



CHENA

DISTANCE

TIME TRIAL

JAN 26-27, 2013

Sanctioned by Swim BC: #13963

Harry Jerome Aquatic Center

123 East 23rd Street

North Vancouver, BC V7L 3E2

Chena Time Trial

Jan 26-27, 2013

CHENA Time Trial

Sat 26, 2013

Warm Up

Race

Finish

2:15pm

2:45pm

6:15pm

Sunday 27, 2013

Warm Up

Race

Finish

12:15pm

12:45pm

4:15pm

Eligibility: OPEN to appropriately registered Swim BC/SNC swimmers.

Entry Limit: Registration is limited to Chena Club swimmers or their invitees for 800 and 1500 Free events.

Time Standards: None for this meet

Entry Fee: \$20.00 flat fee per swimmer.
Payment by cheque made to Chena Swim Club.
SwimBC Prov Team Splash Fee of \$4.00 is included.

Entry Deadline: Meet entries must be uploaded prior to Jan 23, 2013 by 12:00pm to the Swimming Canada meet listings website (<https://www.swimming.ca/MeetList.aspx>)

Deck entry: 30 Minutes prior to meet start and handed to Clerk of the Course with SNC number - \$20 per entry, only if lanes are available without adding additional heat.

CHENA Time Trial

- Scratches:** There shall be no penalty for a “late scratch” however the Clerk of the Course will insert swimmers in empty lanes as necessary
- Age Group:** All events mixed age gender
- Officials/Coaches Meeting:** 15 mins before events each day
- Meet Rules:** All applicable FINA/SNC/SwimBC rules will be observed. SNC Warm up procedures and The SWIMBC Tech Guide will be in effect at this meet.
- Swimsuit policy:** The current SNC swimsuit rule will be in effect.
- Spectators:** NOT allowed on deck
- Scoring:** N/A
- Awards:** None. Races are for time only.
- Pool Space:** 25m, 6 Lanes.
- Timing System:** Colorado Timing Systems with 1 Lane Display board
- Meet Manager/Meet Referee:**
Gary Mallender, garym@oceaner.com or
604 828 0906
- Parking:** Free Parking

CHENA Time Trial

Day 1 Saturday January 26, 2013

Warm ups at 2:15pm

Meet Start at 2:45pm

EVENTS:

- 1 Mixed 800 Free (maximum four heats)**
*** 30 minute break (warm-up / warm-down)**

- 2 Mixed 1500 (maximum four heats)**

Day 2 Sunday January 27, 2013

Warm ups at 12:15pm

Meet Start at 12:45pm

EVENTS:

- 1 Mixed 800 Free (maximum four heats)**
*** 30 minute break (warm-up / warm-down)**

- 2 Mixed 1500 (maximum four heats)**

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.