



**Comox Valley Aquatic Club
10 and Under Challenge
May 5 and 6, 2018
Sanctioned by SwimBC - #_____**

Location: Comox Valley Aquatic Center
377 Lerwick Drive
Courtenay, BC

Times	Warm Up	Start	Estimated Out
May 5 - Session 1	1:30 PM	2:30 PM	6:30 PM
May 6 - Session 2	8:30 AM	9:30 AM	1:30 PM

Pool: 8 Lane, 25 meter pool with Colorado Timing System

Meet Manager: Aaron Macluskie - cvsharksmeetmanager@gmail.com

Entries: Meet entries must be uploaded directly to the SNC website. Entries sent directly to the meet manager will not be accepted. No Time "NT" entries will be accepted. Maximum number of swimmer – 200.

Swimmers can swim a maximum of 8 individual events.

Entry Deadline: Meet entries must be uploaded to Swimming Canada (www.swimming.ca/meetlist.aspx) no later than 9:00 pm Saturday April 28th.

Entry Fees: \$6.50 per individual event
\$6.50 per relay
\$4.00 per swimmer SwimBC Splash Fee

Deck Entries: Deck entries will be permitted 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 no later than 30 minutes before the start of the meet.

Scratches: Please email known scratched to Aaron Macluskie (cvsharksmeetmanager@gmail.com). The No-Charge scratch deadline is 10 PM, Wednesday May 2nd, 2018. Scratches received after this time will be charged unless accompanied by a medical note. Scratches the day of the meet must be received by the Clerk of Course no later than 30 minutes before the start of the meet.

Awards: Awards will be given to the top total point, male and female swimmers in each of the three age groups (8 and Under, 9, and 10 years old). Aggregate point score for 8 events (9-7-6-5-4-3-2-1 scoring)

Meet Rules: SNC and Swim BC rules will be in effect
 SNC one start rule will be in effect
 SNC warm up rules will be in effect
 All events will be swam mixed but will be awarded separately by gender and age group. (8 and under, 9, and 10)
 Seeding will be slowest to fastest
 All events are timed finals
 All 25m and 100m IM events are for novice swimmers only
 Novice (Non-competitive) will have this count as their one meet
Novice events are not subject to disqualification and will not count for awards
 Teams may bring 11 & over swimmers for the novice events
 All 25m events will start in the shallow end
 If the meet is over subscribed, relays will be cancelled to accommodate individual events
 Teams can enter multiple teams of 6-8 swimmers for the Innertube and Tshirt relay.

Event Order:

<u>Session 1</u>	<u>Session 2</u>
4 x 50 Medley Relay	4x50 Freestyle Relay
200 Backstroke	100 IM (Novice)
25 Freestyle (Novice)	200 IM
100 Freestyle	50 Freestyle
50 Breaststroke	200 Butterfly
Innertube Relay	25 Breaststroke (Novice)
100 Butterfly	Wacky Team Shirt Relay
25 Butterfly (Novice)	100 Breaststroke
200 Breaststroke	25 Backstroke (Novice)
50 Backstroke	100 Backstroke
400 Freestyle	50 Butterfly
	200 Freestyle



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.