



**KEMP-FRY INVITATIONAL SWIM MEET**  
**DALPLEX POOL - DALHOUSIE UNIVERSITY**  
**HALIFAX, NS**  
**NOVEMBER 16-18, 2018**



Hosted by:

**DALHOUSIE UNIVERSITY MEN'S AND WOMEN'S SWIM TEAMS**

Facility: 2x25m courses / 8 lane / two bulkheads / Quantum Electronic Timing

**Sanction:** Swim Nova Scotia

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**Head Official:**

Diane MacKenzie- [mackenzie.sarty@gmail.com](mailto:mackenzie.sarty@gmail.com)

**Meet Manager:**

Bette El-Hawary - [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)

Office: (902) 425-5450 / Phone: (902) 497-2088 (cell)

**Entries:**

For seeding purposes, please indicate swimmers' best times (SCM) (or NT). Please include relay times for seeding purposes also. Entries should be submitted via the SNC Entry site:

<https://www.swimming.ca/MeetList.aspx> No deck entries (except for the mini-meet)

**Entry Deadline:**

Received by midnight **Monday, November 12, 2018**

**Meet Rules:**

SNC Competition Warm-up Safety Procedures will be in effect.

Scoring as per AUS Playing Rules -

Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Friday night's events will swim as Preliminaries in the 50m Fly, 50 Back, and 50m Breast, and Timed Finals in the 800m/1500m Free and 800 Free Relay, which will swim alternating Women – Men fastest to slowest. Events on both Saturday and Sunday will be Heats and Finals events except for the 400m M/R and 400m F/R which will be swum as timed finals. Scratches for finals are due 30 minutes following prelims; final scratches may be submitted 30 minutes prior to the start of finals.

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; OBL2 Pro-Backstroke Ledges will be available

*Deck access is reserved for registered Coaches, Swimmers and Officials working the designated session.*

**Entry Limits:**

Each swimmer may swim a maximum of four (4) individual events plus three (3) relay events. Each team is permitted unlimited relay entries; a maximum of one team per institution can score.

The eight fastest qualifiers will advance to the A Final of respective individual events. The next 8 fastest will advance to the B Final. The order of finals will be B first then A.



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**PROGRAM OF EVENTS**

**SESSION 1\***

**Friday, November 16, 2018**

**Timed Finals – 3:00 pm Warm-ups, 4:00 pm Start**

1	800m/1500m Freestyle*	2
3	50m Butterfly	4
5	50m Backstroke	6
7	50m Breaststroke	8
9	800m Freestyle Relay*	10

**SESSION 2\*\***

**Saturday, November 17, 2018**

**Heats – 8:30 am Warm-ups, 10:00 am Start**

11	50m Freestyle	12
13	400m Individual Medley	14
15	100m Butterfly	16
17	200m Backstroke	18
19	100m Breaststroke	20
21	200m Freestyle	22

**SESSION 3\*\***

**Saturday, November 17, 2018**

**Finals – 3:45 pm Warm-ups, 5:00 pm Start**

11	50m Freestyle	12
13	400m Individual Medley	14
15	100m Butterfly	16
17	200m Backstroke	18
19	100m Breaststroke	20
21	200m Freestyle	22
5	50m Backstroke	6
23	400m Free Relay*	24

**SESSION 4\*\***

**Sunday, November 18, 2018**

**Heats – 8:30 am Warm-ups, 10:00 am Start**

25	200m Butterfly	26
27	100m Freestyle	28
29	200m Individual Medley	30
31	100m Backstroke	32
33	200m Breaststroke	34
35	400m Freestyle	36

**SESSION 5\*\***

**Sunday, November 18, 2018**

**Finals – 3:15 pm Warm-ups, 4:30 pm Start**

25	200m Butterfly	26
7	50m Breaststroke	8
27	100m Freestyle	28
29	200m Individual Medley	30
31	100m Backstroke	32
33	200m Breaststroke	34
3	50m Butterfly	4
35	400m Freestyle	36
37	400m Medley Relay*	38

**\*Timed Final** (note 800/1500 will be swum fastest to slowest, alternating gender/event)

**\*\*** A sanctioned mini meet will be held at the end of each session. Coaches may submit entries to Bette El-Hawary by Wednesday, November 14<sup>th</sup>. Changes/updates can be made prior to each session.

## 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.”**