



**NRST Fall Invitational**  
**October 24<sup>th</sup> & 25<sup>th</sup>, 2015**  
**Nanaimo Aquatic Centre**  
**741 3<sup>rd</sup> Street**  
**Nanaimo, BC**  
**Sanction #**

| Warm Ups and Session Start Times                   |                       |
|--|-----------------------|
| Saturday Morning(Oct 24 <sup>th</sup> )Session 1   |                       |
| Warm Ups   | 8:00-8:50am           |
| Competition  | 9:00-2:00pm           |
| Saturday Afternoon(Oct 24 <sup>th</sup> )Session 2 |                       |
| Warm Ups   | Estimated 4:00-4:30pm |
| Competition  | 4:40-7:30pm           |
| Sunday Morning(Oct 25 <sup>th</sup> )Session 3     |                       |
| Warm Ups   | 8:00-8:50am           |
| Competition  | 9:00-1:30pm           |

#### **Pool Features:**

- 1 – 25M Competition Pool
- Colorado electronic timing, touch pads and scoreboard.
- Coffee shop available on site.

#### **Meet Rules:**

1. The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring and one start rule.
2. The current SNC swimsuit rule will be observed.
3. Maximum number of events each swimmer can swim is 8, no more than 3 per session.
4. Age groups will be 9 & under, 11 & under, 12-13, 14-15 and over 16.
5. Swimmers entered in the 200 and 400 meter events must have an "A" qualifying time.
6. 9 & under must have an 11&under "A" qualifying time in the 200 and 400 qualifying events
7. Events will be swum slowest to fastest, mixed gender.
  - a. Being mixed-gender, SwimBC/SNC record breaking performances will not be ratified as new records.
8. All events will be swum as timed finals.
9. Meet management reserves the right to limit the number of heats in the 400 events if we exceed estimated time outs.
10. Ribbons will be awarded to the top 8 boys and girls swimmers in individual events for the 9 & under, 11 and under and 12-13 age groups.
11. Ribbons will be awarded to the top 3 boys and girls individual event winners in the 14-15 and 16 & over age groups.

12. Session 2 warm ups, Saturday Afternoon will start 2 hours after the projected time out from session 1.

13. Warm ups for Session 2 will be 30 minutes.

14. Meet Manager reserves the right to include swimmers from the host team without required time standards swim in event with time standards

#### **Entries:**

1. **Entries will be limited to 250 swimmers with the 250<sup>th</sup> swimmers team being the last team accepted.**
2. **Reservations can be made by emailing the Meet manager ([meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)) with the estimated number of swimmers attending the meet. Entries will be accepted on a first come first serve bases. Meet manager will confirm by email those teams who's reservation are accepted.**
3. **Teams attending all 3 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.**

#### **Eligibility:**

- Swimmers registered with Swim BC or other FINA related organizations.
- Swimmers age is determined on the first day of the meet.

**Entry Fees:**

\$8.00 Per individual event  
 \$4.00 Provincial Splash Fee per Swimmer.

**Refunds:**

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

**Scratch deadline is October 21<sup>th</sup>, 2015**

**Deck Entries:**

**There will be NO deck entries accepted.**

**Entry Deadlines:**

Entries must be uploaded prior to the entry deadline to [www.swimming.ca/MeeList.aspx](http://www.swimming.ca/MeeList.aspx)

All entries must be received by **October 15<sup>th</sup>, 2015.**

Fees must be paid prior to the start of the meet. Please make cheques payable to NRST

| Saturday Morning Session 1 |            |
|----------------------------|------------|
| Event                      |            |
| 1                          | 100 Free   |
| 2                          | 50 Fly     |
| 3                          | 100 Back   |
| 4                          | 200 Breast |
| 5                          | 200 IM     |

| Saturday Afternoon Session 2 |           |
|------------------------------|-----------|
| Event                        |           |
| 6                            | 100 Fly   |
| 7                            | 50 Breast |
| 8                            | 200 Back  |
| 9                            | 50 Free   |

| Sunday Morning Session 3 |            |
|--------------------------|------------|
| Event                    |            |
| 10                       | 200 Free   |
| 11                       | 50 Back    |
| 12                       | 200 Fly    |
| 13                       | 100 Breast |
| 14                       | 400 Free   |

June 27, 2014



## SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted printing in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers/fins are not permitted during any warm-up at any time.

### VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

### SAFETY MARSHALS:

The Safety Marshals are in a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by Safety Vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks 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.

### 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:

Nanaimo Riptides Swim Team "SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET." [www.nanaimoriptides.com](http://www.nanaimoriptides.com) 250-714-1800