



**2013 Fall Invitational  
October 26<sup>TH</sup> & 27<sup>TH</sup>  
Sanctioned by SwimBC: #15151**

**Location:** Nanaimo Aquatic Center  
741 Third Street  
Nanaimo, B.C.  
Club Contact: 250-714-1800

**Pool:** 25 meter 8 lane pool, bleachers on deck  
Electronic timing will be used (Colorado Timing Systems)

<b>Start Times:</b>	<b>Sat. October 26<sup>TH</sup></b>	<b>Sun. October 27<sup>TH</sup></b>
	<b>Warm-up: 9:30 – 10:20 am</b>	<b>Warm-up: 8:00- 8:50 am</b>
	<b>Start: 10:30 am</b>	<b>Start: 9:00 am</b>
	<b>Estimated out time: 4:30</b>	<b>Estimated out time: 3:00</b>

**Eligibility:** **All swimmers must be registered with Swim BC or FINA Affiliated club.** Age groups are based on the age of the swimmers as of October 26<sup>TH</sup>, 2013. Entries will be limited to 250 swimmers with the 250<sup>th</sup> swimmer's team being the last team accepted.

**Entries:** Meet entries must be uploaded prior to the entry deadline through the Swimming Canada website <https://www.swimming.ca/MeetList.aspx>. Entries sent directly to the meet manager will not be accepted. Please re-upload the entire entry file if making changes.  
**Please submit relay names with your entry file**

**Entry Deadline:** All entries must be received by **October 16<sup>th</sup>, 2013**

**Entry Fees:** Individual Events: \$7.50 event  
Relay Events: \$8.00 per team entered  
SWIM BC Provincial Team Splash Fee \$4.00 swimmer  
**Cheques payable to NRST must be received prior to Saturday's Warm Ups to Meet Manager**  
Please submit one cheque for all swimmers entered under the club acronym payable to NRST

**Meet Rules:**

- This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
- SNC warm-up procedures apply. Please read last page for procedures
- 10 & Under will be swum in individual events
- Coaches please be aware of the Swim BC suggested 4 hour timeline for 10 and Unders and enter your swimmers accordingly.
- 11 & Over will be seeded together. Seeding will be slowest to fastest.

- All events are timed finals.
  - Swimmers are limited to a maximum of 4 events per day.
- Meet management reserves the right to limit the # of heats for events #45 and 46 based on the overall number of entries for all other events if timelines are excessive.

**Deck Entries:** No Deck entries will be accepted

**Scratches:** Please email known scratches to Riptides by email at [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com) by **12:00pm October 24<sup>th</sup>, 2013**. Scratches made after this time will be subject to the entry fees and will not be reimbursed.

**Awards:** Placement cards will be issued to all swimmers

**Officials:** All clubs will be required to supply 2 timers plus on deck official for the duration of the meet. Please submit official's names to [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com) before October 22<sup>nd</sup>, 2013

**Heats programs will be available on our website at [www.nanaimoriptides.com](http://www.nanaimoriptides.com). We will have a limited number of programs for sale for those unable to print their own prior to the meet.**

**Meet Manager:** Sylvia Wilson  
Phone: 250 714-1800  
Email: [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)

SATURDAY			SUNDAY		
GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
1	200m Medley Relay	2	25	200m Free Relay	26
3	11 & Over 200m Free	4	27	10 & Under 100 Back	28
5	10 & Under 50 Back	6	29	11 & Over 100 Back	30
7	11 & Over 50m Back	8	31	10 & Under 50m Breast	32
9	10 & Under 100m Breast	10	33	11 & Over 50m Breast	34
11	11 & Over 100m Breast	12	35	10 & Under 100 Free	36
13	11 & Over 200 back	14	37	11 & Over 100 Free	38
15	10 & Under 50m Free	16	39	10 & Under 50 Fly	40
17	11 & Over 50m Free	18	41	11 & Over 50 Fly	42
19	11 & Over 100m Fly	20	43	11 & Over 200 Breast	44
21	10 & Under 100 IM	22	45	11 & Over 400m Free	46
23	11 & over 200 IM	24			

**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*