



2022 June Jamboree with the Stingrays

June 26, 2022

Sanctioned by Swim BC: #37637

Meet Referee: Heather Ney
Meet Managers: Trisha O'Halloran & Pierre Graham
MM email: meetmanager@duncanstingrays.com

Venue: Cowichan Aquatic Centre
2653 James St, Duncan BC, V9L2X5

8 x 25m Competition Pool
Timing System: Colorado electronic touch pads + display

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.

Eligibility:

- 1) All swimmers must be registered with a Swimming Canada / Swim BC or other FINA affiliated organization
- 2) Swimmer age is based on age as of June 26, 2022
- 3) Entry times are to be submitted in SC Metres established to the hundredth of a second. Converted LC Metre times will be accepted (-2%)
- 4) Swimmers with at least **ONE** Swim BC Divisional Qualifying Time (QT) are ineligible to race at this competition.

Meet Rules:

- 1) All 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) Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or
- 4) In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
- 5) All events will be swum as mixed gender and Senior Seeded, swum slowest to fastest
 - a) Being mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records
- 6) 25m events are for Novice swimmers only and times will be taken manually

Warm Up and Sessions Times		
Sunday, June 26, 2022		
Session 1	Warm Up	8:30 – 9:20am
	Racing	9:30 – 12:30
Session 2	Warm Up	3:00 – 3:50
	Racing	4:00 - 7:00

Entries:

- 1) Entries will be limited to 200 swimmers per session
- 2) Individual entries are limited to a maximum of three (3) events per session for VIR teams
 - a) In consideration for off Island teams, swimmers may enter a maximum of four (4) events per session
- 3) Anticipated numbers would be appreciated and can be sent to meetmanager@duncanstingrays.com
- 4) Entry Fee is:
 - a) \$11 per individual event
 - b) \$0 per relay event
 - c) \$4 per swimmer Swim BC Competition Surcharge
- 5) Entries must be uploaded to swimming.ca prior to the deadline. Entries emailed directly to the MM **will not** be accepted

Entries Deadline: Wednesday, June 22nd, 2022*
- 6) No Charge Scratch Deadline is Thur, June 23, 2022
 - a) Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive refund of meet fees PRIOR to the conclusion of the competition. There will be no other refunds made after the scratch deadline
- 8) Deck entries will be accepted as a first come, first served basis and only to fill empty lanes. No new heats will be created. Deck entries will be swum as exhibition only
 - a) Swimmer Name + DOB + SNC ID + payment in hand required
- 9) Please make cheques payable to **Duncan Swim Team Society** or send your Email Money Transfer (EMT) to admin@duncanstingrays.com

COVID Restrictions & Guidelines:

- 1) Proof of Vaccination nor mask wearing is required
- 2) **No Spectators: only people volunteering as officials will be allowed in the CAC, this will allow for the maximum number of swimmers to attend each session**
- 3) Live streaming feed will be available. Link will be provided prior to meet and posted on the DST Event Page <https://www.duncanstingrays.com/event/dsts-annual-june-jamboree-2022-6-26>



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Individual Events

- 1) There are no Qualifying Times (QTs)
- 2) Age Group for all events will be: 8yrs & Under, 9/1yrs, 11/1rs, 13/14rs, 15yrs & Over

Relay Events

- 1) There is no limit to numbers of Teams entered per event however
- 2) There are no qualifying times for relays, however entry times should be submitted for seeding purposes
- 3) Teams are encouraged to enter 2 x female + 2 x male swimmers for the Mixed Medley Relay (Event 11).
 - a) Teams may enter 1 + 3 but must have both genders on the Relay Team
- 4) Swimmers participating in relay events only must be identified on entries as "RELAY ONLY SWIMMERS"
- 5) Please try to submit names with your relay entries
- 6) Relay name changes can be submitted to the Clerk 45 minutes prior to the start of the session

Awards & Scoring:

- 1) All participants will receive a Participant Ribbon, Awards Card, and Bag Tag.
- 2) Heat Winner prizes will be awarded to all Heat Winners as well as all 25m Events participants
- 3) Personal Best times will be entered into a PB Raffle

Officials:

Volunteers will receive a seat poolside as well as being entered into a raffle for gift cards in every Session.

Tuesday, June 21 – Saturday June 25, 2022	
Session	Virtual 400 Freestyle*
1	<i>Teams must submit times no later than 26 June 2022</i>
1	400 Freestyle
Sunday, June 26 th , 2022	
Session	Warm Up 830 – 920am Racing 930 – 1230pm
2	
2	200 Individual Medley
3	25 Freestyle*
4	100 Freestyle
5	50 Backstroke
6	25 Breaststroke*
7	100 Breaststroke
8	50 Butterfly
9	100 Individual Medley
10	4 x 25 T – Shirt Relay
Session	Warm Up 300 – 3:50pm Racing 400 – 700pm
3	
11	4 x 50 Mixed Medley Relay
12	25 Butterfly*
13	100 Butterfly
14	50 Freestyle
15	25 Backstroke*
16	100 Backstroke
17	50 Breaststroke
18	200 Freestyle
19	FUN Relay TBD

**25m Events for Novice only*



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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."