



AAA Long Course #2
Hosted by: Sackville Waves Aquatic Team
February 10-11, 2023

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- Sanctioned by: Swim Nova Scotia
- Meet Manager: Jennifer Kershaw: jeneker@outlook.com
- Head Official: Paul Melanson: p.m.melanson@hotmail.com
- Officials
Coordinator: Steven Taylor: officials@swatswim.ca
Officials from all teams are invited to help as timers/officials, please send availability and preferred position to Steven by February 6th.
- Entry Fees: \$75.00 (flat fee); 4 individual entries
Cheque payable to Sackville Waves Aquatic Team
- Entries: Hy-Tek entries should be uploaded to the National meet system.
Entry Deadline Monday February 6th at midnight. All entries will be confirmed on Tuesday February 7th.
- Scoring: There will be no scoring
- Facilities: Dalplex Pool, 5260 South St. Halifax, N.S.
8 lane 50m Pool with Quantum Electronic Timing
No outdoor footwear
Please park in designated legal parking spots
- Meet Rules:
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics (formerly FINA) FR 2.3 and SW 4.1
 - SNC Rules and Warm-up Procedures will be in effect
 - The meet will be swum as open events during prelims and finals will be separated into 12 & Under, 13-14, 15 & Over
 - Four (4) individual entries; three (3) relays per team
 - Swimmers that would like to do a 200m event may only choose one of them
 - Each swimmer entered must meet the Age Group Development Level AAA qualifications and be fully registered with Swimming Canada through their respective Provincial Swimming Office
 - 400/1500 Freestyle events will require positive check-in and *may* be swum as two per lane. 1500 Freestyle will swim alternating gender, fastest to slowest. Gender heats may be combined.

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ORDER OF EVENTS

SESSION I			
WARM-UPS: 4:00pm			
MEET START: 5:00pm			
FRIDAY FEBRUARY 10 TH , 2023			
Women's Event #	Age Group	Event	Men's Event #
1	Open	50m Freestyle	2
3	Open	400 Freestyle	4
5	Open	100m Backstroke	6
BREAK-OPEN POOL			
7	Open	50m Breaststroke	8
9	Open	400 IM	10
11	Open	100m Freestyle	12
BREAK-OPEN POOL			
13	Open	200m Butterfly*	14
15		200m Backstroke*	16
17		200m Breaststroke*	18
19		200m Freestyle*	20
21	Open	50 Butterfly	22
BREAK-OPEN POOL			
23	Open	1500 Freestyle	24
SESSION II - FINALS			
WARM-UPS: 8:00am			
MEET START: 9:00am			
SATURDAY FEBRUARY 11 TH , 2023			
25	Open	4 X 100 Medley Relay	26
1	Open	50m Freestyle	2
3	Open	400 Freestyle	4
5	Open	100m Backstroke	6
BREAK-OPEN POOL			
7	Open	50m Breaststroke	8
9	Open	400 IM	10
11	Open	100m Freestyle	12
BREAK-OPEN POOL			
13	Open	200m Butterfly	14
15		200m Backstroke	16
17		200m Breaststroke	18
19		200m Freestyle	20
21	Open	50 Butterfly	22
BREAK-OPEN POOL			
23	Open	1500 Freestyle – Top 8	24

Breaks are subject to change

**Swimmers that would like to do a 200m event must choose only one*

**SWIMMING CANADA
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."