



Langley Olympians Swim Club

14th Annual Long Course Invitational

April 2-3 2016

8889 Walnut Grove Drive

Langley, BC, Canada

604-882-0408

Sanctioned by Swim BC - #19265

DATES/SCHEDULE

Session	Warm up	Start & Finish
Saturday 12yrs & under	7:30am-8:20am	8:30am-12:30pm
Saturday 13yrs & older	1:30pm-2:15pm	2:30pm-6:30pm
Sunday 12yrs & under	7:30am-8:20am	8:30am-12:30pm
Sunday 13yrs & older	1:30pm-2:15pm	2:30pm-6:30pm

POOL AND FACILITIES

8x50 Meter Competition Pool

Colorado Timing Systems

Concession available on site

GENERAL INFORMATION

1. Referee: Linda Metcalfe
2. Meet Manager: Linda Metcalfe: ✉ lindajmetcalfe@telus.net
3. Meet Secretary: Linda Metcalfe: ✉ lindajmetcalfe@telus.net
4. Meet Official Chairperson:
5. Director of Swimming: Brian Metcalfe: ✉ laosadmin@telus.net

MEET RULES

1. All swimmers must be registered with Swim BC, SCN or other FINA recognized club.
2. The meet will be run under Swim BC and Swimming Canada rules, and will observe the Swim BC Technical Guide and the SNC rulebook, including the current SCN Swimsuit Policy.
3. SCN warm up procedures will be in effect. No diving head first into the pool during warm up unless in specified lanes. Warm up lanes will be announced.
4. All events are timed finals and will be swum slowest to fastest, except for the 400 free and 400 IM which will be swum fastest to slowest alternating one heat women, one heat men.
5. Any act of theft, vandalism, or similar action will result in immediate disqualification. Clubs will be responsible for their swimmers at all times. Neither the host club nor the facility will be responsible for swimmers.
6. The Swim Meet may be limited to 450 swimmers or to a size to fit the time frame of the pool rental.
7. LOSC reserves the right to modify, as is necessary, to ensure a successful completion of the meet in accordance with the time lines.

DISTANCE EVENTS

8. The 400 free may be limited and swum two per lane fastest to slowest alternating one-heat women, one-heat men. You will require your own two timers for these events. Those who do not make the limit will be notified by **March 25, 2016**. If swum two per lane, all swimmers are required to swim 'front crawl', no other strokes will be permitted. Positive check in with your two timers will be required prior to the start of distance events.

ON RACE DAY

9. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package and pay any outstanding meet fees.
10. Coaches meetings may be held 10 minutes prior to session starts. Any changes will be announced at that time.
11. **Each team will be required to provide officials. Lane assignments and stroke and turn assignments will be provided to each team based on the number of swimmers entered in the meet. The meet manager will contact each team to notify them of their lane assignments prior to the start of the meet. Each team will be responsible for substituting officials throughout the meet as needed. Any other experienced on deck officials would be appreciated.**
12. **Clubs that do not provide officials may be removed from the meet without a refund of fees.**
13. **The Walnut Grove Pool requests that all participants park in the high school parking lot adjacent to the pool.**
14. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
15. There is limited seating in the facility so please bring portable chairs. There may be gym space available for over flow seating.
16. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.
17. Parents and coaches are responsible for their swimmers. Neither LOSC nor Walnut Grove will look after swimmers during the meet or between sessions.

Entries must be received by noon Thursday March 24, 2016.

1. **Meet entries must be uploaded prior to noon Thursday March 24, 2016 to the Swimming Canada www.swimmeet.ca website. Entries sent directly to the meet manager will not be accepted. Please enter times in LCM. Converted times will be accepted.**
2. **Submission of fees implies the acceptance of all LOSC meet rules and procedures. This includes the officiating guidelines that have been put in place.**
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 400m events or other such alterations.**
5. Age groups will be based upon swimmers age as of the 1st day of the meet.
6. Age Groups will be 12 years & under, 13 years & older.
7. Costs of Individual Entries are \$9.50.
8. There is a Swim BC splash fee of \$4.00 per swimmer and a \$4.00 per swimmer pool improvement fee.
9. Deck entries will be made available if space permits for a fee of \$15.00 per event; payable at the time the deck entry is submitted, as exhibitions swims. No new heats will be created to fill deck entries. First come, first served: with payment will fill empty lanes. SNC ID number and complete date of birth must accompany deck entries for swimmers not already in the meet.
10. PARA swimmers are welcome to compete. Their classification numbers must accompany their entries.
11. **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: LOSC, PO Box 12098 Murrayville RPO, Langley BC V2Y 0M6**
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. 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 Wednesday March 30, 2016.**
2. No refund of fees for scratched events after the scratch deadline except with a medical certificate.
3. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. No refund of fees will be given without a doctor's note.

Saturday

EVENT ORDER

<u>Women</u>	<u>12yrs & under</u>	<u>Men</u>
#1	50 free	#2
#3	100 breast	#2
#5	200 back	#6
#7	100 fly	#8
#9	200 IM	#10
#11	400 free	#12

BREAK

<u>Women</u>	<u>13yrs & older</u>	<u>Men</u>
#13	50 free	#14
#15	100 breast	#16
#17	200 back	#18
#19	100 fly	#20
#21	200 IM	#22
#23	400 free	#24

Sunday

<u>Women</u>	<u>12yrs & under</u>	<u>Men</u>
#25	400IM	#26
#27	100 free	#28
#29	200 breast	#30
#31	100 back	#32
#33	200 fly	#34
#35	200 free	#36

BREAK

<u>Women</u>	<u>13yrs & older</u>	<u>Men</u>
#37	400IM	#38
#39	100 free	#40
#41	200 breast	#42
#43	100 back	#44
#45	200 fly	#46
#47	200 free	#48

ACCOMODATION

Group bookings are available at the Sandman and Sandman Signature hotels. Please contact:

Sean Harris | Sales Manager

SANDMAN SIGNATURE HOTEL & SUITES LANGLEY

8828 – 201 Street | Langley BC | V2Y 0C8

Phone 604 455 7263 | Fax 604 881 0225 | Direct 604 455 2355

www.sandmansignature.com

SANDMAN HOTEL LANGLEY 8855 202nd St | Langley BC | V1M 2N9

Phone: 604-888-7263 | Fax: 604-888-7271 www.sandmanhotels.com

Langley Olympians Invitational Long Course Meet
Saturday, Sunday April 2-3 2016

Hosted by: Langley Olympians Swim Club

Location: Walnut Grove Recreation Centre
8889 Walnut Grove Drive, Langley

PLEASE PASS THIS PAGE ON TO YOUR CLUB OFFICIALS DIRECTOR (COD)

Officials required for Langley Olympians Invitational Swim Meet
April 2-3 2016

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 Stoke 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 Metcalfe: linda@langleyolympians.com no later than noon Wednesday March 30 2015.

Again, a meet is run strictly with volunteers. Please do not hesitate to contact the undersigned if you have any questions or concern



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.”