



KISU Regional Draft and Last Chance Meet

February 8, 2020

Penticton Community Centre, 325 Power Street, Penticton BC

Sanctioned by Swim BC: #34962

Session Times:

Session 1 (Draft Meet Session)

7:00 am Doors Open
7:30 am Draft Team Meetup and Activations
8:00-8:40 am Warm Up
8:50 am Meet Start
12:00 pm Projected Finish

Session 2 (Last Chance Session)

2:00 pm Warm Up
2:50 pm Meet Start
6:30 pm Projected Finish

Location: Penticton Community Centre, 325 Power Street
Penticton, BC

Pool:

- 10 lanes x 25m competition pool
- Colorado Timing System
- 2 warm up/cool down lanes

Contacts:

Meet Manager – Dave Spear davespear@shaw.ca
Meet Registrar – Terry Kowal terry_kowal2006@hotmail.com
Referees – Nancy Telford, Wayne Williams

Meet Rules:

1. All Swim BC and Swimming Canada rules will be in effect.
2. All swimmers must be registered properly with Swimming Canada/SwimBC, or other FINA-affiliated organization.
3. Swimming Canada warm-up procedures will be in effect and will be monitored by safety marshals.
4. Current Swimming Canada swimsuit rule will be in effect.
5. The meet will be limited to 200 swimmers; the team entering the 200th swimmer will be accepted.
6. All events will be swum as Timed Finals and open seeded.
7. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

Eligibility:

This meet is open to all swimmers who have reached the sub4 time standard for the 200IM. All swimmers must be registered as “competitive” with Swim BC or another FINA affiliated organization. Age will be calculated as of the first day of the meet.

Entries:

Entry fees are \$9 per event plus \$4 Swim BC fee and \$0.50 Regional Splash Fee.

There will be no deck entries permitted at this meet. Any late entries (after entry deadline but before day of meet) may be accepted at the discretion of meet management and will be subject to an additional late charge of \$10 per swimmer on top of the standard entry fee.

Entry Fees are to be paid to the meet manager prior to teams entering the water for warm-up at the meet. Cheques are to be made out to KISU Swim Club.

Meet Events:

Meet entries are limited to 3 individual events plus relays for Session 1 and 2 events for Session 2. For the morning session, all swimmers must be entered in the 200 IM and 50 free. Swimmers will also swim their choice of one of 100 free, 100 back, 100 breast or 100 fly. For the afternoon session, swimmers may choose up to 2 events.

Entry Deadline:

Deadline for upload of entries to the SNC meet listings website is ***Thursday, January 30, 2020.***

Draft Format: Swimmers will be placed on a “Team” made up of swimmers from all attending clubs in a “draft-style” selection based primarily on their 200 IM entry time. These teams will be designated by cap colour for the meet. Swimmers should expect to be under the direction of someone other than their home club coach for this meet. All swimmers must wear meet-issued team caps for all events.

As this is a sanctioned meet, individual events will count as official times. Relay (including lead swimmers) and bonus events will not be eligible as official times as these will be unsanctioned events.

Relay entries must be submitted by the respective coaches by the start of warm-ups.

Overall team scores for each Draft Team will be manually generated.

Relays:

This meet will feature non-sanctioned relay events with descriptions as follows:

- 4x4x50 Medley Relay: Each team will consist of 16 swimmers, with 4 swimming each of the same stroke following regular stroke order for relays (4x50 back, followed by 4x50 breast, then 4x50 butterfly and 4x50 freestyle). The lead back stroke swimmer will start in the water, with following back stroke swimmers using a relay start off of the block. Backstroke swimmers starting on the block must be on their back when they surface and before taking their first stroke.
- 4x100IM Relay: Each team will consist of 4 swimmers who will each swim a complete 100 IM before handing off to the next swimmer.
- 16x50 Free Descending Time Relay: Each team will consist of 16 swimmers and will be seeded in the relay slowest to fastest. As the relay progresses, each swimmer’s split must be faster than the previous swimmer. If a swimmer does not post a better time than their predecessor a penalty of five seconds will be added to the overall team relay time.

All swimmers must be entered in at least 1 relay before any swimmer gets entered in a second relay. All swimmers must be entered in 2 relays before any swimmer gets entered in a third relay.

Scratch Rules:

- Pre-Meet Scratches will be accepted until noon on Monday, February 3, 2020 and will not be charged.
- Refunds for scratches submitted after this time will be approved only upon meet management being provided a physician's note. Please note that scratches for individual events only, rather than for the session or the entire meet, will not be accepted.
- All scratches must be submitted to the Clerk of the Course on the forms provided 30 minutes prior to the session start.

Awards:

Ribbons will be awarded for 1st through 10th place in individual events for each gender in the following age groups: 10&Under, 11-12, 13-14, 15&over. Relays will be swum as Open age and mixed gender. There will be no awards for relays.

Scoring:

Points will only be awarded for the morning session. Points for team standings will be assigned according to teams as assigned through the draft. Points will be given to top 10 individual finishers for each age group and gender and to top 5 relay teams. Team scoring for individual events will be: 21-16-12-9-7-5-4-3-2-1. Relay scoring will be: 32-22-14-8-4.

Meet Management Notes:

Meet management reserves the right to adjust the warmup and start time of the second session if required due to entries. Coaches will be notified within 48 hours of entry deadline of any change in session time.

Morning session will have events divided by gender. Afternoon session will be swum as mixed heats and separated for results as noted in "Scoring".

Hotel Information:

The **Penticton Lakeside Resort, Convention Centre & Casino** is the official hotel of the KISU Swim Club. By booking your stay there, you get a great deal at one of Penticton's premier hotels. To book your room, phone 1-800-663-9400 and let them know you are staying for a KISU Swim Club Swim Meet.

	Event List	
Girls Event Number	Events	Boys Event Number
	<u>Session 1</u>	
1	200 IM (mandatory for all swimmers)	2
3	50m Freestyle (mandatory for all swimmers)	4
5	100m Back	6
7	100m Breast	8
9	100m Butterfly	10
11	100m Free	12
13	Mixed 4x4x50 Medley RELAY (Open)*	
14	Mixed 4 x 100 IM RELAY (Open)*	
15	Mixed 16 x 50 Free Descending Time RELAY (Open)*	
<u>Mixed Events</u>	<u>Session 2</u>	
16	200 Back	
17	200 Breast	
18	200 Butterfly	
19	200 Free	
20	400 IM	
21	400 Free	

* Relays are unsanctioned. Meet management reserves the right to make adjustments to relay format and will notify attending clubs of changes prior to the start of the meet.

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."