

**Comox Valley Aquatic Club**  
**12 & Under Jamboree**  
**May 11<sup>th</sup> and 12<sup>th</sup>**  
**Sanctioned by Swim BC: # 40038**

- Location:** Comox Valley Aquatic Centre  
377 Lerwick Rd, Courtenay
- Time:** **Saturday May 11<sup>th</sup>**  
Warmup: 1:00 PM – 2:00 PM  
Racing: 2:15 PM – 6:30 PM  
2 blocked warmup sessions will take place  
**Sunday May 12<sup>th</sup>**  
Warmup: 7:15 AM – 8:15 AM  
Racing: 8:30 AM – 12:30 PM  
2 blocked warmup sessions will take place
- Pool:** 8 lane, 25 metre, with Colorado timing system
- Meet Manager:** Tyler Lewall [cvsharksheadcoach@gmail.com](mailto:cvsharksheadcoach@gmail.com)
- Meet Referee:** Heather Ney
- Eligibility:** All swimmers registered with a Swim BC or World Aquatics Affiliated club. Age groups are based on the age of the swimmers as of May 11<sup>th</sup>, 2024
- Entries:** Meet entries must be uploaded prior to the entry deadline to the Swimming Canada website. Entries sent directly to the meet manager will not be accepted. “NT” (No time) entries will be accepted.  
Maximum number of swimmers is set at 200.  
Swimmers can be entered in up to 3 events per session
- Entry Deadline:** Meet entries must be uploaded to Swimming Canada via [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx) no later than May 6<sup>th</sup>, 2024
- Entry Fees:** \$55.00 per swimmer. This fee includes the Swim BC \$5.00 Competition Surcharge. Entry fees must be paid prior to the start of the meet. Fees paid preferably by e-transfer to [cvsharksbookkeeper@gmail.com](mailto:cvsharksbookkeeper@gmail.com) or please make cheque payable to the **Comox Valley Aquatic Club**.
- Deck Entries:** Deck entries will be accepted on a first come, first serve basis to fill empty lanes. No new heats will be added. Entries must be accompanied by the swimmer’s SNC ID# and birth date. Deck entries must be received by the Clerk of Course 30 minutes before the start of the meet.

**Safe Sport:** 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.

**Scratches:** Please email known scratches to Tyler Lewall at [cvsharksheadcoach@gmail.com](mailto:cvsharksheadcoach@gmail.com) by May 9<sup>th</sup>, 2024. Refunds allowed with medical note after deadline.

**Meet Rules:**

- SNC Rules will apply.
- ***Novice categories will not be eligible for placing awards.***
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1
- In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2. by age group).
- All events are timed finals.
- Swim BC warm-up procedure will be in effect and will be monitored by safety marshals.
- All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

**Age Groups: 9&Under, 10, 11, 12**

**Awards:** Best Time Ribbons for all participants (including novice)  
Ribbons for 1<sup>st</sup> to 8<sup>th</sup> in all age groups in non-novice events  
Heat Winner prizes for all heats (including novice)  
No relay awards

**Saturday May 11<sup>th</sup>**

	<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
Event	1	100 Free	2
Event	3	100 IM (novice category)	4
Event	5	50 Back	6
Event	7	100 Breaststroke	8
Event	9	25 Breast (novice category)	10
Event	11	50 Butterfly	12
Event	13	200 IM	14
Event	15	4 x 50 Free Relay (any ages)	

**Sunday May 12<sup>th</sup>**

	<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
Event	16	8 x 25 Crazy Shirt Relay	
Event	17	100 Butterfly	18
Event	19	25 Butterfly (novice category)	20
Event	21	50 Freestyle	22
Event	23	50 Breaststroke	24
Event	25	100 Backstroke	26
Event	27	25 Back (novice category)	28
Event	29	200 Freestyle	30
Event	31	4 x 50 Medley Relay (any ages)	

**Teams can join together to create relays if they wish**



## 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.

**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.”**