



2023 NRST Fall Invitational October 28-29, 2023

Sanctioned by SWIM BC: #

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

Referee: Nancy McGuire - Level 4

Meet Manager: Craig Pearse/Chelsey Flood

Meet Manager 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 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:

1. 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 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.
4. 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.
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, 15-18.
7. Maximum events each swimmer can swim is 8, no more than 3 per session Saturday and Sunday morning and only 2 per Saturday afternoon session.
8. Meet management reserves the right to limit the number of heats in 400m events if estimated time outs are exceeded.

9. Meet management may change session start times after the first entry deadline.
10. ALL photographers must have applied for and received permission from meet management prior to the start of the meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the club's use only. Requests for photographers can be sent to the Meet Manager. Flash photography will not be permitted at the start of each race.
11. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

Eligibility:

1. Only clubs with a good standing with Swim BC will be accepted.
2. All swimmers must be registered properly with a club in good standing with Swim BC.
3. There is a maximum swimmer's age of 18 years old.
4. Swimmer's age is determined on the first day of the meet. **Swimmers must have achieved the minimum time standard in each event entered. NT (No times) will not be accepted.**
5. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standards in an event.

Entries:

1. Entries will be limited to 300 swimmers, with the last team entering the 300th swimmer accepted.
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. The Meet Manager will confirm by email those teams whose reservations are accepted.
3. Teams attending all three 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.



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Awards:

1. Ribbons shall be presented for places 1st – 8th for the following age groups: 10&under, 11&12 and 13&14.
2. Best Time Ribbons for 10 & under swimmers.

Entry Fees:

1. \$12.00 per individual event.
2. \$15.00 per relay entry.
3. \$5.00 per swimmer Swim BC Competition Surcharge.
4. Fees must be paid prior to the start of the meet.
5. Please make cheques payable to NRST.

Entry Deadlines:

1. **Deadline for upload of entries to the SNC meet listings website is no later than midnight Thursday, October 19, 2023.** Files sent directly to the meet manager will not be accepted, SNC swimmer verification required.
2. **Scratch deadline with refund is Wednesday, October 25, 2023 at 7pm.** Email scratches to meets@nanaimoriptides.com
3. Teams requiring excessive changes after the registration deadline will be charged a \$5 admin fee per swimmer. Please verify your entries before submitting.
4. 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 / EVENTS AND QUALIFYING TIMES (MIXED GENDER)

SESSION 1	SATURDAY AM	WARM-UP 8:00AM to 8:50AM	START TIME 9:00 AM	PROJECTED END TIME 1:45 PM	
EVENT ID	EVENT	10 & UNDER	11-12	13-14	15-18
1	4 x 50 Mixed Medley Relay				
2	100 Free	2:00	1:40	1:20	1:15
3	50 Fly	1:10	1:00	:45	:40
4	100 Back	2:10	1:50	1:30	1:25
5	200 Breast	4:00	4:00	3:30	3:20
6	200 IM	4:15	4:00	3:20	3:10
SESSION 2	SATURDAY PM	WARM-UP 3:45 PM to 4:25 PM	START TIME 4:30 PM	PROJECTED END TIME 8:00 PM	
EVENT ID	EVENT	10 & UNDER	11-12	13-14	15-18
7	4 x 50 Mixed Freestyle Relay				
8	50 Breast	1:20	1:15	1:00	:50
9	100 Fly	2:10	2:00	1:35	1:20
10	50 Free	1:00	:50	:40	:40
11	200 Back	3:45	3:40	3:15	3:00
SESSION 3	SUNDAY AM	WARM-UP 8:00 AM to 8:50 AM	START TIME 9:00 AM	PROJECTED END TIME 1:30 PM	
EVENT ID	Event	10 & UNDER	11-12	13-14	15-18
12	200 Free	4:00	3:45	2:50	2:40
13	50 Back	1:00	:55	:50	:45
14	100 Breast	2:15	2:00	1:45	1:35
15	100 IM	2:15	2:00	1:45	1:35
16	400 Free	7:15	7:15	6:20	5:45



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."



Event Photography and Video Policy

Section: Social Policies
Approved by: Board of Directors

Date of Approval: February 17, 2022
Next Review: February, 2024

Policy Statement

1. Swim BC believes that when used properly photography and videography are excellent tools to celebrate and promote a participant's involvement and achievements within our sport. We also understand that while the great majority of images are appropriate and are taken in good faith, certain images can be misused and/or misinterpreted to put a participant, most notably a minor participant, at risk.

Definitions:

2. The following term has this meaning in this Policy:
 - a) Photography and Videography - a blanket term referring to all forms of image capture, including but not limited to still photography, video recording, social media posts and/or video streaming.

Procedure:

3. In order to minimize risk, all photographs and video taken at Swim BC sanctioned competitions and approved events, whether taken by a professional photographer or videographer, spectator, team support staff or any participant, must observe generally accepted standards of decency - in particular:
 - a) Photography and videography are prohibited from behind swimming blocks at the start of a race or from the other end of the pool;
 - b) Photography and videography are prohibited in locker-rooms or bathrooms or any other dressing or prep area;
 - c) Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context;
 - d) Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit; and
 - e) Avoid images, camera angles and poses that may be more prone to misinterpretation or misuse by others.
4. Failure to adhere to these procedures may be subject to a complaint submitted pursuant to Swim BC's *Discipline and Complaints Policy*. In addition, failure to adhere to these procedures may also result in accreditation being revoked or removal from the event.
5. All event participants and spectators should be made aware of these photography and videography standards with event announcements.
6. It is strongly recommended that event hosts add the following announcement be added to pre-session announcements at all competitions or be posted at the start-end of the pool:

"A reminder to all athletes, coaches, officials, volunteers and spectators: Under NO circumstances are cameras or other recording devices permitted in the area immediately behind the starting blocks during practice or competition starts, OR in locker rooms, bathrooms, or any other dressing area."