



## Langley Olympians Swim Club

9th Annual Short Course Invitational

November 14 – 15, 2015

8889 Walnut Grove Drive

Langley, BC, Canada

604 882-0408

**Sanctioned by Swim BC: #18734**

### **POOL AND FACILITIES**

8x25m Competition Pool

Electronic Timing

Concession available on site

Warm down lanes available (2x25m lanes warm up/warm down pool)

### **SCHEDULE**

<b>Session</b>	<b>Warm up</b>	<b>Start &amp; Finish</b>
Saturday Heats	7:00-7:50am	8:00am – 1:30pm
Saturday Finals	3:00-3:50pm	4:00pm – 6:00pm
Sunday Heats	7:00-7:50am	8:00am – 1:30pm
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](mailto:linda@langleyolympians.com)
3. Meet Official Chairperson: Linda Metcalfe [linda@langleyolympians.com](mailto:linda@langleyolympians.com)
4. Director of Swimming: Brian Metcalfe ✉ [bmetcalfe@telus.net](mailto:bmetcalfe@telus.net)

## **MEET RULES**

1. All swimmers must be registered with Swim BC, Swimming Canada 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. The current Swimming Canada Swimsuit policy will be observed at this competition.
4. This meet will observe the Swimming Canada rulebook and Swim BC technical guide.
5. Swimming Canada warm up procedures will be in effect. Warm up may be blocked and coaches would be notified by email of their warm up times prior to meet.
6. Two or three warm up/ warm down lanes will be provided during the meet. Swimmers are expected to use these marked lanes **ONLY**.
7. All events will be run as heats and finals. All 11& O events will be senior-seeded by time. Finals will be swum as 11 & under, 13 & under, 14 & over.
8. The Swim BC heats/finals meet scratch rules will be in effect:
9. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package or pay any outstanding meet fees.
10. Coaches meetings may be held 10 minutes prior to session starts. Any warm up time changes will be announced at that time.
11. Any act of theft, vandalism, or similar action will result in immediate disqualification.
12. Clubs will be responsible for their swimmers in between heats and finals. Neither the host club nor the facility will be responsible for swimmers.
13. The gymnasium will be booked for swimmers to use during **HEATS ONLY**. All chairs and other personal belongings must be removed from the gym 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.
14. There is limited seating at Walnut Grove Pool so please bring folding seats.
15. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
16. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.
17. **The Walnut Grove Pool requests that participants use the high school parking lot.**

## ENTRIES

Entries must be received by Thursday, Nov 5, 2015.

1. **Meet entries must be uploaded prior to 5:00pm Thursday November 5, 2015, to the Swimming Canada [www.swimmeet.ca/meetlist.aspx](http://www.swimmeet.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. Their 9-digit ID number must accompany all swimmers' entries.
3. Swimmers must achieve a 4:00 200 IM to be eligible. Please submit proof of times.  
**NT entries will not be accepted for these events.**
4. **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.**
5. Age groups will be based upon swimmers age as of the 1<sup>st</sup> day of the meet.
6. Costs of Individual Entries are \$9.00.
7. Deck entries will be made available if space permits for a fee of \$10.00 per event as exhibitions swims.
8. There is a Swim BC splash fee of \$4.00 per swimmer and facility improvement fee of \$3.00 per swimmer.
9. Para-swimmers are welcome to compete. Their classification numbers must accompany their entries.
10. 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**
11. Scratch deadline is **noon Monday November 9th, 2015**
12. 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.
13. 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.**
14. 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.
15. **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, **Monday November 9th, 2015.**
2. No refund of fees for scratched events after the scratch deadline (Nov 9, 2015) 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)

## ORDER OF EVENTS

### Saturday Prelims & Finals

<b>Female</b>	<b>Event</b>	<b>Male</b>
#1	400 FREE	#2
#3	100 BACK	#4
#5	200 BREAST	#6
#7	100 FLY	#8
#9	200 IM	#10
#11	50 FREE	#12

### Sunday Prelims and Finals

<b>Female</b>	<b>Event</b>	<b>Male</b>
#13	400 IM	#14
#15	200 FREE	#16
#17	100 BREAST	#18
#19	200 FLY	#20
#21	100 FREE	#22
#23	200 BACK	#24

**Langley Olympians Invitational Short Course Meet**  
**Saturday Nov. 14 & Sunday Nov. 15, 2015**

**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. 14 & 15, 2015**

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](mailto:linda@langleyolympians.com) by November 12, 2015.

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



## **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 removed 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.”**