

# SFA / SFU LMR Swim Meet

Saturday & Sunday, May 13-14, 2017

Co-Hosts: Simon Fraser Aquatics and Simon Fraser University

*Paul and Marg Savage Aquatic Center - SFU*

Sanctioned by Swim BC

Sanction # 21057

**Location:** Simon Fraser University Pool      Phone – 778-782- 3176  
Simon Fraser University  
Burnaby, BC  
V5A 1S6

6 lane 25 meter pool  
Diving well for warm-up/down  
Colorado starting / timing system  
Kiefer lane ropes

## Format possibilities:

If **more** than 200 swimmers are entered (Blocked meet format):

### **SATURDAY MORNING - 12 & Overs**

8:30 am warm-up  
9:15 am start  
11:45 am estimated finish

### **SUNDAY MORNING - 12 & Overs**

8:30 am warm-up  
9:15 am start  
1:15 pm estimated finish

### **SATURDAY DISTANCE FREE – All Ages**    **SUNDAY AFTERNOON - 11 & Unders**

11:45 am estimated warm-up  
12:20 pm estimated start  
1:35 pm estimated finish

1:15 pm estimated warm-up  
2:00 pm estimated start  
6:00 pm estimated finish

### **SATURDAY AFTERNOON - 11 & Unders**

1:35 pm estimated warm-up  
2:20 pm estimated start  
5:50 pm estimated finish

AGE GROUP TIME BLOCKS MAY BE MODIFIED TO ACCOMMODATE ENTRY NUMBERS  
AND/OR TIME RESTRICTIONS. TIME LINES WILL BE CONFIRMED SHORTLY AFTER THE ENTRY DEADLINE.

If **less** than 200 swimmers are entered:

### **SATURDAY**

8:30 am warm-up  
9:15 am start  
1:30 pm estimated finish

### **SUNDAY**

8:30 am warm-up  
9:15 am start  
3:00 pm estimated finish

### **SATURDAY DISTANCE FREE**

1:30 pm estimated warm-up  
2:15 pm estimated start  
3:30 pm estimated finish

**Eligibility:** All swimmers must be registered with Swim BC or other FINA affiliated organization. Age groups will be based on age on the first day of the competition.

Para-swimmers are welcome. Please designate the classification with the entries.

## Qualifying Standards

### Meet Entry standard

200 IM = UNDER 4:00

### **Distance Event Entry - in the swimmer's respective BC Provincial age group**

- For the 400 Free, a SwimBC 'A' standard in a 200 or 400 Free
- For the 800 – 1500 Free, a SwimBC 'A' standard in a 400, 800 or 1500 Free
- For the 400 IM, a SwimBC 'A' standard in a 200 or 400 IM
- To swim distance events, 10&under swimmers must achieve the BC Provincial 11&under 'A' standard in the respective events.

Upon request, Clubs entered must **provide a proof of time sheet** for the **200 IM**; and proof of time for individuals entered in the 400m+ events listed above. Entries that cannot be proven may be removed from the meet.

A swimmer with a "AAA" time in an event will **NOT** be eligible for an award in that event. Any relay team with a "AAA" swimmer included will **NOT** be eligible for an award in that event.

### Entries:

Meet entries must be uploaded prior to the entry deadline to the Swimming Canada <https://www.swimming.ca/meetlist.aspx> website. Entries sent directly to the entries coordinator will not be accepted.

- Total entries is limited to 6 events maximum per swimmer excluding relays.
- A maximum of 4 events may be entered on one day excluding relays.
- Swimmers may enter a maximum of 2 events at 200m+ distance per day.
- Swimmers may enter the 200IM on ONE day only (i.e., not on both days). This applies to deck entries as well.
- **Any swimmer entered in more than two 200m+ events in a day (after the scratch deadline) will be scratched from all 200+ events after the second 200m+ event entered on that day. These will be deemed late scratches and are not eligible for refund.**
- The meet will be limited to 350 swimmers (the team entering the 350<sup>th</sup> swimmer will be accepted to the meet).

### Entry Fees:

Individual events	\$7.00
Relays	\$10.00
Swim BC Splash fee	\$4.00
Facility improvement fee	\$4.25
Late or Deck entry	\$10.00 Individual \$15.00 Relay

- Entry fees must be paid prior to the start of the first session.
- **Deck entries will only be accepted for swimmers who are already entered in the meet. Deck entries will be entered into empty lanes only, no new heats will be created.**
- Deck entry requests are required 30 minutes before the end of warm-up, and are payable in cash when the deck entry is accepted.
- Deck entries are not eligible for awards.
- Please make cheques payable to: **SIMON FRASER UNIVERSITY SWIM TEAM**

**Entry Deadline:** entries must be received by **9:00pm on Thursday May 4, 2017.**

**Scratch Deadline:** Any scratches received on or before **Sunday, May 7, 2017** will have full reimbursement. After said date, a medical note must accompany scratch for reimbursement. Please see Entries section above for scratch rules regarding 200m+ events. Deck entries are first come; first served. No new heats will be created after Tuesday, May 9, 2017.

**Relays:**

Relays will swim with 2 females, 2 males – any order. Other gender combinations will be accepted, but will swim “Exhibition” and not eligible for an award in that event.

Names of relay swimmers must be provided to meet management no later than 30 minutes after the start of each session.

Any relay team with a “AAA” swimmer included will NOT be eligible for an award in that event.

