



Duncan Swim Team's

Spring Break Invitational

Feb 27th & Feb 28th, 2016



Sanctioned by Swim BC: #19054

Date: Feb 27 & Feb 28 2016
Meet Manager: Steve Ridenour

Location:
 Cowichan Aquatic Centre
 2653 James St
 Duncan, BC
 250 746 7665

8 x 25m Competition Pool
 3 x 25m Wave Pool warm down lanes
 Colorado Electronic Timing Systems
 Coffee Shop on site

Participating Teams: Swim BC affiliated Teams

Saturday, Feb 27, 2016		
Warmup:	Start:	Projected End:
1:00 – 1:50pm	2:00pm	8:00pm
Sunday, Feb 28, 2016		
Warmup:	Start:	Projected End:
9:00 9:50am	10:00am	3:00pm

Eligibility:

- All swimmers must be registered with a Swim BC or FINA recognized club

Entries & Fees:

- Individual entries are limited to a maximum of three (3) events per swimmer per day.
- Entry Fee is \$7 per individual, \$0 per relay event, and \$4 per swimmer Swim BC Provincial Team fee.
- Cheques payable to: **Duncan Swim Team**
- Entries must be uploaded to the Swimming Canada site <http://www.meetlist.notlong.com>

Entries Deadline: Monday, Feb 22nd, 2016

- Due to the potential number of participants, deck entries and / or exhibition swims will not be accepted
- Please email known scratches to Steve Ridenour meetmanager@duncanstingrays.com no later than **Feb 25, 2016**

Awards: None

- Age groups are based on the age of the swimmer as of Feb 27, 2016: 9&U, 11&U, 12/13, 14/15, 16&Over
- Heat Winner prizes will be given to ALL Heat Winners
- All swimmers will have their name entered into a draw for prizes.

Meet Rules:

- This meet will observe rules as outlined in the current Swimming Canada Rulebook and Swim BC Tech Guide
- The FINA one start rule and Swimming Canada warm up procedures will be in effect
- All events are Timed Finals and will be senior seeded, run slowest to fastest
- 10&Unders are limited to 4 hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered
- Meet Management reserves the right to swim 2 per lane for the 400 Freestyle as time permits

Event Order		
Female	Saturday	Male
1	11&U 200 IM	2
3	200 IM	4
5	11&U 100 Freestyle	6
7	100 Freestyle	8
9	11&U 50 Breaststroke	10
11	50 Breaststroke	12
13	200 Breaststroke	14
15	4x25 Freestyle Relay max age 52	16
17	11&U 100 Butterfly	18
19	100 Butterfly	20
21	11&U 50 Backstroke	22
23	50 Backstroke	24
25	200 Backstroke	26
27	400 Freestyle	28
Female	Sunday	Male
29	11&U 200 Freestyle	30
31	200 Freestyle	32
33	11&U 100 Backstroke	34
35	100 Backstroke	36
37	11&U 50 Butterfly	38
39	50 Butterfly	40
41	200 Butterfly	42
43	4x25 Medley Relay max age 52	44
45	11&U 100 Breaststroke	46
47	100 Breaststroke	48
49	11&U 50 Freestyle	50
51	50 Freestyle	52
53	11&U 100 IM	54
55	100 IM	56
57	400 IM	58



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**SWIMMING
CANADA
NATATION**



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 removed 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."

November 25, 2014