

Winskill Dolphins Swim Club

Committed swimmers achieving excellence



WINSKILL DOLPHINS LMR MEET

March 8th and 9th 2014

Sanctioned by SwimBC: #15498

LOCATION: WINSKILL AQUATIC & FITNESS CENTRE,
5575 9th Ave, Tsawwassen
Phone # 604-952-3005

FACILITY: 6 Lane, 25 meter pool

TIMELINE: Saturday March 8th

11 & Under:	Warm-up 9:00am – 9:40am	Start Time: 9:50am
Distance Free:	Warm-up 12pm – 12:40pm	Start Time: 12:50pm
12 & Over:	Warm-up 2pm – 2:40pm	Start Time: 2:50pm
Estimated Finish Time:	5:30pm	

Sunday March 9th

11 & Under:	Warm-up 9:00am – 9:40am	Start Time: 9:50am
12 & Over:	Warm-up 1pm – 1:40pm	Start Time: 1:50pm
Estimated Finish Time:	5:30pm	

*Management reserves the right to split warm-up into 2 x 20 min should entry load require to ensure safe and effective warm-up conditions for the athletes. Clubs will be contacted accordingly.

ELIGIBILITY: All swimmers must be registered with Swim BC or other FINA affiliated organization. Age group is based on the age of the swimmer on the first day of the meet. Para-swimmers are welcome. Classifications must be included with entries.

Given that this meet falls during the AA blackout period – the weekend following 2014 AA Championships – any swimmer eligible to compete at 2014 SC AA Championships who did not compete there, is INELIGIBLE to participate in this meet.

ENTRIES:

- Entries are to be uploaded prior to the entry to the SNC website. Entries sent directly to the meet secretary will not be accepted. Results will be posted via the SNC results system.
- Swimmers are limited to (6) six events plus distance (800 free or 1500 free) and relays. Meet management reserves the right to reduce the number of events one may enter if the meet time lines do not fit a reasonable time frame. Clubs will be notified in advance and will have 24 hours to re-submit entries.
- 250 swimmers is the maximum number of entrants into the meet.
- Entries will be seeded into the heats slowest to fastest.
- 400m, 800m and 1500m Freestyle will swim 2 per lane unless low entry permits otherwise. Each swimmer must provide 2 timers.

ENTRY STANDARDS:

- AAA de-qualified by event. COACHES NOTE- this meet should be prioritized for AA and under swimmers.
- All entrants must have **200 IM time under 4:00.**
- A 200 Free under 3:15 to swim the 400 Free.
- A 200 IM under 3:40 to swim the 400 IM.

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- Proof of time report must be supplied with your entries.

Please note: 10 and under swimmers are limited to 4 hours of competition time. Coaches should enter these swimmers in events that ensure completion of their sessions within 4 hours.

TIMING: Ares Timing Systems

AWARDS: Ribbons will be awarded for 1st to 6th in all individual events for ages groups 10 & under, 11, 12, 13 & 14, and 15 & over.

FEES:

Individual Event Entry Fee:	\$6/event
SWIM BC Splash Fee:	\$4/swimmer
Relay Entry Fees:	\$10
Deck Entry Fees:	\$12

- Payment must be received prior to the start of the meet.
- Deck Entries will be accepted to fill available lanes only.
- Deck entry requests are required 30 minutes before the end of warm-up.
- Deck Entry fees are payable in cash at the time of entry.
- Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.
- Deck entries are not eligible for awards
- Please make cheques payable to: **Winskill Dolphins Swim Club**

DEADLINE: Upload entries to the SNC website on or before Wednesday February 26th 2014.

SCRATCH DATE: Monday March 3rd, 2013. After March 3rd a medical note is required for reimbursement. Meet day scratches are due 30 min prior to the end of warm-up.

