



Langley Olympians Swim Club

11th Annual Long Course Invitational

April 6 – April 7, 2013

8889 Walnut Grove Drive

Langley, BC, Canada

604-882-0408

Sanctioned by Swim BC: #14156

DATES/SCHEDULE

Session	Warm up	Start & Finish
Saturday Session 1 12 & Under	12:00 -12:45pm	1:00 – 4:30pm
Saturday Session 2 13 & Over	5:00 – 5:40pm	5:45 – 8:30pm
Sunday Session 3 12 & Under	7:00 - 7:30am	7:40 – 12:15pm
Sunday Session 4 13 & Over	12:30 – 1:00pm	1:10 – 5:30pm

POOL AND FACILITIES

8x50 Meter Competition Pool

Omega Timing System

Concession available on site

GENERAL INFORMATION

1. Referee: Linda Metcalfe
2. Meet Manager: Linda Metcalfe: ✉ lindajmetcalfe@telus.net
3. Meet Secretary: Linda Metcalfe: ✉ lindajmetcalfe@telus.net
4. Meet Official Chairperson:
5. Director of Swimming: Brian Metcalfe: ✉ bmetcalfe@telus.net

MEET RULES

1. All swimmers must be registered with Swim BC, SNC or other FINA recognized club.
2. The meet will be run under Swim BC and Swimming Canada rules.
3. SNC warm up procedures will be in effect. No diving head first into the pool during warm up unless in specified lanes.
4. The "one start" rule will be followed.
5. This will be a timed finals meet.
6. The current SNC Swimsuit Policy will be observed at this competition.
7. This meet will observe the SNC rulebook and Swim BC Technical Guide.
8. Heats will be swum slowest to fastest.
9. The Swim Meet may be limited to 300 swimmers to fit the time frame of the pool rental.
10. The 800 & 1500 free may be limited and swum two per lane fastest to slowest.
Swimmers must supply their own TWO timers for these events.
Those who do not make the limit will be notified by April 2, 2013. If swum two per lane, all swimmers are required to swim 'front crawl', no other strokes will be permitted.
Positive check in with your two timers will be required prior to the start of distance events.
11. LOSC may run 200-400-800-1500 free two per lane upon approval of the meet referee, as well as possibly limiting the number of accepted entries in 400IM, to help ensure meeting the goal timelines.
12. Each Lower Mainland team will be required to provide a minimum of three timers per session (and back up timers) as well as stroke and turn officials for each day & session of the meet (see attached info re: officials). Any other experienced on deck officials would be appreciated.
13. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package and pay any outstanding meet fees.
If meets fees are not paid at the time of check in there will be a \$200.00 fine.
14. Coaches meetings may be held 10 minutes prior to session starts. Any warm up time changes will be announced at that time.
15. Any act of theft, vandalism, or similar action will result in immediate disqualification. Clubs will be responsible for their swimmers at all times. Neither the host club nor the facility will be responsible for swimmers.
16. **The Walnut Grove Pool requests that all participants park in the high school parking lot adjacent to the pool.**
17. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
18. There is limited seating in the facility so please bring portable chairs.
19. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.

Awards

There will be awards for the top three in 10 & under age group.

ENTRIES

Entries must be received by Wednesday March 27, 2013.

1. **Meet entries must be uploaded prior to Wednesday March 27, 2013 to the Swimming Canada www.swimmeet.ca website. Entries sent directly to the meet manager will not be accepted. Please enter times in LCM. Converted times will be accepted.**
2. Swimmers must achieve a 4:00, 200 IM to be eligible. Please submit proof of times. **NT entries will not be accepted for 200im.**
3. **LOSC may limit the number of 400m entries or similar alterations to ensure the meet timelines are met.**
4. Age groups will be based upon swimmers age as of the 1st day of the meet.
5. Costs of Individual Entries are \$8.50.
6. There is a Swim BC splash fee of \$4.00 per swimmer.
7. Deck entries will be made available if space permits for a fee of \$10.00 per event, payable at the time the deck entry is submitted, as exhibitions swims. No new heats will be created to fill deck entries. First come, first served: with payment will fill empty lanes.
Deck entries for swimmers not already in the meet must be accompanied by proof of current registration in the SNC registration system, including correct name spelling, date of birth, date of registration, and SNC ID number.
8. PARA swimmers are welcome to compete. Their classification numbers must accompany their entries.
9. **Please mail in a \$200.00 non-refundable fee to secure your spot in the meet. Meet Management may limit the number of entries in all events to fit the goal time lines. Please provide club contact's name, email and phone number with your deposit and mail to: Brian Metcalfe, PO Box 12098 Murrayville RPO, Langley BC V3A 9J5**
10. **Scratch deadline is Wednesday April 3, 2013 12:00pm (noon)**
11. To assist meet management and officials, scratches the day of the meet must be submitted to the Clerk of Course 30 minutes prior to the end of warm-up.
12. **Please submit 1 cheque for all swimmers entered under the club acronym, made payable to Olympian Swimming (O.S.).**
****Entry fees must be paid prior to the start of the first session**.**
13. **Should meet fees not be paid at the start of the meet, clubs will be levied a \$200.00 fee for non payment.**
14. **Coaches should exercise discretion in choosing events for 10 & under swimmers to ensure that time on deck does not exceed Swim BC guidelines.**