**Meet Rules:**

All SNC and Swim BC rules as stated in the SNC rulebook and Swim BC Technical Guide will apply. All LMR rules will be in effect.

10 & U swimmers are limited to 4 hours of competition time.

- Coaches should enter these swimmers in events which ensure completion of their sessions within 4 hours.

The FINA one-start rule will be in effect.

Swimming Canada warm-up competition safety procedures will be in effect at this meet.

**Meet management reserves the right to limit/alter the meet to fit time lines. This may mean excluding distance events and/or relays, or other such alterations.**

Scratches must be received by the Clerk of Course 30 minutes prior to the scheduled start time of the session.

SFU & SFA are NOT responsible for visiting clubs’ swimmers

**Deck Food:** Due to facility regulations, light food snacks will be allowed for officials and coaches only on the deck. If meals are provided for officials and coaches it will be in an assigned room off deck. Swimmers are asked to eat in the viewing gallery, Tim Horton’s cafeteria or other areas off deck. Thank you in advance for your cooperation and understanding.

**Officials:** Each participating club will be required to submit a list of 3 deck officials (timers and/or other deck officials) for each session along with your club’s entries. Volunteer timers/officials will receive complimentary parking, snacks and beverages.

**Coaches’ Meeting:** There may be a coaches’ meeting 10 minutes prior to the session start as required.

**Officials’ Meeting:** There will be an officials’ meeting 30 minutes prior to the start of each session.

**Awards:**

- There will be awards presented for the top 6 finishers in each event by age group (9&U, 10&11, 12&13, 14&O) and the top 3 teams in each relay event (11&U and 12&O).
- The 200IM will be run on both days. These results will be combined, and ribbons awarded as above.
- A swimmer with an “AAA” time in an event will NOT be eligible for an award in that event.

**Parking:** Hourly at SFU parkade. **All volunteers on-deck will receive complimentary parking.**

**Concession:** Coffee and general concession items may be available during restricted times throughout the competition. ***Volunteer timers/officials*** will receive free coffee and refreshments.

<b><u>Meet Manager</u></b>	Deirdre Porreca	Email: <a href="mailto:porreca@telus.net">porreca@telus.net</a>
<b><u>Officials Manager:</u></b>	Deirdre Porreca	Email: <a href="mailto:porreca@telus.net">porreca@telus.net</a>
<b><u>Entries Coordinator:</u></b>	Deirdre Porreca	Email: <a href="mailto:porreca@telus.net">porreca@telus.net</a>
<b><u>Meet Referee</u></b>	Piero Porreca, Level 5	Email: <a href="mailto:porreca@telus.net">porreca@telus.net</a>

IF BLOCKED – the 12 & Over swimmers will be in the MORNING session and the 11 & Under swimmers will be in the AFTERNOON.

SATURDAY EVENTS		
12 & O Morning	EVENT	11 & U Afternoon
	Warm-up (40 minutes)	
1	200m IM **	2
3	50m Butterfly	4
5	200m Breaststroke	6
7	100m Backstroke	8
9	200m Butterfly	10
11	50m Breaststroke	12
13	400m IM	14
15	100m Freestyle	16
17	4x50 Mixed Medley Relay	18
	Distance Free Warm-up (30 minutes)	
19	800m Freestyle ***	19
20	1500m Freestyle ***	20

SUNDAY EVENTS		
12 & O Morning	EVENT	11 & U Afternoon
	Warm-up (40 minutes)	
21	200m IM **	22
23	100m Breaststroke	24
25	400m Freestyle	26
27	50m Freestyle	28
29	200m Backstroke	30
31	100m Butterfly	32
33	200m Freestyle	34
35	50m Backstroke	36
37	4x50 Mixed Freestyle Relay	38

\*\* The 200IM will be run on both days. The results will be combined, and ribbons awarded as one event.

\*\*\* Swimmers choose either the 800m or 1500m Freestyle. Age groups and genders are combined.

**Swimmers may enter no more than two 200m+ events per day.**

*Any swimmer entered in more than two 200m+ events in a day (after the scratch deadline) will be scratched from all 200+ events after the second 200m+ event entered on that day. These will be deemed late scratches and are not eligible for refund.*

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## - Officials Page -

*Please pass this page on to your club's director of officials.*

### Meet Officials:

The number of swimmers entered from each club will dictate the number of officials that each club will be expected to bring to the meet.

3 – 5 swimmers	1 timer*,	
6 – 10 swimmers	1 timer, 1 stroke & turn*	per session
11 + swimmers	2 timers, 1 stroke & turn*	

- or other experienced deck official
- These are minimum requirements only. More help on deck will be appreciated.

The names of the stroke and turn or other deck officials must be submitted to the officials manager by **May 8, 2017** with the names of your experienced deck officials and trainees.

All clubs are encouraged to bring their inexperienced stroke and turn judges- those that have attended a clinic but with limited deck experience in actual meets, as this will be an excellent meet to shadow with a more experienced official.

The referee will make stroke and turn assignments during the officials meeting. This meeting will take place 30 minutes prior to the session start at the pool.

Clubs will be assigned lanes for timing according to each club's meet entry load. The lane assignment will be posted on the deck during each session. Please remind your parents that the lanes must be manned through to the end of the meet.

### Officials Manager:

**Deirdre Porreca**  
Email: [porreca@telus.net](mailto:porreca@telus.net)

## 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."**