



Duncan Swim Team's

June Jamboree



Saturday, June 18th 2016
Sanctioned by Swim BC: #19531

Date: Saturday, June 18th, 2016
Meet Manager: Steve Ridenour

Location:
Cowichan Aquatic Centre
2653 James St
Duncan, BC
250 746 7665

8 x 25m Competition Pool
3 x 25m m Wave Pool
Colorado Electronic Timing Systems
Coffee Shop on site

Participating Teams: Open to Swim BC organizations

Entries:

- 1) Individual entries are limited to a max of 3 (three) events for VIR Teams and in consideration for off Island Teams, 4 (four) events.
- 2) Entry Fee is \$8 per event + \$4 Swim BC Splash Fee.
- 3) Cheques payable to: **Duncan Swim Team**
- 4) Entries must be uploaded through the Swimming Canada site www.swimming.ca/MeetList.aspx

Entries Deadline: Monday, June 13th, 2016

- 5) There will be NO deck entries accepted.
- 6) Please email known scratches to Steve Ridenour meetmanager@duncanstingrays.com no later than **Wednesday, June 15th, 2016**

Saturday, June 18 th , 2016	
<u>Warmup:</u>	1:00 – 1:40pm
<u>Start:</u>	1:50pm
<u>Projected End:</u>	7:00pm

Female	Event Order	Male
1	200 Individual Medley	2
3	100 Individual Medley	4
5	25 Backstroke - novice	6
7	50 Backstroke	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	25 Freestyle - novice	14
15	50 Freestyle	16
17	100 Backstroke	18
19	200 Breaststroke	20
21	25 Butterfly - novice	22
23	50 Butterfly	24
25	100 Freestyle	26
27	200 Backstroke	28
29	25 Breaststroke - novice	30
31	50 Breaststroke	32
33	100 Butterfly	34
35	200 Freestyle	36
37	400 Individual Medley	38
39	400 Freestyle	40
41	800 Freestyle	42

Eligibility:

- 1) All swimmers must be registered with a Swim BC or FINA recognized club
- 2) Age groups are based on the age of the swimmer as of June 18, 2016

Meet Rules:

- 1) This meet will observe rules as outlined in the current SCN Rulebook, including SCN warm-up procedures and one start rule
- 2) The meet will be run cardless
- 3) 25m events are for Novice swimmers only and times will be taken manually.
- 4) 10 & Unders are limited to 4 hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered.
- 5) Events will be Senior Seeded, swum slowest to fastest.
- 6) All events will be swum as Timed Finals.
- 7) Meet Management reserves the right to limit the number of heats in the 400, 800 events if the meet exceeds estimated timeouts.

Awards

- 1) Heat Winner prizes will awarded to the first placing swimmer in each heat

Officials

Each attending Team is requested to provide a list of Officials & Positions to assist DST in the running of this competition. A minimum of **1 Official to 10 Swimmers** ratio is encouraged.



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Team List of Officials / Volunteers*
**all volunteers will be eligible for Draw Prizes*
Please check in upon arrival

Team: _____

of Swimmers attending: _____

Name: _____

Officials / Volunteer Position:



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**SWIMMING
CANADA
NATATION**



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."

November 25, 2014