



# June Jamboree

Saturday, June 23<sup>rd</sup>, 2018**Sanction #24572****Date:** Saturday, 23 June 18**Meet Manager:** David Van Veen**Location:**Cowichan Aquatic Centre  
2653 James St Duncan, BC  
250 746 7665

8 x 25m Competition Pool

3 x 25m m Wave Pool

Colorado Electronic Timing Systems

Coffee Shop on site

**Participating Teams:** Open to Swim BC organizations

Saturday, 23 Jun 18	
<u>Warmup:</u>	1:00 – 1:40pm
<u>Start:</u>	1:50pm
<u>Projected End:</u>	7:00pm

**Eligibility:**

- All swimmers must be registered with a Swim BC or FINA recognized club
- All swimmers qualified to race at the SwimBC Tier I Championships are dequalified from racing at this competition as per the SwimBC Championship Meet Blackout Period policy
- Age is based on the age of the swimmer as of 23 Jun 18

**Meet Rules:**

- This meet will observe rules as outlined in the current SNC Rulebook, including SNC warm-up procedures and one start rule
- Age Groups will be open
- Events will be swim as mixed gender and Senior Seeded, swum slowest to fastest
  - Being mixed gender, Swim BC/Swimming Canada record breaking performance will not be ratified as new records
- 25m events are for Novice swimmers only and times will be taken manually.
- All events will be swum as Timed Finals
- 10 & Unders are limited to 4 hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered.
- Should the Meet exceed estimated timeouts, Meet Management reserves the right to:
  - Omit the Mixed Medley Relay
  - limit the number of heats in the 400, 800 events.

**Entries:**

- Individual entries are limited to a max of 3 (three) events for VIR Teams and in consideration for off Island Teams, 4 (four) events
  - Distance events: 400 IM, 400 fr, 800 fr can be used as a BONUS swim beyond the stated max
- Relay entries have no limits
- Entry Fee is
  - \$4 SwimBC Splash Fee
  - \$9 per individual event
  - \$0 per relay event
- Cheques payable to: **Duncan Swim Team**
- Entries must be uploaded through the Swimming Canada site [www.swimming.ca/MeetList.aspx](http://www.swimming.ca/MeetList.aspx)

**Entries Deadline: Monday, 18Jun18**

- There will be NO deck entries accepted.
- Please email known scratches to [meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com) no later than **Wednesday, 20Jun18**

#	Event Order
1	200 Individual Medley
2	100 Individual Medley
3	25 Backstroke - NOVICE
4	50 Backstroke
5	100 Breaststroke
6	200 Butterfly
7	25 Freestyle - NOVICE
8	50 Freestyle
9	100 Backstroke
10	200 Breaststroke
11	25 Butterfly - NOVICE
12	50 Butterfly
13	100 Freestyle
14	200 Backstroke
15	25 Breaststroke - NOVICE
16	50 Breaststroke
17	100 Butterfly
18	200 Freestyle
19	4 x 25 Mixed Medley Relay - NOVICE
20	4 x 50 Mixed Medley Relay
21	400 Individual Medley
22	400 Freestyle
23	800 Freestyle

**Awards**

- Heat Winner prizes will awarded to the first placing swimmer in each heat
- All participants in Novice individual events will receive a prize

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## 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."**