MEET RULES:

- All applicable FINA/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.
- The FINA one-start rule will be in effect.
- The current SNC swimsuit policy will be observed.
- 10 & U swimmers are limited to 4 hours of competition time.
- All events are timed finals.
- The Clerk of the Course must receive scratches 30 min prior to the end of the warm ups.
- WDSC is NOT responsible for visiting team's swimmers. Violators of facility rules will be ejected. In the interest of safety, coaches, please inform your swimmers that glass containers are not permitted on deck. Please use the recycling bins.

MEET MANAGER: Ron Gracan rgracan@telus.net

MEET SECRETARY: Deirdre Poresca porreca@telus.net

REFEREE: Joe Elsinga jelsinga@shaw.ca

HEAD COACH: Ben Keast ben@winskilldolphins.ca

OFFICIAL'S MEETING: The officials meeting will be 20 min prior to each session.

COACH'S MEETING: The coaches meeting will be 10 min prior to each session start as required.

WARM-UPS: Teams will be pre-assigned lanes for warm-ups. Although safety officials will be on deck, coaches are expected to provide safety supervision for their swimmers during warm-up. The teams in the warm-up lane determine dive lanes. Once diving begins, swimming is in one direction only. SNC Warm-up procedures will be in effect

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THERE WILL BE A CONCESSION STAND WITH SNACKS AND BEVERAGES!

Session #1 - Saturday AM - 11 & Unders

Warm-up 9:00am / Start 9:50am		
Girls	Event	Boys
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	100m Breaststroke	18

Session #2 - Saturday PM – Distance

Warm-up 12:00pm/ Start 12:50pm <i>tentative</i>		
Girls	Event	Boys
1	Mixed Open 1500m Freestyle*	1
2	Mixed Open 800m Freestyle*	2
	<i>*Swimmer selects either 800 or 1500 Free</i>	

Session #3 - Saturday PM - 12 & Overs

Warm-up 2:00pm / Start 2:50pm <i>tentative</i>		
Girls	Event	Boys
19	200m Backstroke	20
21	50m Butterfly	22
23	200m IM	24
25	50m Backstroke	26
27	100m Freestyle	28
29	200m Butterfly	30
31	100m IM	32
33	100m Breaststroke	34

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Session #4 - Sunday AM - 11 & Unders

Warm-up 9:00am / Start 9:50am		
Girls	Event	Boys
35	400m Freestyle	36
37	4x 50m Mixed Medley Relay	37
38	200m Breaststroke	39
40	100m Backstroke	41
42	50m Freestyle	43
44	100m Butterfly	45
46	50m Breaststroke	47
48	200m Freestyle	49
50	400m IM	51

Session #5 - Sunday PM - 12 & Overs

Warm-up 1:00pm / Start 1:50pm		
Girls	Event	Boys
52	400m Freestyle	53
53	4x 50m Mixed Medley Relay	54
55	200m Breaststroke	56
57	100m Backstroke	58
59	50m Freestyle	60
61	100m Butterfly	62
63	50m Breaststroke	64
65	200m Freestyle	66
67	400m IM	68

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OFFICIALS PAGE

PLEASE PASS THIS PAGE ON TO YOUR CLUB'S HEAD OF OFFICIALS

MEET OFFICIALS:

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

3- 5 swimmers: **2 timers - per session**

6 – 10 swimmers **2 timers, 2 Stroke & Turn* - per session**

11 plus swimmers **3 timers, 3 Stroke and Turn* - per session**

*Swimmers in 800m/1500m must provide 2 timers each.

Please note that these are minimum requirements only. More help on deck is always appreciated! Many refreshments will be provided to all deck officials. Those officials who have attended a clinic but have only limited deck experience are welcome and encouraged.

Parking at Winskill is always free.

The referee will make deck assignments during the officials briefing at 9:50am each day (location to be announced).

Please remind your parents that official positions must be manned until the end of each session.

Thank you for submitting the names of deck officials to the official's coordinator by Monday March 3rd, 2014.

Club Officials Director: Ron Gracan rgracan@telus.net

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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 Revision 6 01/10/2009 APP D-1