



**Pacific Sea Wolves Swim Club**  
**2018 Fall Invitational**  
**October 13-14, 2018**



Sanctioned by Swim BC: #32077

**Date:** October 13-14, 2018

**Location:** Grandview Heights Aquatic Centre  
10 lane 25 metre competition pool  
16855 24 Ave, Surrey, BC V3S 0A2  
Warm down lanes will be available.

**Format:** Timed Finals Saturday and Sunday

**Starting Times:** **Saturday Oct. 13<sup>th</sup>**

Session # 1 (Timed Finals)  
Warm-up: 8:00 am  
Start: 9:00 am

Session # 2 (Timed Finals)  
Warm Up: 2:30 pm  
Start 3:30 pm

**Sunday Oct. 14<sup>th</sup>**

Session #3 (Timed Finals)  
Warm-up: 8:00 am  
Start: 9:00 am

**Eligibility:**

- All swimmers must be registered with Swimming Canada for the 2018-2019 season.
- Entries will be restricted to 375 swimmers in order to have the meet run in a timely fashion.
- Age groups will be based on age as of **Oct 13<sup>th</sup>, 2018**

**Qualifying Standards:**

- Swimmers must have completed a 200m IM in under 4:00 min.
- Proof of time in this event required for ALL swimmers entered in this meet.

**Entries:**

- Entries must be submitted at <http://meetlist.notlong.com> Online entries only.

**Entry Fees:**

- Entry fees are \$ 10.00/individual event, plus the Swim BC Splash Fee of \$4.00/swimmer.
- Deck entries are \$20.00/event
- (Deck entries are exhibition only. Must have SNC number and date of birth. Deck entry fees are to be paid before the event, by cash or cheque.) **All deck entries will be placed in available empty lanes, no new heats will be added for deck entries.**
- Entry fees must be paid prior to the start of the first session.
- Please make cheques payable to: **PACIFIC SEA WOLVES SWIM CLUB**

**Entry Deadline:**

- All entries must be received by **October 8<sup>th</sup>, 2018 Midnight PST**
- Entries will be limited to 375 swimmers; with the 375<sup>th</sup> swimmer's team being the last team entered.

- Meet Rules:**
1. All SNC and Swim BC rules as stated in the SNC rulebook and Swim BC Technical Guide will apply.
  2. Scratches must be received by the Clerk of Course 30 minutes prior to the scheduled start time of the session.
  3. SNC warm-up procedures will be in effect at this meet.
  4. Pacific Sea Wolves Swim Club is NOT responsible for visiting clubs' swimmers.
  5. All sessions will be senior seeded, timed finals.
  6. There will be Bell Ringer prizes throughout the meet.
  - 7. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1**
- Coaches' Meeting:** There will be a Coaches meeting at the clerk's table at the start end of the pool 10 min. prior to the start of the Saturday morning warm-up.
- Officials' Meeting:** There will be an Officials meeting prior to the start of each session.
- 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.
- Parking:** Parking for the meet will be off site
- Meet Manager:** Kat Skuse Email: [meetmanager@pacificseawolves.com](mailto:meetmanager@pacificseawolves.com)
- Head Coach:** Darryl Rudolf Email: [pswrudolf@gmail.com](mailto:pswrudolf@gmail.com)

Female	Event	Male
<b><u>Session 1 - Saturday AM</u></b>		
1	100 Free	2
3	100 Breast	4
5	100 Back	6
<b><u>Session 2 Saturday PM</u></b>		
7	200 Free	8
9	100 Fly	10
<b><u>Session 3 - Sunday AM</u></b>		
11	200 IM	12
13	50 Free	14

## 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."**