



Duncan Swim Team's

Spring Break Invitation

March 16 & 17, 2013



Sanctioned by SwimBC: #_13921

Date: March 16th & March 17th, 2013
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, March 16 th , 2013		
Warmup:	Start:	Projected End:
1:00 – 1:50pm	2:00pm	7:00pm
Sunday, March 17 th , 2013		
Warmup:	Start:	Projected End:
8:00 – 8:50am	9:00pm	1:00pm

Eligibility:

- All swimmers must be registered with a Swim BC or FINA recognized club
- As this meet falls during the SwimBC AAA blackout period, any swimmer eligible to compete at 2013 SwimBC AAA SC Championships who does not attend that meet is ineligible to compete at this meet.
 Any AAA swimmer who does compete at AAA Champs is welcome to participate in this meet.

Entries & Fees:

- Individual entries are limited to a maximum of four (4) events per swimmer per day.
- Entry Fee is \$5 per individual/relay event and \$4/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: Thursday, March 7th, 2013

- 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 **March 14th, 2013**

Awards:

- Age groups are based on the age of the swimmer as of March 16, 2013: 8&U, 10&U, 12&U, 14&U, 15&O
- Heat Winner prizes will be given to ALL Heat Winners
- Special Cards outlining the Swimmer's events, times, and placing will be given to all participants

Meet Rules:

- This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide
- The FINA one start rule and SNC 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
- There will be a positive check in for both the 400 Freestyle & the 400 Individual Medley
- Meet Management reserves the right to swim 2 per lane for the 400 Freestyle as time permits

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



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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 Revision 6 01/10/2009 APP D-1