

WEST COAST OPEN

LONG COURSE

Sanctioned by Swim BC: #20245

DATE Saturday, May 13th & Sunday, May 14th, 2017

VENUE Watermania Pool, Steveston Highway & No. 6 Road, Richmond. 604-275-7946

SETUP 8 lanes - 50m pool, 2 warm down lanes. Electronic timing

AMENITIES (refer to map provided)

- Free online Heat Sheets
- Subway & Coffee shop
- Old Spaghetti Factory, Monkey 9 Brew Pub, Brain freeze frozen yogurt,
- Movie theatre & Bowling lanes on site.
- Holiday Inn - 2min walk from the pool

West Coast Open is a meet designed for clubs to bring a large group of swimmers together and have a great team experience. The meet is also designed as an early season LC racing opportunity that will allow coaches to select events that are not always offered to swimmers of all levels.

Meet Management Team

Meet Manager: Adrian Fung
Meet Referee: Dawna McIver
Official's Coordinator: Alexei Bobyrev
Meet Secretary: Carrie Murray
Head Coach: Robert Pettifer

meetmanager@richmondrapids.com

officials@richmondrapids.com

secretary@richmondrapids.com

rapidrob@richmondrapids.com Office: 604-275-7946

FEES

- \$10.00/individual event
- Swim BC splash fee \$4.00
- Facility improvement Fee \$4.00
- \$10.00 for official split requests
- One cheque per club

AWARDS

- Ribbons for 1st-8th in individual events
- Age Groups 11 & under; 12-13; 14-15 and 16&O

\$100 Team Spirit Award

- Awarded to the Team that shows the most in the following categories:
- Team Uniforms; Team Unity; Team Spirit and Parental Participation
- The judging of this award will be completely subjective and will be done by the Meet Manager and Rapids Head Coach.
- The award will be presented at the end of the meet.

Entries:

Entry deadline: Friday May 5th, 2017 (9pm PST)

Last Chance Scratch deadline: Monday May 8th, 2017 (6pm)

- The Meet will be limited to the team entering the **450th swimmer**.
- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada website.
- Domestic entries sent directly to the meet manager will not be accepted.
- Teams from the U.S.A. should submit their entries through the Swimming Canada website and need to use the -- Out of Country -- designation in the Province Field on the online form.
 - <https://www.swimming.ca/en/events-results/live-upcoming-meets/?province=2&season=17&month=5>
- Cheques should be made payable to the **"Richmond Rapids Swim Club"**.
- Associations must submit one cheque only; no individual cheques will be accepted from members of the association.
- Entries with no time attached will be not be accepted. Exception: 50m stroke events (Bk, BR, Fly)
- 400 Freestyle will be limited to 12 or fewer heats
- 400 IM will be limited to 10 or fewer heats
- All coaches and clubs will be notified via email about the timelines and any modifications to the meet once final entries have been received.
- The host club reserves the right to enter swimmers not meeting the QT.

Qualifying times for all events are the current Swim BC "A" short course or long course standards.

Deck Entries

- Deck Entries will only be taken to fill empty lanes on a first come first serve basis – no new heats created
- Deck Entries will be exhibition only - not eligible for awards
- For a swimmer to be deck entered, the coach must provide the swimmers ID number (9 digits), as well as their correct date of birth.
- \$20.00/individual event.

Meet Rules

1. Heats will be Senior seeded.
2. Age Groups: 11&under, 12-13, 14-15 and 16&O
3. All events will be timed finals.
4. The meet will be double ended if we have a high-level subscription.
5. All swimmers must be registered with Swim BC; another FINA affiliated organization and/or an IPC affiliate.
6. Para-swimmers must be entered with their classification numbers and actual times for each event.
7. Current IPC Rules will apply to all Para-swimmers in the meet.
8. All suits must meet all current SNC & FINA guidelines.
9. Age group is based on the swimmer's age as of May 14th, 2016
10. 10 & under swimmers are limited to 4 hr. competition time-excluding warm-up.
 - a. Coaches are to ensure that their 10 & U swimmers are meeting these guidelines.
11. SNC rules and the Swim BC Tech Guide will be in effect.
12. SNC warm up protocol will be in effect. "The FINA one-start rule is in effect"
13. The meet management reserves the right to limit the number of entries in all events to fit the goal time lines.
14. A coaches' meeting will be held 10 minutes prior to the start of the first session on Saturday morning and then as necessary.

