



Duncan Swim Team's

# Spring Break Invitational



March 10 & 11, 2012

Sanctioned by SwimBC: # 12223

**Date:** March 10<sup>th</sup> & 11<sup>th</sup>, 2012  
**Meet Manager:** Steve Ridenour

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

8 x 25m Competition Pool with access to Wave Pool  
 Colorado Electronic Timing Systems  
 Coffee Shop on site

**Participating Teams:** SwimBC affiliated Teams

**Meet Rules:**

- 1) This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide
- 2) SNC warm up procedures will be in effect; see attached.
- 3) All events are Timed Finals and will be senior seeded, run slowest to fastest
- 4) 10&Unders are limited to 4 hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered
- 5) There will be a positive check in for both the 400 Freestyle & the 400 Individual MSedley
- 6) Meet Management reserves the right to swim 2 per lane for the 400 Freestyle as time permits

Saturday, March 10 <sup>th</sup> , 2012		
Warmup:	Start:	Projected End:
1:00 – 1:50pm	2:00pm	7:00pm
Sunday, March 11 <sup>th</sup> , 2012		
Warmup:	Start:	Projected End:
7:30 – 8:20am	8:30pm	12:30pm

Event Order		
Female	Saturday	Male
1	10&U 200 IM	2
3	200 IM	4
5	10&U 100 Freestyle	6
7	100 Freestyle	8
9	10&U 50 Breaststroke	10
11	50 Breaststroke	12
13	200 Breaststroke	14
15	4x50 Freestyle Relay max age 52	16
17	10&U 100 Butterfly	18
19	100 Butterfly	20
21	10&U 50 Backstroke	22
23	50 Backstroke	24
25	200 Backstroke	26
27	400 Freestyle	28
Female	Sunday	Male
29	10&U 200 Freestyle	30
31	200 Freestyle	32
33	10&U 100 Backstroke	34
35	100 Backstroke	36
37	10&U 50 Butterfly	38
39	50 Butterfly	40
41	200 Butterfly	42
43	4x50 Medley Relay max age 52	44
45	10&U 100 Breaststroke	46
47	100 Breaststroke	48
49	10&U 50 Freestyle	50
51	50 Freestyle	52
53	10&U 100 IM	54
55	100 IM	56
57	400 IM	58

**Eligibility:**

- 1) All swimmers must be registered with a Swim BC or FINA recognized club
- 2) **AAA swimmers can participate in this meet only if they attended 2012 TAS BC SC Age Group Championships**

**Entries & Fees:**

- 1) Individual entries are limited to a maximum of four (4) events per swimmer per day.
- 2) Entry Fee is \$5 per individual and relay events.
- 3) Swim BC Provincial Team Fee\* \$4.00/swimmer
- 4) Cheques payable to: **Duncan Swim Team**
- 5) Entries must be uploaded to the Swimming Canada site <http://www.meetlist.notlong.com>

**Entries Deadline: Thursday, March 1, 2012**

- 6) Due to the potential number of participants, deck entries and / or exhibition swims will not be accepted
- 7) Please email known scratches to Steve Ridenour [meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com) no later than **March 8<sup>th</sup>, 2012**

**Awards:**

- 1) Age groups are based on the age of the swimmer as of March 10, 2012: 8&U, 10&U, 12&U, 14&U, 15&O
- 2) Special Cards outlining the Swimmer's events, times, and placing will be given to all participants
- 3) 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> will be included into Draws for additional prizes.



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## 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  
D-1

Revision 6 01/10/2009 APP