

NEW YEAR'S INVITATIONAL SWIM MEET

JANUARY 19 - 21st, 2018

VANCOUVER AQUATIC CENTRE

1050 BEACH AVE., VANCOUVER, BC, CA

HOSTED BY:



**CANADIAN DOLPHIN
SWIM CLUB**

SANCTIONED BY: SWIM BC: #22899

MEET REFEREE: Graem Luis

OFFICIALS COORDINATOR: officials@canadiandolphin.ca

MEET MANAGER: Jon Paul Janze meetmgr@canadiandolphin.ca

CONTACT: Kelly Taitinger
k.taitinger@canadiandolphin.ca

\$600.00 in prize money to be won

DEADLINES AND RESTRICTIONS:

Deadlines - no exceptions

Meet entries due: Friday, January 12th, 2018

(uploaded to Swimming Canada meet listings website)

www.swimming.ca/MeetList.aspx

Entries sent directly to the meet manager will not be accepted.

Scratches received later than Monday, January 15th, 2018 must be accompanied by a medical note for refunds.

Restrictions:

Meet entry limit - team entering the 460th swimmer

Minimum Time Standard: 4:00 – 200 I.M.

Distance events: limited

800 = 56 swimmers total (time = 11:30 or faster)

1500 = 40 swimmers total (time = 23:00 or faster)

- Only the fastest mixed swimmers will be accepted and others who do not meet the above limits will be notified.
- These events may be double laned if deemed necessary

MEET ENTRY FEES:

Individual events: \$9.00

Relay events: \$5.00 per relay

Swim BC (splash fee): \$4.00

Pool improvement fee: \$2.00 per swimmer

MEET RULES:

1. Entry fees must be paid prior to the first session of the meet
2. All swimmers must be registered with Swim BC/Swimming Canada or other FINA recognized club
3. All SNC and Swim BC rules as stated in the SNC rulebook and Swim BC Technical Guide will apply
4. FINA one start rule will be in effect. Starts will be dive overs; swimmers are to remain in the water until after the next heat has started except for backstroke
5. Swim Canada warm up procedures to be in effect
6. Clubs are responsible for their seating area and need to keep it clean and tidy
7. Clubs are responsible for their swimmers between sessions
8. Coaches are asked to check in with meet manager upon arrival in order to pick up meet information as well as to make sure all meet fees are paid
9. CDSC reserves the right to limit/alter the meet to fit the time schedule. There may be limits on the 400 free and 400 I.M. if time constraints warrant this. Affected swimmers will be notified.
10. Mixed relays can be any combination

TEAM AWARD:

Marg Durward – Team Spirit Award

Winner selected by the senior officials – for the team with the greatest spirit and volunteerism at the meet.

ENTRIES:

1. Swimmers must have achieved a 4:00 in the 200 I.M. to be eligible to participate in the meet
2. CDSC may enter their swimmers at a reduced standard
3. Age groups are based on the swimmers age as of the 1st day of the meet
4. Long course times will be converted to short course times via meet manager
5. Please provide a list of officials who will help at the meet to the meet officials email attached
6. Swim teams will be responsible to supply at least one stroke and turn judge per session in which they participate as well as two timers per session
7. Relays will be limited to 3 teams per club per age group listed
8. Non-Canadian teams must upload entries through the Swimming Canada site – in the province field, choose out-of-country

EVENT SPECIFICS:

1. 800 and 1500 are mixed (***no records***) and have entry standards and entry limits of
 - a. (56 swimmers - 800)
 - b. (40 swimmers - 1500)
2. 400's, 800's and 1500 frees may be double laned if necessary but not expected
3. **Events will be seeded FAST to SLOW**
 - a. **Positive check in** for the 800 and 1500 is required during the start of the warm up at the clerk of course.
4. **Please enter your 10 & under swimmers in events that will allow them the 4-hour rule within each session if it may go over.**
5. Only swimmers, coaches and officials will be allowed on deck during the meet as well as warm ups
6. Coaches meeting will take place immediately following the clearing of warm ups
7. Distance events will not be posted until after the positive check in

INDIVIDUAL AWARDS:

1. Swimmers achieving the highest FINA point total for one swim (Olympic event) will receive the following based on male and female.
 - a. 12 & U: \$50.00
 - b. 13 - 14: \$100.00
 - c. 15 & O: \$150.00
2. Swimmers must be entered in a minimum of 5 events in order to qualify for the award.

FACILITIES:

- 8-lane 25 metre competition pool
- 6-lane: 20.7 metre warm up tank
- Omega electronic timing
- Omega blocks
- Spectator area upstairs
- Limited concession
- Pay parking – next to aquatic centre as well as some street parking

LIVE RESULTS:

Available at www.canadiandolphin.ca

SILENT AUCTION:

SILENT AUCTION: CDSC will be holding their 9th annual silent auction at the CDSC New Year's Invitational Swim Meet. This year the auction will commence online on January 8th (please visit our website at www.canadiandolphin.ca) and will move to live on

premise at VAC on **Saturday, January 20th**. Bid on a fantastic array of items including a bicycle, gift certificates for dining, hotel stays, services and more; gift baskets; swimming equipment; toys; jewelry; clothing; accessories; private 45-minute coaching session with former Olympian; sporting goods and more! Please check website for an update on auction items. Cheques, cash and credit card accepted and winners must be on-site on Sunday when the auction closes to make payment and claim items.

T.A.S.

Team Aquatic Supplies will be at the pool on Saturday, January 20th

OFFICIALS:

Please send your team's list of officials to officials@canadiandolphin.ca by Tuesday, January 16th, 2018.

Officials need to check in near the clerk of course area and should try to be on deck at least 45 minutes prior to the start of each session - referee will go over rules at the meet.

CDSC's NEW YEARS INVITATIONAL SWIM MEET

Session/Event Schedule

Friday – Session 1

Warm up: 10:00am – 11:00am Session: 11:15am – 6:30pm

Female	Event	Male
1 (mixed)	800 Free Time standard: 11:30.00	1 (mixed)
2 (mixed)	1500 Free Time standard: 23:00.00	2 (mixed)
	<i>Only freestyle swimming will be allowed in event 1 & 2</i>	
3	200 I.M.	4
5	100 Back	6
7	12 & U 200 mixed M.R.	7
8	13 - 14 200 mixed M.R.	8
9	15 & O 200 mixed M.R.	9

Saturday – Session 2

Warm up: 7:00 - 7:45am (main tank) Session: 8:00am - 12:30pm

Female	Event	Male
10	200 Fly	11
12	100 Breast	13
14	200 Free	15
16	50 Back	17
18	12 & U 200 M.R.	19
20	13-14 200 M.R.	21
22	15&O 200 M.R.	23

Saturday – Session 3

Warm up: 1:00pm - 1:30pm (main tank) Session start: 1:45 - 6:30pm

Female	Event	Male
24	400 I.M.	25
26	200 Back	27
28	100 Free	29
30	50 Fly	31

Sunday – Session 4

Warm up: 7:00 - 7:45am (main tank) Session Start: 8:00am - 12:00noon

Female	Event	Male
32	200 Breast	33
34	100 Fly	35
36	50 Free	37
38	12&U 200 F.R.	39
40	13-14 200 F.R.	41
42	15&O 200 F.R.	43

Sunday – Session 5

Warm up: 12:30 - 1:00pm (main tank) Session start: 1:00 - 4:30pm

Female	Event	Male
44	400 free (Only freestyle will be allowed in events 44 & 45)	45
46	100 IM	47
48	50 Breast	49



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 lanespace 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 alternatives 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."