



**2012 Fall Invitational
October 27-28, 2012
Sanctioned by SwimBC: #13402**

- Location:** Nanaimo Aquatic Center
741 Third Street
Nanaimo, B.C.
Club Contact: 250-714-1800
- Pool:** 25 meter 8 lane pool, bleachers on deck
Electronic timing will be used (Colorado Timing Systems)
- Start Times:**
- | | Sat. October 27 | Sun. October 28 |
|----------------------------|------------------------|------------------------|
| Warm-up: | 9:30 – 10:20 am | 8:00- 8:50 am |
| Start: | 10:30 am | 9:00 am |
| Estimated out time: | 4:30 | 3:00 |
- Eligibility:** All swimmers must be registered with Swim BC or FINA Affiliated club. Age groups are based on the age of the swimmers as of October 27th, 2012
- Entries will be limited to 250 swimmers with the 250th swimmers team being the last team accepted.
- Reservations:** Will be accepted via e-mail to: meets@nanaimoriptides.com on a first come first serve basis. A deposit of \$100.00 will be needed to secure your spots. Deposits must be received by NRST within 14 calendar days of your request to confirm entries, after which time spots will not be held until payment has been received. Deposits are non-refundable. Confirmations will be made via e-mail after deposit has been received.
- Entries:** Meet entries must be uploaded prior to the entry deadline through the Swimming Canada website <https://www.swimming.ca/MeetList.aspx>.
Entries sent directly to the meet manager will not be accepted.
Please re-send the entire entry file if making changes.
Please submit relay names with your entry file
- Entry Deadline:** All entries must be received by **October 19th, 2012**
- Entry Fees:** Individual Events: \$7.50 event
Relay Events: \$8.00 per team entered
SWIM BC Provincial Team Splash Fee \$4.00 swimmer
Cheques payable to NRST must be received by the Meet Manager prior to Saturday's Warm Ups.
Please submit one cheque for all swimmers entered under the club acronym payable to NRST

Meet Rules:

- This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
- SNC warm-up procedures apply. Please read last page for procedures
- 10 & Under will be swum in individual events
- Coaches please be aware of the Swim BC suggested 4 hour timeline for 10 and Unders and enter your swimmers accordingly.
- 11 & Over will be seeded together. Seeding will be slowest to fastest.
- All events are timed finals.
- Swimmers are limited to a maximum of 4 events per day.

Meet management reserves the right to limit the # of heats for events #45 and 46 based on the overall number of entries for all other events if timelines are excessive.

Deck Entries: No Deck entries will be accepted

Scratches: Please email known scratches to Riptides by email at meets@nanaimoriptides.com by **12:00pm October 24th, 2012**. Scratches made after this time will be subject to the entry fees and will not be reimbursed.

Awards: Placement cards will be issued to all swimmers

Officials: All clubs will be required to supply 3 timers plus on deck official for the duration of the meet. Please submit official's names to meets@nanaimoriptides.com before October 17, 2012

Meet Manager: Sylvia Wilson
 Phone: 250 714-1800
 Email: meets@nanaimoriptides.com

SATURDAY		
GIRLS	EVENT	BOYS
1	200m Medley Relay	2
3	11 & Over 200m Free	4
5	10 & Under 50 Back	6
7	11 & Over 50m Back	8
9	10 & Under 100m Breast	10
11	11 & Over 100m Breast	12
13	11 & Over 200 back	14
15	10 & Under 50m Free	16
17	11 & Over 50m Free	18
19	11 & Over 100m Fly	20
21	10 & Under 100 IM	22
23	11 & over 200 IM	24

SUNDAY		
GIRLS	EVENT	BOYS
25	200m Free Relay	26
27	10 & Under 100 Back	28
29	11 & Over 100 Back	30
31	10 & Under 50m Breast	32
33	11 & Over 50m Breast	34
35	10 & Under 100 Free	36
37	11 & Over 100 Free	38
39	10 & Under 50 Fly	40
41	11 & Over 50 Fly	42
43	11 & Over 200 Breast	44
45	11 & Over 400m Free	46



**SWIMMING/NATATION CANADA
RISK MANAGEMENT / WARM-UP PROCEDURES 2009**



During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-1