



2021 NRST Fall Invitational October 23-24, 2021

Sanctioned by SWIM BC: #36231

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

Referee: Glenn Greig
Meet Manager: Jeremy Orton

MM Email: meets@nanaimoriptides.com

Pool Features:

- 8 lane 25m competition pool
- Colorado electronic timing, touch pads and scoreboard.

Safe Sport Statement:

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

Meet Rules:

1. All Swim BC and Swimming Canada rules, including warm-up procedures, scoring and one start rule will be in effect.
2. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or
3. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
4. All events will be swum as times finals, mixed gender, slowest to fastest.
5. Being mixed-gender, Swim BC/Swimming Canada record breaking performances will not be ratified as new records.
6. Age groups will be: 10 & under, 11-12, 13-14, 15 & over.
7. Maximum events each swimmer can swim is 8, no more than 4 per session.
8. Meet management reserves the right to limit the number of heats in 400m events if estimated time outs are exceeded.
9. **PLEASE SEE COVID RESTRICTIONS BELOW**

Eligibility:

1. All swimmers must be registered properly with Swim Canada/Swim BC, or other FINA affiliated organizations.

2. Swimmer's age is determined on the first day of the meet. Swimmers must have achieved the minimum time standard in each event entered (see table page 3).
3. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standard in an event.

Entries:

1. Entries will be limited to 150 swimmers per session based on current COVID facility capacity.
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. Meet Manager will confirm by email those teams whose reservations are accepted.
3. Teams attending all four 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. Placement cards will be issued to all swimmers.

Entry Fees:

1. \$10.00 per individual event
2. \$4.00 per swimmer Swim BC Competition Surcharge.
3. Fees must be paid prior to the start of the meet.
4. Please make cheques payable to NRST.

Entry Deadlines:

1. **Deadline for upload of entries to the SNC meet listings website (<http://meetlist.notlong.com>) is October 15, 2021.**
2. **Scratch deadline with refund is Wednesday October 20, 2021 at 7pm.**
3. 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 AND EVENTS (QUALIFYING TIMES)

SESSION 1 – Saturday Oct. 23		Warm-Up 8am-9am Racing 9am-1pm	SESSION 2 – Saturday Oct. 23		Warm-Up 2pm-3pm Racing 3pm-7pm
Event		Qualifying Time	Event		Qualifying Time
1	12 & Under 100 Back	1:50	7	13 & Over 100 Back	1:30
2	12 & Under 50 Fly	60	8	13 & Over 50 Fly	45
3	12 & Under 200 Free	3:30	9	13 & Over 200 Free	2:45
4	12 & Under 100 Breast	2:00	10	13 & Over 100 Breast	1:45
5	12 & Under 50 Free	50	11	13 & Over 50 Free	40
6	12 & Under 200 IM	3:45	12	13 & Over 200 IM	3:10
SESSION 3 – Sunday Oct. 24		Warm-Up 8am-9am Racing 9am-1pm	SESSION 4 – Sunday Oct. 24		Warm-Up 2pm-3pm Racing 3pm-7pm
Event		Qualifying Time	Event		Qualifying Time
13	12 & Under 200 Back	3:45	20	13 & Over 200 Back	3:00
14	12 & Under 50 Breast	60	21	13 & Over 50 Breast	50
15	12 & Under 100 Free	1:40	22	13 & Over 100 Free	1:20
16	12 & Under 200 Breast	4:00	23	13 & Over 200 Breast	3:30
17	12 & Under 100 Fly	2:00	24	13 & Over 100 Fly	1:30
18	12 & Under 50 Back	55	25	13 & Over 50 Back	45
19	12 & Under 400 Free	7:00	26	13 & Over 400 Free	5:45



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COVID RESTRICTIONS AND GUIDELINES / YOUTUBE LIVESTREAM

1. **Proof of Vaccination** - All swimmers (12 years of age and older), coaches and volunteers attending the NRST Fall Invitational (an event of 50+ people) must provide proof of full vaccination when checking in at the Nanaimo Aquatic Center on October 23rd and 24th.

You are fully vaccinated with two doses.

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof>

Attention Coaches - Please ensure that all swimmers (12 years of age and older), coaches and volunteers attending the meet have proof of full vaccination before registering for the meet. Anyone that cannot provide proof of vaccination will be unable to enter the event.

2. **Masks** - All swimmers (9 years of age and older), coaches and volunteers will be required to wear masks while in the Nanaimo Aquatic Center. Swimmers are not required to wear a mask when travelling between the designated team areas in the stands and the pool for warmups or racing.
3. **Parents and Guardians** - Please make sure that all swimmers of age 12 years and older have proof of full vaccination with them at the meet or they will not be able to enter the facility. We do not want to turn away swimmers.
4. **No Spectators** - Only people volunteering as officials will be allowed in the Nanaimo Aquatic Center, this will allow the maximum number of swimmers to attend the meet each session. Officials and coaches are being kept to a minimum to allow for more swimmers to attend the meet.
5. **Youtube Livestream** - Each meet session will be live streamed on Youtube and will also be available for viewing after the meet. **If for any reason there are issues with a swimmer appearing on social media please do not register the swimmer for the meet.**



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.



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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.”