

SFU / SFA LMR Swim Meet

Saturday & Sunday, October 19-20, 2013

Co-Hosts: Simon Fraser University and Simon Fraser Aquatics

Paul and Marg Savage Aquatic Center - SFU

Sanctioned by Swim BC

Sanction #15124

Clubs: All LMR clubs

Location: Simon Fraser University Pool
Simon Fraser University
Burnaby, BC
V5A 1S6

Phone – 778-782- 3176

6 lane 25 meter pool
Diving well for warm-up/down
Colorado starting / timing system
Kiefer lane ropes

Format possibilities:

If **more** than 200 swimmers are entered (Blocked meet format):

SATURDAY

11 & Unders

8:30 am warm-up

9:15 am start

11:45 am estimated finish

distance session (all ages)

11:45 am estimated warm-up

12:15 pm estimated start

1:15 pm estimated finish

12 & Overs

1:15 pm estimated warm-up

2:00 pm estimated start

5:00 pm estimated finish

SUNDAY

11 & Unders

8:30 am warm-up

9:15 am start

12:15 pm estimated finish

12 & Overs

12:15 pm estimated warm-up

1:00 pm estimated start

4:30 pm estimated finish

If **less** than 200 swimmers are entered:

SATURDAY

distance session (all ages)

8:30 am warm-up

9:15 am start

10:15 am estimated finish

Regular events

10:15 am estimated warm-up

11:00 am estimated start

2:30 pm estimated finish

SUNDAY

8:30 am warm-up

9:15 am start

1:45 pm estimated finish

Timers: Each club is responsible for 3 deck officials (timer or S/T) per session, except for the distance session and 400 Free (see below)
Each swimmer in 400/800/1500 must provide 2 timers when those events are swum two-per-lane.

Parking: Hourly at SFU parkade. **All volunteers on-deck will receive validation on their parking stub.**

Concession: Coffee and general concession items may be available during restricted times throughout the competition. ***Volunteer timers/officials*** will receive free coffee and refreshments.

Eligibility: All swimmers must be registered with Swim BC or other FINA affiliated organization. Age groups will be based on age on the first day of the competition.

Paraswimmers are welcome. Please designate the classification with the entries.

Qualifying Standards

Meet Entry standard: 200 IM = UNDER 4:00

Distance Event Entry - in the swimmer's respective BC Provincial age group

- For the 400 Free, a BC 'A' standard in a 200 or 400 Free
- For the 800 – 1500 Free, a BC 'A' standard in a 400, 800 or 1500 Free
- For the 400 IM, a BC 'A' standard in a 200 or 400 IM
- To swim distance events, 10&under swimmers must achieve the BC Provincial 11&under 'A' standard in the respective events, and the 6:00 standard to enter the 300 IM.
- Clubs entered are required to **provide a proof of time sheet** for the **200 IM** for all swimmers; and proof of time for individuals entered in the distance events.

A swimmer with an "AAA" time in an event will **NOT** be eligible for an award in that event.
"AAA" swimmers will make relays exhibition.

Entries:

Meet entries must be uploaded prior to the entry deadline to the Swimming Canada www.swimmeet.ca website. Entries sent directly to the meet manager will not be accepted.

Limit entries to 6 events maximum per swimmer excluding any distance (800 free or 1500 free) and relays.

The meet will be limited to 400 swimmers (the team entering the 400th swimmer will be accepted to the meet).

Entry Fees:

Individual events	\$5.50
Relays	\$8.00
Swim BC Splash fee	\$4.00
Facility improvement fee	\$ 4.25
Late or Deck entry	\$10.00 individual \$15.00 relay

- Entry fees must be paid prior to the start of the first session.
- Deck entry requests are required 30 minutes before the end of warm-up.
- Deck entry fees are payable in cash when the deck entry is accepted.
- Deck entries are not eligible for awards.
- Please make cheques payable to: **SIMON FRASER UNIVERSITY SWIM TEAM**

Entry Deadline: Entries must be received by **Thursday October 10, 2013**

Scratch Deadline: Any scratches received on or before **Monday October 14, 2013** will have full reimbursement. After said date, a medical note must accompany scratch for reimbursement.
Deck entries are a first come first serve. No new heats will be created after Tuesday October 15, 2013.

