

Comox Valley Aquatic Club
10 and Under Championship
May 7 and 8, 2016
Sanctioned by SwimBC - NNNNN

Location: Comox Valley Aquatic Center
377 Lerwick Drive
Courtenay, BC

Times:

Day	Warm Up	Start	Time Out
Saturday, 7 May	1:00 PM	2:00 PM	8:15 PM
Sunday, 8 May	9:30 AM	10:30 AM	3:30 PM

Pool: 8 Lane, 25 m pool with Colorado Timing System

Meet Manager: Ryan Willms cvsharksmeetmanager@gmail.com

Entries: Meet entries must be uploaded directly to the SNC website. Entries sent directly to the meet manager will not be accepted. No Time "NT" entries will be accepted. Maximum number of swimmers – 200

Entry Deadline: Meet entries must be uploaded to Swimming Canada (www.swimming.ca/meetlist.aspx) no later than 9:00 pm May 4th, 2016.

Entry Fees: \$6.50 per individual event
 \$6.50 per relay
 \$4.00 per swimmer SwimBC Splash Fee

Deck Entries: Deck entries will be permitted on a first come first serve basis to fill empty lanes. No new heats will be added. Entries must be accompanied by the swimmer's SNC ID# and birth date. Deck entries must be received by the Clerk of Course **no later than 30 minutes** before the start of the meet.

Scratches: Please email known scratched to Ryan Willms (cvsharksmeetmanager@gmail.com). The No Charge scratch deadline is 10 PM, Thursday May 5th, 2016. Scratches received after this time will be charged unless accompanied by a medical note. Scratches the day of the meet must be received by the Clerk of Course **no later than 30 minutes** before the start of the meet

Awards: Awards will be given to the top total point, male and female swimmers in each of the 4 age groups (7 and Under, 8, 9, and 10 years old). There will also be an award for top team points.

Meet Rules: SNC and Swim BC rules will be in effect
 SNC one start rule will be in effect
 SNC warm up rules will be in effect
 All events will be swam mixed but will be awarded separately by gender and age group.
 Seeding will be slowest to fastest
 All events are timed finals
 All 25m and 100m IM events are for novice swimmers only
 For Novice (non-competitive) swimmers, this meet will count as their one sanctioned meet before a registration upgrade is needed
 All 25m events will start in the shallow end
 If the meet is over subscribed, relays will be cancelled to accommodate individual events

Officials: Officials and Timers from other clubs are expected and greatly appreciated. Please send a list of volunteers to Carla Kostuik (cvsharksdirectorofofficials@gmail.com).

Event Order:

<u>Session 1</u> Saturday May 7 th 1:00-8:15PM	<u>Session 2</u> Sunday May 8 th 10:30 AM – 3:30 PM
200 Freestyle	4x50 Freestyle Relay
25 Breaststroke (Novice)	400 Freestyle
100 Breaststroke	25 Butterfly (Novice)
100 Backstroke	100 Butterfly
100 IM (Novice)	200 Backstroke
200 Breaststroke	25 Backstroke (Novice)
25 Freestyle (Novice)	4x50 "Inflatable" Relay
50 Butterfly	200 Butterfly
4x50 "T-Shirt" Relay	4x50 Medley Relay
50 Freestyle	100 Freestyle
50 Backstroke	50 Breaststroke
200 IM (Top 16)	200 IM (Remainder)
4x100 Freestyle Relay	

T shirt Relay – The lead-off swimmer will wear a team shirt during their leg, and then must pass that shirt to the next swimmer before that swimmer can dive in.

Inflatable Relay – Each swimmer in the relay will have an inflatable that they will use as a kick board, and will pass that to the next swimmer like a baton.

June 27, 2014



SWIMMING CANADA 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 scratched 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."