

VKSC Fall Invitational

November 3-5, 2017

Sanctioned by Swim BC: #22703

Location: Vernon Parks & Rec. Aquatic Center, 3310 – 37th Ave, Vernon, B.C.

Pool: 25 meters x 8 lanes
Omega timing system with eight-lane scoreboard
Stands in place
Snack Bar on Site

Meet Manager: Wendy Leng Email: wleng@shaw.ca

Phone: 250-545-9244

Meet Registrar: Carol Winn Email: cwinn@shaw.ca

Phone: 250-308-6502

Head Referee: Lydia Phillips

Eligibility: This meet is open to all registered “Competitive” Swim BC, SNC, and FINA affiliated organizations. A standard of 4:00.00 or faster for the 200IM is required to participate in this meet.

Session 1 Friday November 3rd

Warm-up: 5:00 pm to 5:50 pm

Start time: 6:00 pm

Estimated finish time 9:00 pm

Session 2 PRELIMS Saturday November 4th

Warm-up: 7:30 am to 8:00 am (12 & under)

8:00 am to 8:30 am (13& over)

Start time: 8:40 am

Estimated finish time 1:30 pm

Session 3 FINALS Saturday November 4th

Warm-up: 4:30 pm to 5:20 pm

Start time: 5:30 pm

Estimated finish time 8:00 pm

Session 4 Sunday November 5th

Warm-up: 7:30 am to 8:00 am (12 & under)

8:00 am to 8:30 am (13& over)

Start time: 8:40 am

Estimated finish time 1:00 pm

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Seeding: All events will swim slowest to fastest, except the 800m freestyle which will be fastest to slowest.

Age Groups: **Individual** - 10 & under, 11-12, 13-14, 15 & over. **Relays** – 12 & under, 13-14, 15 & over

Age as of Friday November 3, 2017.

Scoring: 9-7-6-5-4-3-2-1 for individual events. 18-14-12-10-8-6-4-2 for relay events.

Meet Rules:

1. Swim BC and SNC rules apply.
2. SNC competition warm-up safety procedures will be in effect. See final 2 pages of this meet package.
3. The FINA one start rule will be in effect.
4. Swim BC scratch rule will apply.
5. The current SNC swimsuit rule will be in effect.
6. The distance event will be swum as mixed gender. Provincial/National records will not be recognized for those swimmers swimming in mixed gender events.
7. Scratch rules for FINALS (Saturday evening): No shows, step downs and unexcused incomplete swims will all be considered a late scratch in finals only. The initial scratch deadline for finals will be 30 minutes following completion of Saturday morning preliminaries. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session. Late scratches (as defined above) will be subject to the late scratch penalty of \$20, plus removal of swimmers from all other events, including relays, on that day. No other members of the offending swimmer's team shall compete until the \$20 cash fee is paid.

Meet Format:

1. Maximum number of individual events per session is three (3).
2. This is a mix of timed final events and prelims/finals events.
3. The preliminaries and the timed final events will be senior seeded by gender.
4. Finals will be swum according to age group categories.
5. There are only "A" finals (top 8).

Please note – there will be finals for 10 and under swimmers at the Saturday Evening Session

Awards: Best time ribbons will be awarded for 10 and under individual events. Ribbons will be awarded for the 1st to 8th place in each individual timed final event and 1st to 3rd place in relays. Individual medals will be awarded at the Saturday finals session for 1st, 2nd, and 3rd place. Ribbons for 4th to 8th place at Saturday finals session.

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Entries:	Individual event	\$8.00 per entry
	Relay events	\$10.00 per relay
	Swim BC Provincial Team Splash Fee	\$4.00 per swimmer
	Okanagan Region Surcharge	\$0.50 per swimmer

Meet entries will only be accepted via upload to the SNC website at www.meetlist.notlong.com

“NT” No Time entries will be accepted; custom time entries are permitted.
Entry fees must be paid prior to the start of the meet
Cheques should be made payable to **Vernon Kokanee Swim Club**

All fees must be paid prior to the start of the meet.

Entries will be limited to the club registering the 300th swimmer. No refunds after the entries have been accepted. If the session is running late and all scheduled events cannot be completed, then the 800m freestyle will be restricted to the fastest 24 swimmers per gender. 200IM will be restricted to the fastest 32 swimmers per gender, the relays may be cancelled and refunds offered. If meet management removes a swimmer from an event, because of time constraints, they will be offered the opportunity to enter another event or receive a refund.

Deadline: All entries must be uploaded by **midnight October 27th, 2017**

Deck Entries: Will be accepted (for swimmers pre-registered in the meet) to fill any empty lanes. They must be given to the Clerk of the Course within one hour of start of meet. Deck entries are exhibition swims only (no points and no finals). Deck entries are \$12.00 for individual events and \$15.00 for relay events. Deck entries are to be payable immediately upon request. Cash only.

Accommodation:

Vernon Lodge and Conference Centre (Formerly Vernon Atrium)
(one block from the pool) 1-800-663-4422
www.vernonlodge.com
Standard room – \$89.99 per night, Atrium room – \$94.99 per night
Required to mention you are attending the Vernon Kokanee Fall Invitational Swim Meet and book by Oct 15 to get meet rate.

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Session No. 1 - Friday November 3rd, 2017

Warm – up: 5:00-5:50 pm. Meet Start: 6:00 pm

The events of Friday will be swum as timed finals in the order stated below. The events will be swum senior seeded male and female and will be divided for scoring according to the age group categories

Event No. Female	Event	Event No. Male
1	50m Back	2
3	50m Breast	4
5	800m Free	5

The top 8 girls and the top 8 boys, in the 800m free will swim one per lane while the remaining swimmers will be swimming 2 per lane mixed gender fastest to slowest. Extra timers will be required – swimmers please bring a timer.

Session No. 2 & 3 – Saturday November 4th, 2017

Warm-up Prelims: 7:30-8:30 am. Prelims Start: 8:40 am

Warm-up Finals: 4:30-5:20pm. Finals Start: 5:30pm

The events of Saturday will be swum prelims and finals, except for the relay. The heats will be swum senior seeded male and female and will be divided for finals according to the age group categories. Please note that the 200m Medley Relay will be swum first in the finals session only; according to the age group categories. **Relay cards are due at the end of prelims NO EXCEPTIONS.**

Event No. Female	Event	Event No. Male
6	4x50 Medley Relay – 12 & Under (finals evening session)	7
8	4x50 Medley Relay – 13-14 (finals evening session)	9
10	4x50 Medley Relay – 15 & Over (finals evening session)	11
12	100m Fly	13
14	200m Back	15
16	100m Breast	17
18	50 Free	19
20	200m IM	21

Session No.4 – Sunday November 5th, 2017

Warm-up: 7:30-8:30 am. Meet Start: 8:40 am

The events of Sunday will be swum as timed finals in the order stated below. The events will be swum senior seeded male and female and will be divided for scoring according to the age group categories.

Event No. Female	Event	Event No. Male
22	50m Fly	23
24	100m Back	25
26	200m Breast	27
28	100m Free	29
30	4x50 Free Relay – 12 & Under	31
32	4x50 Free Relay – 13-14	33

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool **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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

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