- Meet day scratches are due 30 minutes before the end of warm-up.

Meet Rules:

- All SNC and Swim BC rules as stated in the SNC rulebook and Swim BC Technical Guide will apply.
- All LMR rules will be in effect.
- 10 & U swimmers are limited to 4 hours of competition time.
- Coaches should enter these swimmers in events which ensure completion of their sessions within 4 hours.
- The FINA one-start rule will be in effect.
- There will be no diving in warm-up with the exception of Safety Marshal-assigned team sprint lanes (one way sprinting).

The 400/800/1500 Frees may be swum 2 swimmers per lane at the discretion of the meet management.

- Scratches must be received by the Clerk of Course 30 minutes prior to the scheduled start time of the session.
- SFU & SFA is NOT responsible for visiting clubs' swimmers

Coaches Meeting:

There will be a coaches meeting 10 minutes prior to the session start as required.

Officials Meeting:

There will be an officials meeting 20 minutes prior to the start of each session.

Awards:

There will be awards presented for the top 6 finishers in each individual event by age group (9&U, 10&11, 12&13, 14&O) and the top 3 teams in each relay event. A swimmer with a "AAA" time in an event will NOT be eligible for an award in that event.

Officials:

Each participating club will be required to submit a list of timers and deck officials for each session with your clubs entries. Volunteer timers/officials will receive complimentary snacks and beverages.

Meet Manager

Karen Schofield

Phone: h [941-8290](tel:941-8290) w [983-6506](tel:983-6506)

Email: the_schofields@telus.net

Officials Manager:

Larry Schofield

Email: the_schofields@telus.net

Entries Coordinator:

Deirdre Porreca

Email: porreca@telus.net

Meet Referee

Barry Parish

IF BLOCKED – the 11&Under swimmers will be in the morning session and the 12&O swimmers will be in the afternoon.

SATURDAY EVENTS		
11 & U	EVENT	12 & O
	Warm-up (40 minutes)	
1	Open 1500*	1
2	800m Free*	2
	Warm-up (40 minutes)	
3	200m Backstroke	4
5	50m Butterfly	6
7	200m IM	8
9	50m Backstroke	10
11	100m Freestyle	12
13	200m Butterfly	14
15	100m IM	16
17	100 Breaststroke	18

SUNDAY EVENTS		
11 & U	EVENT	12 & O
	Warm-up (40 minutes)	
19	400 Freestyle	20
21	11 & Under 4 X 50m Mixed Medley Relay	--
--	13 & Under 4 X 50m Mixed Medley Relay	22
--	Open 4 X 50m Mixed Medley Relay	24
25	200m Breaststroke	26
27	100m Backstroke	28
29	50m Freestyle	30
31	100m Butterfly	32
33	50m Breaststroke	34
35	200m Freestyle	36
37	400m IM	38

***swimmer selects either the 800 or 1500 free**

Blocked Meet – 800/1500 event become session 2 between the AM and PM block
 - 400 free event remains in the above event order within each block

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- Officials Page -

Please pass this page on to your club's director of officials.

Meet Officials:

The number of swimmers entered from each club will dictate the number of officials that each club will be expected to bring to the meet.

3 – 5 swimmers	1 timer*	
6 – 10 swimmers	1 timer, 1 stroke & turn*	per session
11 + swimmers	2 timers, 1 stroke & turn*	

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

The names of the stroke and turn or other deck officials must be submitted to the officials manager by **October 14, 2013** with the names of your experienced deck officials and trainees.

All clubs are encouraged to bring their inexperienced stroke and turn judges- those that have attended a clinic but with limited deck experience in actual meets, as this will be any excellent meet to shadow with a more experienced official.

The referee will make stroke and turn assignments during the officials meeting. This meeting will take place 30 minutes prior to the session start at the pool.

Clubs will be assigned lanes for timing according to each club's meet entry load. The lane assignment will be posted on the deck during each session. Please remind your parents that the lanes must be manned through to the end of the meet.

Officials Manager:

Larry Schofield

Email: the_schofields@telus.net

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
APP D-1

Revision 6 01/10/2009