



SIXTH ANNUAL NRST LONG COURSE SPRING SPRINT

May 26 and May 27, 2012

Nanaimo Aquatic Centre, 741 Third Street, Nanaimo BC Canada V9R 7B2

Sanctioned by Swim BC - #12653

SESSION TIMES

Date	Heats			Finals		
	Warm-ups	Start	Approx. Finish	Warm-ups	Start	Estimated Time Out
Saturday, May 26, 2012	8:30am – 9:20am	9:30am	2:30pm	2 hours post heats	45min after warm-up start	8:00pm
Sunday, May 27, 2012	8:00am – 8:50am	9:00am	2:00pm	2 hours post heats	45min after warm-up start	7:30pm

POOL AND FACILITIES

8-lane, 50m competition pool.
Colorado electronic timing, touchpads and scoreboard.
Tia Mei Cafe in the lobby of Nanaimo Aquatic Centre.

ELIGIBILITY

Swimmers must be appropriately registered with Swim BC or FINA affiliates. Swimmer age is determined as of May 26, 2012.

ENTRIES

- Individual entries are limited to a maximum of four events per swimmer per day.
- There is no limit to the number of relay team entries.
- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet listings website.
- Entries sent directly to the meet manager will not be accepted.
- Entry deadline: **Wednesday May 16, 2012.**
- Meet entries will be limited to the first 240 swimmers.
- Meet management reserves the right to accept additional entries after the time outs have been examined.
- Deck entries will *not* be accepted.
- Scratches for prelims are requested to be in the hands of the Clerk of the Course, in writing, no later than 30 minutes prior to the start of the meet each day.
- No refund of fees for scratched events after the entry deadline except with a medical certificate.
- Please e-mail known scratches by Tuesday May 22, 2012 to meets@nanaimoriptides.com
- Please re-upload the entire entry file if making changes.

ENTRY FEES

- Entries are \$8.00 *per* individual event; \$10.00 *per* relay.
- Note Swim BC requires a \$4.00 per swimmer Splash Fee. This supports Swim BC's regional training camps and provincial team program.
- Please submit one cheque for all swimmers entered under the club acronym **payable to NRST.**
- Entries submitted after the entry deadline may be accepted at the discretion of meet management. Any late entries which are accepted will be surcharged at a rate of 200% of the published entry fees, to a maximum of \$500/team.

RESERVATIONS

- Reservations will be accepted on a first come first serve basis via e-mail to: meets@nanaimoriptides.com
- A non-refundable 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.
- Confirmations will be made via e-mail after deposit has been received.

MEET RULES

- The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring, one start and swim suit rules.
- Seeding will be from slowest to fastest.
- 10 & under events will be swum as timed finals in the preliminary sessions, except for, 200 freestyle and 200 IM. These 2 events will run as best 8 times directly to finals. Positive check in for both of these events is 9:00am on the event day. Results for all other events will be posted at the end of the morning sessions. Coaches please be aware of the suggested 4 hour

timeline for 10 & under and enter your swimmers accordingly.

4. Ages 11 and over will be combined in the heats and separated by age group for finals. Finals will be swum for the following age categories: 11&12, 13&14 and 15 and over. There will be consolation finals for age categories with 24 or more entries.
5. Any event with only 8 or fewer swimmers entered will be swum once at finals.
6. Relays will be swum during finals as the first event each session.
7. Swim-over starts will be used at this meet as swimmers must exit the pool from the side walls.
8. Para-swimmer entries will be seeded with able-bodied swimmers.
9. Para-swimming finals will be swum for events with five or more para-swimming entrants.

10. SNC warm up procedures will be in effect at this meet.
11. The SwimBC scratch policy for heats/finals meets will be in effect at this meet.

AWARDS

Floret ribbons will be awarded for 1st to 3rd place finishers in age groups 10 & U and 11 & 12 with 4th through 8th receiving ribbons. Age groups 13 & 14 and 15 and over will receive ribbons for places 1st through 8th.

MEET MANAGER

Sylvia Wilson at e-mail meets@nanaimoriptides.com

EVENT LIST

SATURDAY		
Girls	Event	Boys
1	10 & under 50 Freestyle	2
3	11 & over 50 Freestyle	4
5	10 & under 200 IM	6
7	11 & over 200 IM	8
9	10 & under 100 Breaststroke	10
11	11 & over 100 Breaststroke	12
13	10 & under 50 Butterfly	14
15	11 & over 50 Butterfly	16
17	10 & under 100 Backstroke	18
19	11 & over 200 Backstroke	20
21	11 & over 100 Butterfly	22
23	200 Freestyle Relay	24

SUNDAY		
Girls	Event	Boys
25	10 & under 50 Breaststroke	26
27	11 & over 50 Breaststroke	28
29	10 & under 200 Freestyle	30
31	11 & over 200 Freestyle	32
33	10 & under 100 Butterfly	34
35	11 & over 200 Butterfly	36
37	10 & under 50 Backstroke	38
39	11 & over 50 Backstroke	40
41	10 & under 100 Freestyle	42
43	11 & over 100 Freestyle	44
45	11 & over 200 Breaststroke	46
47	11 & over 100 Backstroke	48
49	200 Medley Relay	50

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.