



# Vancouver Island Region (VIR)'s Level Up #4

## Saturday, January 20<sup>th</sup>, 2024

This competition is running UNSANCTIONED

**Meet Referee:** Steve Ridenour  
**Meet Manager:** Leanne Sirup  
**MM email:** [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com)

**Venue:** Cowichan Aquatic Centre  
 2653 James St, Duncan BC, V9L2X5

**Saturday:**  
 8 x 25m Competition Pool  
**Timing System:** Sat: Colorado  
 electronic touch pads + display

### 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:

- 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
- Swim BC competition warmup safety procedures will be in effect at this meet
- All events will be swum as timed finals, mixed gender, senior seeded
- Given that this competition is UNSANCTIONED, any times performed CANNOT be used for Proof of Time for any Swim BC nor SNC competitions
- Given that this competition is UNSANCTIONED, Swim BC / Swimming Canada record breaking performances will not be ratified as new records
- Maximum events each swimmer can swim is 6 total events
- Spectators are welcome, we will not be live streaming unless circumstances change

### Eligibility:

- All swimmers must be registered with a Swimming Canada/Swim BC or other World Aquatics affiliated organization
- Age is based on the swimmer as of 20jan2024

### Awards:

- Results will be separated by gender and age categories: 6&Under, 7/8yrs, 9/10yrs, 11&Over
- All events will have HEAT WINNER awards only
- Raffle prizes will be awarded for Personal Best times achieved

### Officials:

DST gratefully appreciates assistance from visiting Teams. Please see <https://www.duncanstingrays.com/event/vir-level-up-comp-4> to sign up.

### Entries:

- Entries will be limited to 75 visiting swimmers per session
- All attending swimmers are required to be Registered with Swim BC at minimum Swim BC Swim School category. Proof is required upon request
- Reservations can be made by emailing [meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com) with the estimated number of swimmers attending the competition. Entries will be accepted on a first come first serve basis. Meet Manager will confirm by email those teams whose reservation are accepted

### Entry Fees:

- \$30.00 per swimmer
- Includes mid day FUN SWIM & minor snack
- Payment can be made by:
  - cheque payable to: Duncan Swim Team
  - EMT to [admin@duncanstingrays.com](mailto:admin@duncanstingrays.com)
- Deck Entries will be accepted to fill empty lanes only
  - \$15 per event, payment due at submission
  - New swimmers will be added to the meet upon proof of Swim BC Registration. New entries must include Swimmer Full Name & Date of Birth

### Entries Deadline:

- Files must be sent directly to the Meet Manager [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com)
- Deadline for upload of entries to the SNC meet listings website is **Wednesday, 17jan2024**
- Scratch deadline with refund is noon, Friday 19jan2024
- 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 after scratch deadline
- Teams requiring excessive attention after the scratch deadline will be charged \$5 admin fee per swimmer change. Please verify your entries before submitting

WARMUP: 100 – 125					
Racing: 130 – 530					
Level Up 3		Level Up 2		Level Up 1	
Event #	Event Description	Event #	Event Description	Event #	Event Description
1	100m Breaststroke	2	50m Breaststroke	3	25m Breaststroke
4	100m Butterfly	5	50m Butterfly	6	25m Butterfly
7	100m Backstroke	8	50m Backstroke	9	25m Backstroke
FUN SWIM / Break (length to be determined)					
10	200m Individual Medley	11	100m Individual Medley	12	100m Individual Medley
13	100m Freestyle	14	50m Freestyle	15	25m Freestyle
16	100m Dolphin Kick	17	50m Dolphin Kick	18	25m Dolphin Kick





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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."**

