



**2014 Fall Invitational
October 25 & 26, 2014
Sanctioned by Swim BC: #16870**

- 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)
- Start Times:**
- | | Saturday October 25 | Sunday October 26 |
|----------------------------|----------------------------|--------------------------|
| Warm-up: | 9:30 – 10:20 am | 8:00- 8:50 am |
| Start: | 10:30 am | 9:00 am |
| Estimated out time: | 4:30 | 3:00 |
- 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 25, 2014. Entries will be limited to 250 swimmers. The club of the 250th swimmer will be 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-send the entire entry file if making changes.
Please submit your relay names with your entries file
- Entry Deadline:** All entries must be received by **October 17, 2014**
- Entry Fees:** Individual Events: \$7.50 event
Relay Events: \$8.50 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:** All events will be swum as timed finals.
This meet will observed rules as outlined in the current SNC Rulebook and Swim BC Tech Guide
Swimming Canada warm-up competition safety procedures will be in effect at this meet. Please read last page for procedures
10&Under will be seeded as mixed gender and awarded as Girls and Boys
Coaches, please be aware of the Swim BC suggested 4 hour timeline for 10&Unders and enter your swimmers accordingly.
11&Over will be run as senior seeded and slowest to fastest.
Swimmers are limited to a maximum of 4 events per day
Meet management reserves the right to limit the # of heats in the 400 free 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 meets@nanaimoriptides.com by **12:00pm October 22nd, 2014**. Scratches made after this time will be subject to the entry fees and will not be reimbursed.

Awards: Age groups will be 10&Under, 11-12, 13-14, 15&Over. Placement cards will be issued to all swimmers

This meet will not have any individual or team scores

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 the Riptide office at before October 23, 2014

Meet Manager: Joan Irwin
Phone: 250 714-1800
Email: meets@nanaimoriptides.com

Heat programs will be available on our website www.nanaimoriptides.com. We will have limited number of program for sale for those unable to print their own prior to the meet

SATURDAY

GIRLS	EVENT	BOYS
1	200m Medley Relay	2
3	11 & Over 200m Free	4
5	Mixed 10&Under 50m Back	5
6	11 & Over 50m Back	7
8	Mixed 10 & Under 100m Breast	8
9	11 & Over 100m Breast	10
11	11 & Over 200 back	12
13	Mixed 10 & Under 50m Free	13
14	11 & Over 50m Free	15
16	11 & Over 100m Fly	17
18	Mixed 10 & Under 100 IM	18
19	11 & Over 200 IM	20

SUNDAY

GIRLS	EVENT	BOYS
21	200 Free Relay	22
23	Mixed 10 & Under 100 Back	23
24	11 & Over 100m Back	25
26	Mixed 10 & Under 50m Breast	26
27	11 & Over 50m Breast	28
29	Mixed 10 & Under 100m Free	29
30	11 & Over 100m Free	31
32	Mixed 10 & Under 50m Fly	33
34	11 & Over 50m Fly	35
36	11 & Over 200m Breast	37
38	11 & Over 400m Free	39

June 27, 2014



SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”