



2025 NRST Spring Sprint

May 24 - May 25, 2025

Sanctioned by SWIM BC: #

NRST would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Snuneymuxw peoples.

Location: Nanaimo Aquatic Centre
741 Third St, Nanaimo BC, V9R 7B2

Meet Referee: Chelsey Flood

Meet Manager: Anke McGuire

Officials Coordinator: Chelsey Flood

Meet Manager Email:

meets@nanaimoriptides.com

Officials Coordinator email:

nrstofficials@nanaimoriptides.com

Pool Features:

- 8 lane - 50 m competition pool
- Colorado electronic timing, touch pads and scoreboard

Safe Sport Statement:

-All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

-Deck changes are explicitly prohibited.

-Volunteer, coaches, officials only washroom will be provided - located in the pool lobby.

Meet Rules:

1. Swimming Canada rules will be in effect.
2. Swim BC Competition Warm up safety procedures will be in effect and monitored by Safety Marshals.
3. Pool depth: 3.8m and 2.0m
4. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both ends). In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 (from both ends).
5. During events, only one (1) swimmer per lane is permitted.
6. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile

and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

7. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

8. This competition can provide the following accommodations for swimmers who are D/deaf or Hear of hearing:

- 1) Non-verbal instruction provided by a *support person
- 2) Hand signals given by the starter/referee

*Note that the support person must show status of “Registered” as support staff in the Swimming Canada registration system.

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

9. Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.

10. **Being mixed-gender**, Swim BC/Swimming Canada record breaking performances will not be ratified as new records.

11. Meet management may change session start times after the first entry deadline.

12. Backstroke ledges will be used for all sessions.

13. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.



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Individual Events:

1. Age groups will be: 12 & under, 13&14, 15-18.
2. **Maximum events each swimmer can swim is 8**, no more than 3 per session Saturday and Sunday morning and no more than 2 per Saturday afternoon session.
3. Swimmers must meet the qualifying time in each event entered. **NT (No times) will not be accepted.**
4. Meet management reserves the right to limit the number of heats in 400m events if estimated time outs are exceeded.

Relays:

1. Relay's will run depending on session timeouts.
2. Relays will be run as Female & Male events.

Eligibility:

1. Only clubs with a good standing with Swim BC will be accepted.
2. All swimmers must be registered properly with a club in good standing with Swim BC.
3. There is a maximum swimmer's age of 18 years old.
4. Swimmer's age is determined on the first day of the meet.
5. **Swimmers must have achieved the minimum time standard in each event entered. NT (no times) will not be accepted. Entries that do not meet the time standards will not be accepted.**
6. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standards.

Entries:

1. Entries will be limited to 300 swimmers, the team entering the 300th swimmer will be accepted. Sessions will be restricted to the following:
 - a. Session 1 - Saturday AM: 3 Events
 - b. Session 2 - Saturday PM: 2 Events
 - c. Session 3 - Sunday AM: 3 Events
 - d. TOTAL EVENTS: 8 per swimmer
2. Reservations can be made by emailing the Meet Manager (meets@nanaimoriptides.com) with the estimated number of swimmers attending the meet. Entries will be accepted on a first come first serve

basis. The Meet Manager will confirm by email those teams whose reservations are accepted.

3. Teams attending all three sessions of the meet will be given priority.
4. Please respect other teams wishing to attend by giving an accurate estimate of the number of swimmers wishing to attend.
5. NO deck entries will be accepted.

Awards:

1. Individual place ribbons shall be presented for places 1st – 8th for the following age groups: 12 & Under, and 13-14.
2. There will be no ribbons for Relay events.

Entry Fees:

1. \$12.75 per individual event.
2. \$16.00 per relay entry.
3. \$5.00 per swimmer Swim BC Competition Surcharge.
4. Fees must be paid prior to the start of the meet.
5. Please make cheques payable to NRST or send by e-transfer to admin@nanaimoriptides.com

Entry Deadlines: **May 15, 2025**

1. As the Swimming Canada online entry system is not currently available, entries for this meet will be done as follows:
 - a. Entry files must be emailed directly to the meet managers as meets@nanaimoriptides.com
 - b. Entries may only be submitted for swimmers whose registration has been initiated by their club in the new REMS database.
 - c. All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes: swimmer 9-digit ID #, name, correct date of birth and gender.
2. **Deadline to email the meet manager (meets@nanaimoriptides.com) entries is no later than midnight Thursday, May 15, 2025.**
3. **Scratch deadline with refund is Tuesday, May 20, 2025 by 3:00 pm.** Email scratches to meets@nanaimoriptides.com



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4. Teams requiring excessive changes after the registration deadline will be charged a \$5 admin fee per swimmer. Please verify your entries before submitting.
5. Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive a refund of meet fees. There will be no other refunds made after the scratch deadline.

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Session Times

Session 1: Saturday am	
Warm up: 8:00 - 8:50	Racing: 9:00 - 2:00
100	12 & Under Female 200 Medley Relay *
101	12 & Under Male 200 Medley Relay*
102	13 - 14 Female 200 Medley Relay *
103	13 - 14 Male 200 Medley Relay *
104	15 - 18 Female 200 Medley Relay *
105	15 - 18 Male 200 Medley Relay *
1	100 Free
2	50 Fly
3	100 Back
4	200 Breast
5	200 IM

Session 3: Sunday am	
Warm up: 8:00 - 8:50	Racing: 9:00 - 1:30
300	12 & Under Female 200 Free Relay *
301	12 & Under Male 200 Free Relay *
302	13 - 14 Female 200 Free Relay *
303	13 - 14 Male 200 Free Relay *
304	15 - 18 Female 200 Free Relay *
305	15 - 18 Male 200 Free Relay *
11	200 Free
12	50 Back
13	200 Fly
14	100 Breast
15	400 Free

Session 2: Saturday pm	
Warm up: 3:45 - 4:25	Racing: 4:30 - 8:00
6	100 Fly
7	50 Breast
8	50 Free
9	200 Back
10	400 IM

*Please see note above about Relay swims



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MEET TIME STANDARDS (MIXED GENDER)			
EVENT	12 & Under	13 - 14	15 - 18
SESSION 1 - SATURDAY AM (50 M)			
200 MEDLEY RELAY	*Please see note above about Relay swims		
100 FREE	1:40	1:20	1:10
50 FLY	1:00	0:45	0:40
100 BACK	1:50	1:30	1:20
200 BREAST	3:50	3:25	3:05
200 IM	3:30	3:00	2:50
SESSION 2 - SATURDAY PM (50 M)			
100 FLY	2:00	1:30	1:20
50 BREAST	1:00	0:50	0:45
50 FREE	0:45	0:38	0:35
200 BACK	3:30	3:10	2:50
400 IM	7:10	6:30	6:00
SESSION 3 - SUNDAY AM (50 M)			
200 FREE RELAY	*Please see note above about Relay swims		
200 FREE	3:45	2:50	2:30
50 BACK	0:55	0:50	0:45
200 FLY	3:45	3:10	2:50
100 BREAST	1:55	1:45	1:30
400 FREE	6:30	5:30	5:00



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool **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 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 through a pre-competition handout or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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 pool and when applicable, similarly situated in designated warm-up pools 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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."