



NRST Mid-March Madness  
 March 18<sup>th</sup>, 2018  
 Nanaimo Aquatic Center  
 741 3<sup>rd</sup> Street Nanaimo, BC  
 Sanctioned by SWIM BC: #23087

March 18 <sup>th</sup> , 2018	
Warm ups	10:30am-11:20am
Competition	11:30am-4:30pm

**Pool Features:**

- 1-50m Competition pool (8 lanes)
- Colorado electronic timing, touch pads and scoreboard
- Coffee shop available on site

**Meet Rules:**

1. The meet will run under Swim BC and Swimming Canada rules, including warm-ups procedures, scoring and one start rule.
2. The current Swimming Canada swimsuit rule will be observed
3. Age groups will be open.
4. Swimmer entered in the 200m and 400m events must have a Swim BC "A" standard (2016/2017)
5. 9&unders must have a Swim BC 11&under "A" standard in the 200 and 400m events
6. All events will be swum as mixed gender and slowest to fastest
  - a. Being mixed-gender, Swim BC/Swimming Canada record breaking performance will not be ratified as new records
7. All event will be swum as time finals.
8. Meet Management reserves the right to limit the number of 400 heats if we exceed the time outs
9. Meet Management reserves the right to include swimmers for the host team without required time standards swim in events with time standards.

**Eligibility:**

This meet is open to all clubs. Entries will be limited to 200 swimmers; the team entering the 200<sup>th</sup> swimmer will be accepted.

**Refunds:**

- Swimmers who scratch from the meet due to medical reasons must submit a medical certification in order to receive a refund on meet fees.
- There will be no refunds for individual events made after the scratch deadline.

**Entries:**

- Entries must be uploaded prior to the entry deadline (March 12<sup>th</sup>, 2018) to [www.swimming.ca/Meetlist.aspx](http://www.swimming.ca/Meetlist.aspx)
- No charge scratch deadline is March 16th, 2018
- Entries or changes to entries received after the entry deadline (March 12<sup>th</sup>, 2018) will be accepted at the discretion of meet management.
- Fees must be paid in full prior to the start of the meet. Please make cheques payable to NRST

**Deck Entries:** No deck entries will be accepted

**Meet Referee:** Don Irwin

**Entry Fees:** \$40 for a maximum of 4 events per swimmer and including the Swim BC Splash Fee.

Events	
1	50 Free
2	200 IM
3	100 Fly
4	200 Back
5	100 Breast
6	400 Free
7	200 fly
8	100 Back
9	200 Breast
10	200 Free
11	400 IM
12	100 Free



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SWIMMING  
CANADA  
NATATION



## 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."**