Saturday May 13th

Session #1 - 7:30am Warm-up Start 8:35 am (DRAFT)

Female

		<u>Male</u>
1	100m Free	2
3	200m Breast	4
5	100m Back	6
7	400m Free	8
9	50m Fly	10

Session #2 (Saturday)

Warm-up - 2:30pm to 3:00 Start 3:15 (DRAFT)

Female

		<u>Male</u>
11	200m IM	12
13	100m Fly	14
15	200m Back	16
17	50m Free	18
19	50m Breast	20

Sunday May 14th

Warm up 7:30am – 8:20am Start 8:35 am (DRAFT)

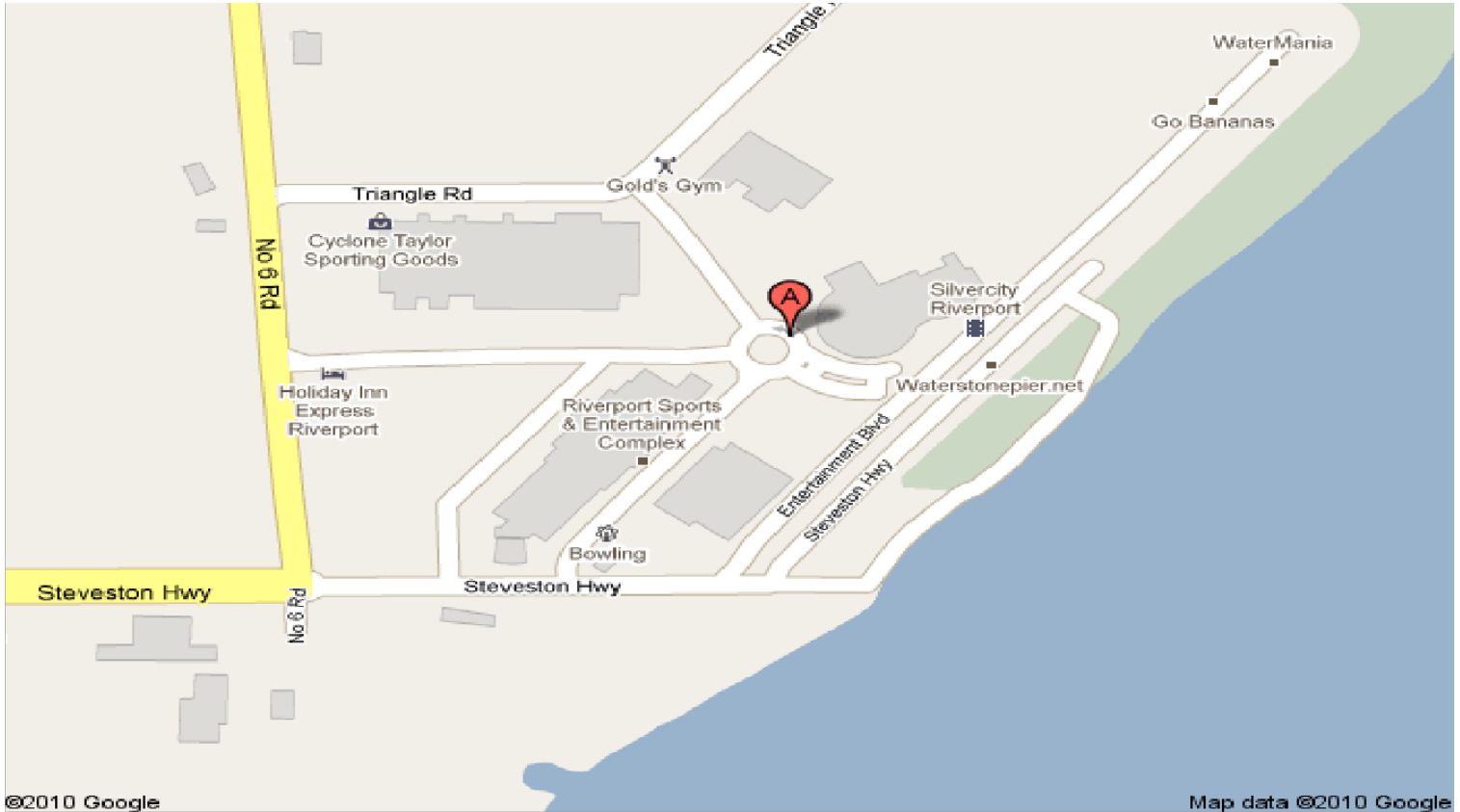
Female

		<u>Male</u>
21	100m Breast	22
23	200m Fly	24
25	200m Free	26
27	400m IM	28
