



**January LMR Invitational
LONG COURSE
SATURDAY, JANUARY 19, 2019 – UBC Aquatic Centre**
Sanctioned by Swim BC: #32477

TIMELINE

Warm-Up: 9:30 – 10:20am
Racing: 10:30am – 2:30pm

LOCATION

UBC Aquatic Centre
6080 Student Union Blvd, Vancouver, BC V6T 1Z1
Vancouver, BC [\(604\) 822-4501](tel:6048224501)

FACILITY

10 lane **50m** competition pool
2 lanes warm-up, 8 lanes racing

MEET MANAGER

Dawna McIver
dawnam@richmondrapids.com
604-275-7946

MEET REFEREE:

Linda Metcalfe
Level 5

ENTRIES CONTACT:

Gina McCallum
secretary@richmondrapids.com
Phone: 604-275-7946

ELIGIBILITY

Swimmers from invited clubs, registered with Swim BC or other FINA affiliated organizations.

QUALIFYING STANDARDS AND ENTRY LIMITS

- Western Canadian National Standards
- No limit per swimmer for entries that meet qualifying standards
- Swimmers with one qualifying entry will be permitted to enter one bonus swim, for a total of 2 events
- All entries must be accompanied by verifiable entry times

RULES

All applicable Swimming Canada and Swim BC rules will be observed. Current SNC swimsuit rule will be observed. Swimming Canada warm-up rules will be in effect. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

ENTRIES

Submit entries via the Swimming Canada meet site at www.swimming.ca/meetlist.aspx. For scratches and questions regarding entries, please email secretary@richmondrapids.com

All entries must be received no later than
Friday, January 11th, 2019
Psych listing will be available shortly following the deadline

Please mail in a deposit check of \$200.00 made out to the Richmond Rapids Swim Club to confirm your commitment.

14300 Entertainment Blvd., Richmond, BC V6W 1K3
All deposit fees will be subtracted from the total of each team's total meet fees

FEES

Meet Fees (including Swim BC Provincial Team Splash Fees) \$35.00 per person
Fees payable to the Richmond Rapids Swim Club are due no later than 8:00am on Saturday, January 19th, 2019.





Invited teams **MUST** supply Senior Officials, Timers, and
Volunteers for meet set-up, operation, and take-down.
Sign-up sheets will be circulated prior to the meet.

FORMAT

- All events are timed finals, senior-seeded, slowest to fastest (800m Free fastest to slowest)
- The competition will be run out of six or eight lanes depending on number of entries
- The meet will be limited to a maximum of 120 swimmers

TIMELINE RESTRICTIONS

If **timelines require**, the following adjustments may be instituted:

- Events may be seeded mixed gender (records are not recognized in mixed gender heats)
- 400m events – entries restricted to 2 heats each of Women and Men
- 800m events – entries restricted to 1 heat each of Women and Men

Alternate lists for these events will be maintained, and alternates will be added as scratches are received. Teams will be notified as soon as possible of alternate additions.

SCRATCHES

Scratches should be submitted as soon as possible. This includes scratches for swimmers in alternate positions of restricted entry events. If lanes become available, the highest ranked alternate will be expected to swim.

Event List		
Saturday, January 19th, 2019		
Warm-ups: 9:30 – 10:20am		
Start: 10:30am		
Anticipated Timeout: 2:30pm		
Event number	Event	Event number
Women		Men
1	400 IM	2
3	200 Free	4
5	100 Breast	6
7	200 Fly	8
9	50 Free	10
11	100 Back	12
13	200 IM	14
15	400 Free	16
17	100 Fly	18
19	200 Back	20
21	100 Free	22
23	200 Breast	24
25	800m Free	26





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."

