



# Duncan Swim Team's June Jamboree



Saturday, 14 June 2014

Sanctioned by SwimBC: #14931

**Date:** Saturday, June 14th, 2014  
**Meet Manager:** Steve Ridenour

**Location:**  
Cowichan Aquatic Centre  
2653 James St  
Duncan, BC  
250 746 7665

8 x 25m Competition Pool with access to Wave Pool  
Colorado Electronic Timing Systems  
Coffee Shop on site

**Participating Teams:** Open to SwimBC member clubs.

Saturday, June 14th, 2014	
Warmup:	1:00 – 1:40pm
Start:	1:50pm
Projected End:	7:00pm

### Eligibility:

- 1) All swimmers must be registered with a Swim BC or FINA recognized club.
- 2) Age groups are based on the age of the swimmer as of June 14, 2014.
- 3) **There will be a AA Dequalifying rule as per the SwimBC 'Blackout Period'**, meaning swimmers eligible to swim at the BC AA Championships are not eligible to compete in this meet. Swimmers with a BC "AAA" time ARE allowed to swim at the meet.

### Meet Rules:

- 1) This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
- 2) The FINA one start rule and SNC warm up procedures will be in effect.
- 3) The meet will be run cardless.
- 4) All events will be senior seeded and run slowest to fastest and are Timed Finals.
- 5) 25m events are for Novice swimmers only and times will be taken manually.
- 6) 10 & Unders are limited to 4hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered.

### Entries:

- 1) Individual entries limited to a max of four events.
- 2) Entry Fee is \$24 / swimmer. Includes the Swim BC splash fee.
- 3) Cheques payable to: **Duncan Swim Team**
- 4) Entries must be uploaded through the Swimming Canada site [www.swimming.ca/MeetList.aspx](http://www.swimming.ca/MeetList.aspx).

### Entries Deadline: Saturday, June 7<sup>th</sup>, 2014

- 5) Due to the potential size of competition, deck entries and/or exhibition swims will not be accepted.
- 6) Please email known scratches to Steve Ridenour [meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com) no later than **Wednesday, June 11<sup>th</sup>, 2014**.

Female	Event Order	Male
1	200 Individual Medley	2
3	100 Individual Medley	4
5	25 Backstroke - novice	6
7	50 Backstroke	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	25 Freestyle - novice	14
15	50 Freestyle	16
17	100 Backstroke	18
19	200 Breaststroke	20
21	25 Butterfly - novice	22
23	50 Butterfly	24
25	100 Freestyle	26
27	200 Backstroke	28
29	25 Breaststroke - novice	30
31	50 Breaststroke	32
33	100 Butterfly	34
35	200 Freestyle	36

### Awards

- 1) Heat Winner prizes will awarded to the first placing swimmer in each heat.
- 2) Awards will be certificates to each swimmer with placings based on age group (8&U, 9/10, 11/12, 13/14, 15&O)

### Officials

Each attending Team is requested to provide a list of Officials & Positions to assist DST in the running of this meet.

A minimum of **1 Official to 10 Swimmers** ratio is encouraged & all will be entered for Draw Prizes.



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# June Jamboree



Saturday, 14 June 2014

## Team List of Officials / Volunteers\*

*\*all volunteers will be eligible for Draw Prizes*

*Please check in upon arrival*

Team: \_\_\_\_\_ # of Swimmers attending: \_\_\_\_\_

Name: \_\_\_\_\_ Officials / Volunteer Position: \_\_\_\_\_

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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*