



Langley
OLYMPIANS
Swim Club

Lower Mainland Regional Championships
Hosted by The Langley Olympians Swim Club
June 17th & 18th, 2017

SANCTIONED BY SWIM BC: #21167

Location: Walnut Grove Community Centre
8889 Walnut Grove Drive
Langley BC
V1M 2N7

Eligibility: LMR qualified: 4:00 200 IM
Swimmers who are qualified for AA Champs, with at least two AA standards, are not eligible to attend this meet.
Swimmers who have achieved one Swim BC AAA standard are DE-Qualified from the ENTIRE COMPETITION.

Entries: Entry deadline Thursday June 8, 2017 (12:00 pm) Noon
Scratch deadline Tuesday June 13, 2017 (12:00 pm) Noon

Swimmers are limited to 6 individual events.
No "NT" Events may be entered.

Meet management reserves the right to reduce the number of entries if the meet timelines do not fit a reasonable time frame. Clubs will be notified in advance and will have 24 hours to re-submit entries.

Entries must be uploaded prior to the entry deadline to the SNC website.
Entries sent directly to the meet manager will not be accepted.

Relays: Relay entries must include the names of the swimmers. Relay entries without swimmer names will not be accepted.

Entry Fees: Swim BC Splash Fee: \$4.00
Individual Event Fee: \$9.50
Pool Improvement Fee \$4.00 per swimmer
Relays: \$10.00
Deck Entries: \$20.00 (cash only)
Official Split: \$10.00 (first leg of a relay is official and not charged a fee)

Meet fee cheques must be made payable to Langley Olympians Swim Club

Meet Rules:

1. The meet will be run under the most current Swimming Canada and Swim BC rules as per the current Swim BC Technical Guide.
2. This meet is open to swimmers registered with Swim BC or other affiliated FINA organizations.
3. Priority will be given to clubs within The LMR. Clubs outside the LMR will be allowed into the meet if timelines permit.
4. Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time. Current IPC Swimming Rules will govern all Para-Swimmer events. Classification numbers must accompany entries.
5. Swimming Canada warm up procedures will be in effect.
6. Swimmers missing a race will be considered a scratch and will not be entered in another heat in that event.
7. Coaches are requested to consider the four hour time limit when entering 10 & under swimmers.
8. All events will be swum as TIMED FINALS.
9. Awards will be given for 1st through 8th in individual events and 1st to 3rd in relays.
10. Age groups will be 10 and under, 11, 12-13, 14 & over.
11. Relays will be swum and awarded as: 11 & under and 12 & over.
12. It is the visiting club's responsibility to ensure that their swimmers are supervised at all times during the competition and between sessions while in The Walnut Grove facility.
13. Deck entries are permitted but will not be eligible for awards. No new heats will be created for deck entries. Deck entries will not be accepted prior to the meet.
14. Deck Entry and Relay Deadline: Deck Entries, Scratches, and Relay Changes must be in 30 minutes prior to the start of the session.

Meet Contacts:

Meet Manager:	Linda Metcalfe lindajmetcalfe@telus.net
Meet Referee:	Linda Metcalfe
Director of Swimming:	Brian Metcalfe
Officials Coordinator:	

Order of Events & Meet Schedule

Saturday June 17, 2017				
11&U Female	12&O Female	Event	11&U Male	12&O Male
1	101	200 Freestyle	2	102
3	103	100 Butterfly	4	104
5	105	50 Breastroke	6	106
7	107	200 Backstroke	8	108
9	109	100 Breastroke	10	110
11	111	50 Backstroke	12	112
13	113	400 IM	14	114
15	115	200 Freestyle Relay	16	116

Sunday June 18, 2017				
11&U Female	12&O Female	Event	11&U Male	12&O Male
17	117	200 IM	18	118
19	119	200 Butterfly	20	120
21	121	50 Freestyle	22	122
23	123	200 Breastroke	24	124
25	125	100 Freestyle	26	126
27	127	50 Butterfly	28	128
29	129	100 Backstroke	30	130
31	131	400 Freestyle	32	132
33	133	200 Medley Relay	34	134

Meet Schedule

DRAFT: SUBJECT TO CHANGE

SATURDAY

11 & UNDER

7:00 – 7:45 AM Warm-up

8:00 am Start

12:00 noon Estimated Finish

12 & Over

1:00 – 1:45 Warm Up

2:00 pm Start

7:00 estimated Finish

SUNDAY

11 & UNDER

7:00 – 7:45 am Warm -up

8:00 am Start

12:00 noon estimated Finish

12 & Over

1:00 – 1:45 Warm Up

2:00 pm Start

7:00 pm Finish



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.