



SEVENTH ANNUAL NRST LONG COURSE SPRING SPRINT

May 25th and May 26th, 2013

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

Sanctioned by Swim BC - #14051

START TIMES

Date	Heats		Finals		Estimated Time Out
	Warm-ups	Start	Warm-ups	Start	
Saturday, May 25, 2013	8:30am – 9:20am	9:30am	2 hours post heats	45min after warm-up start	8:00pm
Sunday, May 26, 2013	8:00am – 8:50am	9:00am	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 registered with Swim BC or FINA affiliates. Swimmer age is determined on May 25th, 2013.

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.
- Meet entries will be limited to the first 240 swimmers.**
- Reservations can be made by emailing the meet manager with estimated number of swimmers attending the meet. Entries will be accepted on a first come first serve bases. Once 240 swimmers have been entered, we will not accept new teams. Meet management will email all teams with confirmation of entries.**
- Teams attending both days of the meet will have priority, and will be accepted ahead of teams only attending one day of the meet.**
- Entry deadline is Wednesday May 15th, 2013.**
- Meet management reserves the right to accept additional entries after the time outs have been examined.
- Deck entries will *not* be accepted.

- Scratches are 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 21, 2013 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.
(Additional entries accepted under point #9 of "ENTRIES" will be charged regular entry fees.)

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.
- Coaches please be aware of the suggested 4 hour timeline for 10 & under and enter your swimmers accordingly.
- All 10&U events are timed finals, swum as mixed gender; separate boys and girls awards will be handed out.

5. 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.
6. Any event with only 8 or fewer entries across all age groups will be swum once at finals.
7. Relays will be swum during finals as the first event each session.
8. Meet management may limit the number of heats in every event and/or re-schedule events based on the number of entries received.
9. Swim-over starts will be used at this meet as swimmers must exit the pool from the side walls.
10. Para-swimmer entries will be seeded with able bodied swimmers.
11. Para-swimming finals will be swum for events with five or more para-swimming entrants.
12. SNC warm up procedures will be in effect at this meet.
13. The SwimBC heats/finals scratch policy will be in effect.
14. **Designated Alternates (i.e., those appearing in the finals meet program) for all finals must report to meet referee and be ready to swim at the start of their event final. The meet will not be delayed while waiting for a swimmer to get ready.**

An alternate who is not ready when called will be viewed the same as a “late scratch” from a final and subject to the same penalties.

Heats and Finals programs will be available for download and printing on our website at www.nanaimoriptides.com.

We will have a limited number of programs for sale for those unable to print their own prior to the 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	Mixed 10 & under 200 Freestyle	1
2	11 & over 200 Freestyle	3
4	Mixed 10 & under 50 Breaststroke	4
5	11 & over 50 Breaststroke	6
7	Mixed 10 & under 100 Butterfly	7
8	11 & over 100 Butterfly	9
10	Mixed 10 & under 100 Backstroke	10
11	11 & over 200 Backstroke	12
13	Mixed 10 & under 50 Freestyle	13
14	11 & over 50 Freestyle	15
16	11 & over 200 Breaststroke	17
18	200 Medley Relay	19

SUNDAY		
Girls	Event	Boys
20	Mixed 10 & under 200 IM	20
21	11 & over 200 IM	22
23	Mixed 10 & under 50 Backstroke	23
24	11 & over 50 Backstroke	25
26	Mixed 10 & under 100 Breaststroke	26
27	11 & over 100 Breaststroke	28
29	Mixed 10 & under 100 Freestyle	29
30	11 & over 100 Freestyle	31
32	Mixed 10 & under 50 Butterfly	32
33	11 & over 50 Butterfly	34
35	11 & over 200 Butterfly	36
37	11 & over 100 Backstroke	38
39	200 Freestyle Relay	40



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