



**Comox Valley Aquatic Club
10 and Under Challenge
May 4 and 5, 2019
Sanctioned by Swim BC - #32512**

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

Times	Warm Up	Start	Estimated Out
May 4 - Session 1	1:30 PM	2:30 PM	6:30 PM
May 5 - Session 2	8:30 AM	9:30 AM	1:30 PM

Pool: 8 lane, 25 metre, with Colorado Timing System. Pool Depth 3.5m on diving end. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

Meet Manager: Aaron Macluskie - 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 swimmer – 200.

Swimmers can swim a maximum of 8 individual events.

Entry Deadline: Meet entries must be uploaded to Swimming Canada (www.swimming.ca/meetlist.aspx) no later than 9:00 pm Saturday April 28th.

Entry Fees: \$7.00 per individual event
\$7.00 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 Aaron Macluskie (cvsharksmeetmanager@gmail.com). The No-Charge scratch deadline is 10 PM, Wednesday May 1st, 2019. 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:

- Aggregate plaque will be given to the two top total point, male and female swimmers in each of the three age groups (8 and Under, 9, and 10 years old). Aggregate point score for 8 events (9-7-6-5-4-3-2-1 scoring)
- Commemorative medal for each swimmer
- Ribbons for best times
- Heat winner prize for each heat

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. (8 and under, 9, and 10)

Seeding will be slowest to fastest

All events are timed finals

All 25m and 100m IM events are for novice swimmers only

Novice (Non-competitive) will have this count as their one meet

Novice events are not subject to disqualification and will not count for awards

Teams may bring 11 & over swimmers for the novice events and exhibition swim

All 25m events will start in the shallow end

If the meet is oversubscribed, relays will be cancelled to accommodate

Teams can enter multiple teams of 6-8 swimmers for the Innertube and T-shirt relay.

Event Order:

<u>Session 1</u>	<u>Session 2</u>
4 x 50 Medley Relay	4x50 Freestyle Relay
200 Backstroke	100 IM (Novice)
25 Freestyle (Novice)	200 IM
100 Freestyle	50 Freestyle
50 Breaststroke	200 Butterfly
Innertube Relay	25 Breaststroke (Novice)
100 Butterfly	Wacky Team Shirt Relay
25 Butterfly (Novice)	100 Breaststroke
200 Breaststroke	25 Backstroke (Novice)
50 Backstroke	100 Backstroke
400 Freestyle	50 Butterfly
	200 Freestyle

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.”