



Langley Olympians Swim Club

7th Annual Short Course Invitational
November 16 – 17, 2013
8889 Walnut Grove Drive
Langley, BC, Canada
604 882-0408

Sanctioned by SwimBC: #15304

POOL AND FACILITIES

8x25m Competition Pool
Electronic Timing
Concession available on site
Warm down lanes available (2x25m lanes warm up/warm down pool)

SCHEDULE

Session	Warm up	Start & Finish
Saturday Heats	7:00-7:50am	8:00am – 1:30pm
Saturday Finals	4:30-5:20pm	5:30pm – 7:30pm
Sunday Heats	7:00-7:50am	8:00am – 2:00pm
Sunday Finals	3:00-3:50pm	4:00pm – 6:00pm

GENERAL INFORMATION

1. Referees: Barry Parish, Linda Metcalfe
2. Meet Manager: Linda Metcalfe ✉ linda@langleyolympians.com
3. Meet Secretary: Sheila MacDonald ✉ langley.swim@shaw.ca
4. Meet Official Chairperson: Linda Metcalfe linda@langleyolympians.com
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. We will try to limit the meet to 350 swimmers any entries over 350 may or may not be accepted.
3. Swimmers are limited to a maximum of eight swims for the entire meet.
4. The current SNC Swimsuit policy will be observed at this competition.
5. This meet will observe the SNC rulebook and Swim BC Technical Guide.
6. SNC warm up procedures will be in effect. Warm up will be blocked and coaches will be notified by email of their warm up times prior to meet.
7. Two warm up / warm down lanes will be provided during the meet. Swimmers are expected to use these marked lanes ONLY.
8. All events will be run as heats and finals. All 11& O events will be senior-seeded by time. Finals will be swum as 10 & under, 12 & under, 14 & under, 15 & over.
9. The Swim BC heats/finals meet scratch rules will be in effect:
10. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package or pay any outstanding meet fees.
11. Coaches meetings may be held 10 minutes prior to session starts. Any warm up time changes will be announced at that time.
12. Any act of theft, vandalism, or similar action will result in immediate disqualification.
13. Clubs will be responsible for their swimmers in between heats and finals. Neither the host club nor the facility will be responsible for swimmers.
14. The gymnasium will be booked for swimmers to use during **HEATS ONLY**. All chairs and other personal belongings must be removed by the end of heats each day. LOSC parents, officials or Township of Langley Staff will not monitor the gym. Coaches and parents are expected to monitor their own swimmers.
15. There is limited seating at Walnut Grove Pool so please bring folding seats.
16. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
17. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.
18. **The Walnut Grove Pool requests that participants use the high school parking lot.**

ENTRIES

Entries must be received by Thursday, Nov 7, 2013.

1. **Meet entries must be uploaded prior to 5pm Thursday November 7, 2013, to the Swimming Canada www.swimming.ca/meetlist.aspx website. Entries sent directly to the meet manager will not be accepted. Please enter times in SCM. **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 reserves the right to limit/alter the meet to fit time lines. This may mean limited number of 200/400m events or other such alterations.**
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. Deck entries will be made available if space permits for a fee of \$10.00 per event as exhibitions swims.
Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.
7. There is a Swim BC splash fee of \$4.00 per swimmer.
8. PARA- swimmers are welcome to compete. Their classification numbers must accompany their entries.
9. **Please mail in a \$100.00 non-refundable fee to secure your spot in the meet. Meet Management reserves the right to 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: Langley Olympians Swim Club PO Box 12098 RPO Murrayville BC V3A 9J5****
10. Scratch deadline is ***noon Tuesday November 12, 2013***
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. **Entry fees must be paid prior to the start of the first session. If entry fees are not paid at this time the team will incur a \$100.00 fine.**
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 noon, **Tuesday November 12th, 2013.**
2. No refund of fees for scratched events after the scratch deadline (Nov 12, 2013) except with a medical certificate submitted to meet management.
3. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees)
4. The Swim BC heats/finals meet scratch rules will be in effect:

ORDER OF EVENTS

Saturday Prelims & Finals

Female	Event	Male
#1	400 FREE – 11 & OVER	#2
#3	100 BREAST – 10 & UNDER	#4
#5	200 BREAST – 11 & OVER	#6
#7	100 FREE 10 & UNDER	#8
#9	200 IM – 11 & OVER	#10
#11	50 FLY - 10 & UNDER	#12
#13	100 FLY - 11 & OVER	#14
#15	50 BACK - 10 & UNDER	#16
#17	100 BACK - 11 & OVER	#18
#19	200 FREE – 10 & UNDER	#20
#21	50 FREE – 11 & OVER	#22

Sunday Prelims and Finals

Female	Event	Male
#23	400 IM – 11 & OVER	#24
#25	100 BACK 10 & UNDER	#26
#27	200 FREE – 11 & OVER	#28
#29	50 BREAST - 10 & UNDER	#30
#31	100 BREAST - 11 & OVER	#32
#33	100 FLY – 10 & UNDER	#34
#35	200 FLY – 11 & OVER	#36
#37	50 FREE - 10 & UNDER	#38
#39	100 FREE - 11 & OVER	#40
#41	200 IM – 10 & UNDER	#42
#43	200 BACK – 11 & OVER	#44

Langley Olympians Invitational Short Course Meet
Saturday Nov. 16 & Sunday Nov. 17, 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'S HEAD OF OFFICIALS

Officials required for Langley Olympians Invitational Swim Meet Nov. 16 & 17 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 Stroke and Turn
11+ swimmers	3 Timers; 1 Stroke and Turn

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@langleyolympians.com by November 13, 2013.

Again, a meet is run strictly with volunteers. We appreciate you volunteering your time and so do the swimmers.



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