

BURNABY



SPRING BREAK INVITATIONAL 2013

March 23-24, 2013, Burnaby, B.C.

<http://www.dynamoswimclub.net>

Sanctioned by Swim BC: #14062

Dates: March 23-24, 2013

Host: DYNAMO SWIM TEAM

Meet Manager: Steve Menzies

LOCATION: BURNABY, BC, METROTOWN

POOL: Bonsor Pool

Bonsor Recreation Complex; 6550 Bonsor Avenue, Burnaby, BC, Tel: 604 439-1860

The competition pool is 6 lanes, 25 metres with the Colorado timing system interfaced with Hytek Meet Manager program. A shallow 15x 20-metre tank will be available for warm up and warm down. (NO DIVING).

WARM UP AND SESSION TIMES

Saturday , 23rd March, 2013

1.00-1.45 PM Warm Up; 2.00 PM start 1st Session, Estimated Timeout: 5:30 pm

Sunday, 24th March, 2013

9.00-9.45 AM Warm Up; 10.00 AM start 2nd Session, Estimated Timeout: 12:30 pm

3.00-3.45PM Warm Up; 4.00 PM start 3rd Session, Estimated Timeout: 6:30 pm

MEET RULES

1. All swimmers must be registered with Swim BC/SNC or other FINA recognized club.
2. All events are timed final and are senior seeded slowest to fastest, with ages broken out for the awards. Ages will be 8 &U, 9, 10, 11, 12, 13 and Over.
3. **This meet will observe the SNC rulebook and Swim BC technical guide. SNC warm up procedures, as appended to this meet package, will be in effect.**
4. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package and make sure that all meet fees are paid.
5. Coaches meeting will be held 10 minutes prior to the start of the meet.
6. Clubs are responsible for their seating areas within the pool facility. Any act of theft or vandalism, or similar action will result in immediate disqualification of swimmers involved.
7. Please enter your 10 & under swimmers in events that will limit them to the 4 hour rule.
8. Swim teams are responsible for their swimmers between sessions at all times.
9. Meet management reserves the right to make changes based on numbers and to limit meet entries to fit the times lines.
10. Teams will be notified as soon as possible after the entry deadline if there are changes to the distance events, or if changes in team entries are required.
11. The meet will accept up to 200 swimmers provided that sessions are reasonable lengths in order to meet the time lines.
12. All suits must meet SNC & FINA specification.

ENTRIES

1. Meet entries must be uploaded prior to March 8th, 2013 to the Swimming Canada www.swimmeet.ca website. Entries sent directly to the meet manager will not be accepted.
2. **Swimmers are eligible to swim a maximum of 8 individual events.**
3. Swimmers must be registered with Swim BC or other FINA-related organizations.
4. Age groups are based on the swimmer's age as of the first day of the meet.
5. Only short course entry times are to be submitted.
6. Events will be seeded according to times.
7. Para-swimmers are welcome to compete. Their entries must be accompanied by their classification numbers and done according to entry procedures from Swim Canada.

8. ENTRY-DEADLINE: Friday, March 8th, 2013

9. LAST SCRATCH DEADLINE is March 11th, 2013.

10. There will be NO refunds for scratched swimmers after the entry deadline; the only exception would be for those presenting a medical certificate.
11. Please provide your club's contact name, email and phone number with entries. Provide a list of officials (each club to provide a minimum of 2 (two) timers and 1 (one) S & T per sessions with their entry list). See also officials section below.

MEET FEES

1. Meet fees will be \$ 8.00 per individual entry and \$10.00 per relay entry, plus the \$4/swimmer Swim B.C. Provincial Team Splash Fee.
2. Deck entries may be available at a cost of \$10.00 per event if space permits subject to the maximum number of events (8) per swimmer.
Deck entries for swimmers not already in the meet must be accompanied by proof of current registration in the SNC registration database, which includes proper name spelling, date of birth, and date of registration.
3. Please submit one cheque for all swimmers entered under the club acronym.
4. Cheques are payable to **Dynamo Swim Club**.
5. Entry fees must be paid prior to the first session of the meet.

DISTANCE EVENTS:

1. Meet management reserves the right to swim the 200m and 400m Freestyle events two-swimmers-per-lane.
2. Awards will still be presented in the individual age categories as outlined.

RELAYS

1. Teams are limited to three relays *per team per age-group* and gender; however, only two are eligible for scoring.
2. Only swimmers whose names appear on the meet entries shall compete in relays.
3. Please specify relay team swimmer assignments with entries.

AWARDS

1. Ribbons for 1st to 6th places in all individual events.
2. Team Spirit award to the best dress, cheering and parents participation team.
3. Prizes will be distributed by random draw. Special prizes will be awarded to the broken CLUB RECORD. Best time prizes will also be awarded by draw.

OFFICIALS:

1. Each club must supply a minimum of 2 (two) timers and 1 (one) stroke and turn for each session. Names and positions have to be emailed to: dynamoswim@gmail.com Please list names and positions (e.g., S&T, timer).per session .

MISCELLANEOUS

1. Concession will be available at the meet. There are also plenty of restaurants around the area.

USEFUL INFO:**Meet Manager:** Steve Menzies, phone 778-889-2139, email: dynamoswim@gmail.com**Head Coach:** Lidia Menzies, phone 778-866-6604, Email: dynamoswim@gmail.com**Meet-referees:** Vance Temple**BILLETING** There will be no billeting available for this competition.

Official's Meetings: 1:30 PM Saturday and 9:30 Sunday.

Teams will be pre-assigned lanes for warm ups.

Coaches Please Note:

Team Dynamo is NOT responsible for visiting club's swimmers. Coaches, please ensure that you and your athletes follow the rules of the facility and respect the staff. Please encourage your swimmers to recycle their drink containers (NO GLASS, PLEASE) and keep areas around and under the bleachers free of garbage.

EVENTS:

SATURDAY EVENTS		
1st SESSION Warm-up 1:00pm: Estimated Timeout: 5:30pm		
Girls	Event	Boys
1	200 Backstroke	2
3	100 Freestyle	4
5	50 Breaststroke	6
7	100 Butterfly	8
9	200 Individual Medley	10
11	50 Freestyle	12
13	200 Breaststroke	14
15	4x50 Medley Relay	16

SUNDAY EVENTS		
2nd SESSION Warm-up: 9:00am: Estimated Timeout : 12:30pm		
Girls	Event	Boys
17	400 Freestyle	18
19	100 Backstroke	20
21	200 Butterfly	22
23	100 Breaststroke	24
25	50 Backstroke	26
3rd SESSION Warm-up:3:00pm: Estimated Timeout:6:30pm		
Girls	Event	Boys
27	100 Individual Medley	28
29	50 Butterfly	30
31	200 Freestyle	32
33	4 x 50 Freestyle Relay	34

DYNAMO SWIMMING IS ALWAYS FUN AND EXCITING!!! BE AS GOOD AS YOU CAN BE!<http://www.dynamoswimclub.net>

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.