accepted via upload to the [SNC meet website](#).
2. Entries e-mailed to the meet manager will not be accepted.
3. All meet payments must be received no later than start of preliminaries on November 10, 2012. Please make cheques payable to: Hyack Swim Club.
4. **Entries must be received by October 26, 2012.** Early scratch deadline is **November 3, 2012**. Refunds will not be issued after the early scratch deadline without a medical certificate.
5. **Fees:** \$65 per swimmer for two days; \$40 per swimmer for a single day. These amounts include relay fees, and \$4 per athlete for Swim BC Provincial Team fees.
6. All times must be entered in SCM.
7. Deck entries will be permitted to fill empty lanes; new heats will not be created.
8. Deck entry fee of \$10 will apply, per swim, payable at the time of entry. Swimmers' 9-digit registration number and date of birth must accompany all deck entries.

Officials

1. All LMR clubs must provide their swimmers with timers for the 800 Free and 1500 free events.
2. It is the visiting club's and/or parents' responsibility to ensure that their swimmers are supervised during all breaks between heats and finals.

HYACK “Fall Into Finals” Event Order

Saturday

Women		Men
1	400 Free (Timed Final, with fastest 2 heats of each gender swum in finals)	2
3	100 Breast	4
5	200 Fly	6
7	100 Free	8
9	200 Back	10
11	200 I.M.	12
10 MINUTE WARM-UP FOR 400 FREE OVERFLOW HEATS		
1	400 Free (Overflow Heats)	2
13	15 & Over 200 Medley Relay (Swum first in Finals)	14
15	14 & Under 200 Medley Relay	16
17	12 & Under 200 Medley Relay	18

Sunday

Women		Men
19	400 I.M. (Timed Final, with fastest 2 heats of each gender swum in finals)	20
21	50 Free	22
23	200 Breast	24
25	100 Fly	26
27	200 Free	28
29	100 Back	30
10 MINUTE WARM-UP FOR DISTANCE EVENTS		
31	800 Free (Timed Final)	
	1500 Free (Timed Final)	32
33	15 & Over 200 Free Relay (Swum first in Finals)	34
35	14 & Under 200 Free Relay	36
37	12 & Under 200 Free Relay	38

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
- No 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
01/10/2009 APP D-1*

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