

# Long Course Splash and Dash

Hosted by Surrey Knights Swim Club  
April 28<sup>th</sup>/29<sup>th</sup>, 2018

Surrey Sport and Leisure Centre  
16555 Fraser Hwy #110, Surrey, BC

Swim BC Sanction #

## Order of Events (timed finals):

Saturday	Sunday
400 Free	400 IM
100 Breaststroke	100 Butterfly
50 Backstroke	50 Breaststroke
200 Butterfly	200 Freestyle
100 Freestyle	100 Backstroke
200 IM	50 Freestyle
50 Butterfly	200 Breaststroke
200 Backstroke	

**Warm Ups:** 8:00-8:50AM for a 9:00AM Start Each Day; estimated finish 2:00PM

## Pool Set up:

- Meet will be run 8 x 50m

## Meet Rules:

- The meet will be run under the most current SNC and Swim BC rules as per the 2017-2018 SWIM BC Technical Guide.
- Current SNC Swim Suit policy will be in effect at this meet.
- The FINA one start rule and SNC warm up procedures will be in effect.
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times, both during the competition and between any sessions that might occur.
- No point scores or awards will be given at this meet.
- On deck will be limited to coaches, swimmers and volunteers. We ask that visiting club coaches please let your parents know and help meet management ensure that parents are not sitting on deck. Meet management reserves the right to remove swimmer(s) from the session if a parent does not adhere to this after being notified. Parents assisting coaches are ok (i.e. assisting a swimmer with a disability, photography, video, etc...)

## Entry Information:

- This is a closed invitational, please email [coachdave@surreyknights.com](mailto:coachdave@surreyknights.com) to reserve a spot.
- This meet is open to swimmers who are LMR qualified (under 4:00min 200IM) registered with Swim BC or other affiliated FINA organizations.
- Swimmer age is as of the first day of competition. Age groups will be 11&U, 13&U, 14&Over.
- 10 & under are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- A swimmer may enter a maximum of 4 events per day.
- Meet management reserves the right to restrict event selection, such as 3 events per day or limiting 400s to ensure meet ends in a timely fashion.

- Proof of times in PDF must accompany all meet entries.
- The Surrey Knights Swim Club reserves the right to enter swimmers not meeting the qualifying standards.
- Para Swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time. 2017-2018 IPC Swimming Rules will govern all Para-Swimmer events. Classification numbers (e.g. s6sb6sm6) must be appended to athlete's surname in entries.
- All heats are timed finals and will be senior seeded, slowest to fastest.
- Preliminary heats will be start overs (with the exception of Backstroke). Swimmers are to remain in the water.

**Officials:**

- Each club attending the meet will be required to provide officials for all sessions at the meet. Please submit the names of people available to work if needed during the preliminary sessions.
- Each attending club must provide their club's Official's Coordinator contact information to the meet manager.  
([officials@surreyknights.com](mailto:officials@surreyknights.com))

**Registration/ Fees/ Entry Deadline:**

**Entry deadline Thursday, April 19<sup>th</sup> 2017**

**Scratch Deadline Monday, April 23<sup>rd</sup> 2018 @ 9:00pm**

- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website ([www.meetlist.notlong.com](http://www.meetlist.notlong.com)).
- Entries sent directly to the meet manager will not be accepted.
- The meet will not exceed 300 swimmers. Teams will be entered into the meet based on the date their original entry file is sent. Coaches will be notified if their entries have not been accepted.
- Cheques should be made payable to the "Surrey Knights Swim Club". Associations must submit one cheque only.
- Entry fees are \$ 9.00/individual event, plus the Swim BC Splash Fee \$4.00/swimmer. Deck entries are \$20.00/event (Deck entries are exhibition only. Must have SNC number and date of birth. Deck entry fees are to be paid before the event, by cash or cheque.)

**Meet Management Team Contacts:**

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|-------------------------------|--|
| • Meet Manager, Chris Wakelin | <a href="mailto:president@surreyknights.com">president@surreyknights.com</a> |
| • Head Coach, Reg Shaw        | <a href="mailto:coachreg@surreyknights.com">coachreg@surreyknights.com</a>   |
| • Meet Referee, Heather Stein | <a href="mailto:heathers1528@gmail.com">heathers1528@gmail.com</a>           |
| • Entries Contact, Dave Geary | <a href="mailto:coachdave@surreyknights.com">coachdave@surreyknights.com</a> |



## 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."**