SCRATCHES

1. Please have scratches in by **Wednesday April 3, 2013 12:00pm (noon)**
2. No refund of fees for scratched events after the scratch deadline (April 3, 2013) except with a medical certificate.
3. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees)

EVENT ORDER

	<u>Women</u>	<u>Saturday afternoon</u>	<u>Men</u>	
#1	12 & under	400 free	12 & under	#2
#3	12 & under	100 breast	12 & under	#4
#5	12 & under	100 fly	12 & under	#6
#7	12 & under	200 IM	12 & under	#8
#9	12 & under	200 back	12 & under	#10
#11	12 & under	50 free	12 & under	#12
#25	12 & under	1500 free mixed	12 & under	#25

	<u>Women</u>	<u>Saturday evening</u>	<u>Men</u>	
#27	13 & over	400 free	13 & over	#28
#29	13 & over	100 breast	13 & over	#30
#31	13 & over	100 fly	13 & over	#32
#33	13 & over	200 IM	13 & over	#34
#35	13 & over	200 back	13 & over	#36
#37	13 & over	50 free	13 & over	#38
#51	13 & over	1500 free mixed	13 & over	#51

	<u>Women</u>	<u>Sunday AM</u>	<u>Men</u>	
#13	12 & under	400 IM	12 & under	#14
#15	12 & under	100 free	12 & under	#16
#17	12 & under	200 breast	12 & under	#18
#19	12 & under	100 back	12 & under	#20
#21	12 & under	200 fly	12 & under	#22
#23	12 & under	200 free	12 & under	#24
#26	12 & under	800 free mixed	12 & under	#26

	<u>Women</u>	<u>Sunday PM</u>	<u>Men</u>	
#39	13 & over	400 IM	13 & over	#40
#41	13 & over	100 free	13 & over	#42
#43	13 & over	200 breast	13 & over	#44
#45	13 & over	100 back	13 & over	#46
#47	13 & over	200 fly	13 & over	#48
#49	13 & over	200 free	13 & over	#50
#52	13 & over	800 free mixed	13 & over	#52

This meet is supported by the Ministry of Small Business, Tourism and Culture-SportsServices Branch.

Langley Olympians Invitational Long Course Meet
April 6 & April 7, 2013

Hosted by: Langley Olympians Swim Club
Location: Walnut Grove Recreation Centre
8889 Walnut Grove Drive, Langley

PLEASE PASS THIS PAGE ON TO YOUR CLUB OFFICIALS DIRECTOR (COD)

Officials required for Langley Olympians Invitational Swim Meet
April 6 & April 7, 2013.

The number of swimmers entered from each club will dictate the number of officials that clubs will be expected to bring to the meet, **for each of the two days.**

3-5 swimmers	1 Timer
6-10 swimmers	2 Timers; 1 Stoke and Turn
11+ swimmers	3 Timers; 1 Stroke and Turn

Swimmers who swim the 800 & 1500 will require their own 2 timers

Note: *These are minimum requirements. More help on deck is, of course, greatly appreciated.*

L/A OSC will be assigning the attending clubs a Lane for Timing. It will be the COD's responsibility to find 3 volunteers for Timing from their club to help out during the meet. We will also require 8 - 10 Stroke & Turn officials and again we will require help from the attending clubs.

Please submit the names of the Stroke & Turn Judges and Timers to the L/A OSC Officiating Coordinator, Linda Metcalfe: linda@langleyolympians.com no later than April 3, 2013.

Again, a meet is run strictly with volunteers. Please do not hesitate to contact the undersigned if you have any questions or concerns.



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.