

## PSW Winter Invitational



**February 11-12 2017**

**Entry Deadline: February 3, 2017**

**Grandview Heights Aquatic Centre**

16855 24 AVE Surrey BC V3S 0A2

Sanctioned by Swim BC: # 20647

### **Pool and Facility:**

- A 50-m 10 lane competition pool
- Colorado electronic timing, touch pads and scoreboard
- Café and gym on site

### **Meet Format:**

- Swimmer age is as of the first day of competition.
- Standards: 1 Qualifying time swim 5 Events
- Age groups for this meet are: Girls: 15&U and 16 & over. Boys: 16 & U and 17 & over.
- A Final for each age.
- Swimmers may enter a maximum of 5 events.
- Para Swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time. 2016-2017 IPC Swimming Rules will govern all Para-Swimmer events. Classification numbers (e.g. s6sb6sm6) must be appended to athlete's surname in entries.

**All events, except distance events, will be swam senior seeded slowest to fastest for all age groups combined.**

Finals for all events except 800 and 1500 free. 800 and 1500 Free will be limited to 3 heats of each (30 swimmers) maxing out to 15 fastest girls and 15 fastest boys. The 800 and 1500 Free will be swum mixed gender.

	Warm Up	Start
<b><u>February 11 2017</u></b>		
Prelims	8:00-9:20AM	9:30AM
Finals	4:00-5:20 PM	5:30PM
<b><u>February 12 2017</u></b>		
Prelims	8:00-9:20AM	9:30AM
Finals	4:00-5:20 PM	5:30PM

### **Events**

<b><u>Saturday</u></b>	<b><u>Sunday</u></b>
400 Free	400 IM
200 Breast	100 Free
<b>20 Min Warm Up</b>	<b>20 Min Warm Up</b>
100 Back	200 Back
200 IM	100 Breast
<b>20 Min Warm Up</b>	<b>20 Min Warm Up</b>
200 Free	50 Free
100 Fly	200 Fly
<b>20 Min Warm Up</b>	<b>20 Min Warm Up</b>
800 Free (TF only)	1500 Free (TF only)

**Officials:**

Each club attending the meet will be required to provide officials for all sessions at the meet. Please submit the names of people available to work if needed during the sessions.

Each attending club must provide their club's Official's Coordinator contact information to the Meet Manager.

Meet Manager: Guy Landry [glandry7@telus.net](mailto:glandry7@telus.net)

**Registration/ Fees/ Entry Deadline:**

Entry deadline Friday February 3<sup>rd</sup> @ 8:00pm

Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website [www.meetlist.notlong.com](http://www.meetlist.notlong.com)

Entries sent directly to the meet manager will not be accepted.

**All cheques should be made payable to: “Pacific Sea Wolves”**

- Entry fees are \$75.00 Flat (includes the \$4 Provincial Team Splash Fee)
- Deck entries are \$30.00/event

(Deck entries are exhibition only. Must have SCN number and date of birth. Deck entry fees are to be paid before the event, by cash or cheque.)

**All deck entries will be placed in available empty lanes, no new heats will be added for deck entries.**

**Meet Rules:**

All SNC and Swim BC rules as stated in the SNC rulebook and Swim BC Technical Guide will apply.

Scratches must be received by the Clerk of Course 30 minutes prior to the scheduled start time of the session (before 8:30 and 5:00 pm). SNC warm-up procedures will be in effect at this meet.

Pacific Sea Wolves Swim Club is NOT responsible for visiting clubs' swimmers.

Female	Short	Long	Male	Short	Long
50 Free	27.92	28.62	50 Free	25.22	26.01
100 Free	1:00.54	1:02.14	100 Free	55.45	57.11
200 Free	2:11.22	2:14.78	200 Free	2:00.04	2:04.52
400 Free	4:36.64	4:44.53	400 Free	4:15.07	4:24.20
800 Free	9:34.92	9:54.47	800 Free	8:50.22	9:20.00
1500 Free	18:24.78	18:50.00	1500 Free	17:05.85	17:59.02
100 Back	1:07.63	1:10.24	100 Back	1:02.18	1:05.23
200 Back	2:25.43	2:31.24	200 Back	2:15.21	2:21.79
100 Breast	1:17.52	1:20.09	100 Breast	1:10.31	1:13.49
200 Breast	2:46.02	2:51.19	200 Breast	2:32.11	2:38.17
100 Butterfly	1:07.92	1:08.99	100 Butterfly	1:01.00	1:02.54
200 Butterfly	2:32.00	2:36.73	200 Butterfly	2:20.00	2:25.36
200 IM	2:29.31	2:34.06	200 IM	2:17.39	2:21.94
400 IM	5:14.98	5:25.09	400 IM	4:49.07	5:01.39



## COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an 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.
- 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.

### 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 higher level 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 higher level 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 is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

### 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.

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 rules 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 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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**