



2023 Stingrays' Annual Spring Break Invitational

March 10th-12th, 2023

Sanctioned by Swim BC: 38728

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

Friday:

4 x 25m Competition Pool
No Access to Wave Pool

Saturday & Sunday:

8 x 25m Competition Pool
3 x 25m Wave Pool

Timing System: Friday: Manual; Sat/Sun:
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.

Meet Rules:

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
 - in-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
- Swim BC competition warmup safety procedures will be in effect at this meet
- All events will be swum as timed finals, mixed gender, senior seeded
- Given events are mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records
- Maximum events each swimmer can swim is 9 total events
- Spectators are welcome, we will not be live streaming unless circumstances change

Eligibility:

- All swimmers must be registered with a Swimming Canada/Swim BC or other World Aquatics affiliated organization
- Age groups are based on the age of the swimmer as of March 10th, 2023

Awards:

- Age groups for results: 8&U, 9/10, 11/12, 13/14, 15&O
- All events will have HEAT WINNER awards only
- Raffle prizes will be awarded for Personal Best times achieved

Entries:

- Entries will be limited to 200 swimmers per session
- Teams entering all days of the meet will be given priority
- Reservations can be made by emailing meetmanager@duncanstingrays.com with the estimated number of swimmers attending the competition. Entries will be accepted on a first come first serve basis. Meet Manager will confirm by email those teams whose reservation are accepted
- Deck Entries will be accepted to fill empty lanes only
 - \$15 per event, payment due at submission
 - New swimmers will be added to the meet upon proof of SNC Registration, including:
 - Full Name
 - Date of Birth
 - SNC ID

Entry Fees:

- \$10.00 per individual event
- \$5.00 per swimmer Swim BC Competition Surcharge
- Payment can be made by:
 - cheque payable to: Duncan Swim Team
 - EMT to admin@duncanstingrays.com

Entries Deadline:

- Deadline for upload of entries to the SNC meet listings website is **Monday, March 6th, 2023**
- Files sent directly to the Meet Manager will not be accepted, SNC swimmer verification through the RTR is required
- Scratch deadline with refund is Wednesday, March 8th, 2023 at 7pm
- 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 after scratch deadline
- Teams requiring excessive attention after the scratch deadline will be charged \$5 admin fee per swimmer change. Please verify your entries before submitting

Hospitality:

- Concession with pizza, baked goods, fruit, etc will be offered for the Saturday & Sunday sessions only with purchase by CASH ONLY

Officials:

DST gratefully appreciates assistance from visiting Teams. Teams must supply team timer for Friday session. Please see <https://www.duncanstingrays.com/event/dsts-annual-spring-break-invitational-2023-3-10> to sign up



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SESSION 1	
Friday 10mar2023	
WU 3:30 – 4:05	
Racing: 4:10 – 6:00	
EVENT #	EVENT
1	400 Freestyle*
2	400 Individual Medley*
3	800 Freestyle*
4	1500 Freestyle*
<i>*max 2 heats per event with priority given to lesser experienced racers. Scratch order will be: SNC qualified > Prov QTs > Div QTs > etc. Affected Teams will be notified shortly after the deadline for an alternative</i>	
SESSION 2	
Saturday 11mar2023	
<i>Open</i> Warm Up: 1:00 – 1:25	
Racing: 1:30 – 6:00	
EVENT #	Description
5	200 Individual Medley
6	100 Backstroke
7	50 Butterfly
8	200 Butterfly
9	200 Freestyle
10	100 Breaststroke
11	50 Freestyle
SESSION 4	
Sunday 12mar2023	
<i>Open</i> Warm Up: 1:00 – 1:50	
Racing: 2:00 – 7:00	
EVENT #	Description
12	200 Breaststroke
13	100 Butterfly
14	50 Backstroke
15	200 Backstroke
16	100 Freestyle
17	50 Breaststroke
18	400 Freestyle
19	100 Individual Medley



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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."