29	50m Back	30



Watermania Pool

Entertainment Boulevard, Richmond, BC V6W 1K3, Canada - (604) 448-5353

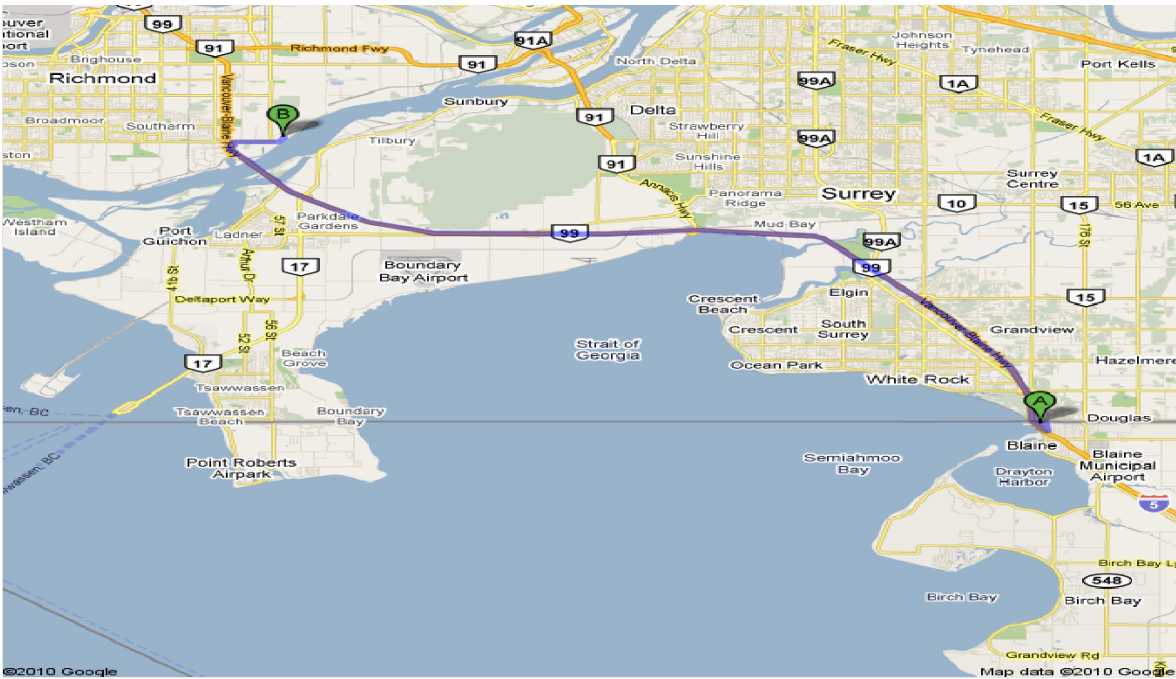


From the border

Watermania

14300 Entertainment Boulevard, Richmond, BC V6W 1K3, Canada - (604) 448-5353

Approximately .26 min from the border (almost all highway & only two turns required after the border)



This meet is financially supported by the Government of British Columbia, Sports Services and Gaming Branch.



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."