

# 2023 The Fernie Fox Invitational

## April 21-23, 2023

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Sanctioned by SWIM BC: #38609

### Safe Sport

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others.

### Session Times:

#### April 21 – Session 1

Warm Up: 4:00-4:50pm  
Start: 5:00pm  
Projected Finish: 7:30pm

#### April 22 – Session 2

Warm Up: 7:30-8:20am  
Start: 8:30am  
Projected Finish: 12:30pm

#### April 22 – Session 3

Warm Up: 1:30-2:20pm  
Start: 2:30pm  
Projected Finish: 7:00pm

#### April 23 – Session 4

Warm Up: 7:30-8:20am  
Start: 8:30am  
Projected Finish: 12:30pm

#### April 23 – Session 5

Warm Up: 1:30-2:20pm  
Start: 2:30pm  
Projected Finish: 5:00pm

### Facility Access

Teams are asked to enter the facility no earlier than 20 minutes before warm-ups start.

### Meet Manager / Entries

Aysha Haines – manager@evdsc.com

### Meet Referee:

Trevor Nicholson – Level 5

### Location:

Fernie Aquatic Centre  
250 Pine Avenue, Fernie, BC

### Pool Set Up:

- SCM
- 6 lanes, 25m pool
- CTS Dolphin wireless timing
- 6 lane display board
- Back stroke wedges will be available

### Coaches

There will be a brief coach meeting before session 2.

### Eligibility:

All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatic affiliated organizations.

### Max Number of Participants:

The meet will be limited to 400 swimmers (200 per session); Meet management may move events between sessions to manage session time.

### Entries:

Swimmers are limited to a maximum of 7 individual events, (max 1 individual event in session 1, max 3 individual events in sessions 2-5). Swimmers are limited to a maximum of 2 relays.

### Entry Procedure:

Entry Files should be uploaded [HERE](#), unless/until the SNC entry site becomes available.

### Entry Deadline:

Deadline for upload of entries is **April 9, 2023 by 9:00pm**

### Entry Fees:

- Individual Entry Fees: \$12
  - 25m events \$5.00
- Relay Entry Fees: \$15
- Swim BC Competition Surcharge: \$5.00
- Deck Entry Fees: \$20
- Cheques may be made out to: EVDSC
- E-Transfers are preferred and may be made to: payment@evdsc.com

### Meet Format:

- Open Invitational
- All events will be time finals
- Girls & Boys 10&U will swim in the morning sessions, except session 1
- Girls & boys 11&O will swim in afternoon sessions.
- Individual Age Groups: 10&U, 11-12, 13-14, 15&O
- Relay age groups: 10&U, 11-12, 13-14, 15&O
- Skins age groups: 12&U, 13-14, 15&O

### Meet Rules:

1. All Swimming Canada rules will be in effect
2. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.



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3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
4. Deck entries will be allowed only if no new heats are created. Entries must be received 30 minutes prior to the start of the session and are at the discretion of Meet Management. There will be no deck entries for swimmers not already entered in the meet.
5. Relay names must be submitted no later than 30 minutes prior to the start of the session.
6. Warm-up lane assignments will be based on number of entries and will be provided after entries close.
7. Coaches are asked to check in with the Clerk of Course upon arrival to pick up coach's packages and to pay any outstanding meet fees.
8. Clubs are responsible for their seating area within the pool facility. Any theft or vandalism will result in immediate disqualification.
9. There will be limited space for spectators. Please be courteous and take turns to allow everyone the opportunity to watch.
10. Visiting teams are asked to provide volunteer officials. Please email [officials@evdsc.com](mailto:officials@evdsc.com) to express your interest.

PLEASE NOTE: MEET MANAGEMENT RESERVES THE RIGHT TO ALTER, REVISE, LIMIT ENROLMENT, OR OTHERWISE MODIFY THE PROGRAM TO ENSURE MAXIMUM NUMBER OF SWIMS IN A SESSION OF REASONABLE LENGTH, FOLLOWING RECEIPT OF ENTRIES. COACHES WILL BE NOTIFIED OF ANY CHANGES PRIOR TO THE MEET.

### Scratches:

- Scratches received prior to **April 14, 2023** at 9:00pm will not incur meet fees.
- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims.
- There will be no scoring.

### Scoring

### Awards:

- Individual Events: Ribbons will be awarded for the top 6 places.
- Relay Events: Ribbons will be awarded for the top 3 places.
- \$200 Gift Certificate for each team winning a skins race.



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Event List		
Friday - Session 1		
Girls Event Number	Event	Boys Event Number
1	Open 400 Free	2
3	10&U 200 Backstroke	4
5	10&U 200 Medley Relay	6
7	11-12 200 Medley Relay	8
9	13-14 200 Medley Relay	10
11	15&O 200 Medley Relay	12
Saturday - Session 2		
Girls Event Number	Event	Boys Event Number
13	10&U 200 Freestyle	14
15	10&U 100 Backstroke	16
17	10&U 25 Backstroke	18
19	10&U 50 Breaststroke	20
21	10&U 50 Freestyle	22
23	10&U 200 Freestyle Relay	24
Saturday - Session 3		
Girls Event Number	Event	Boys Event Number
25	11&O 200 Butterfly	26
27	11&O 100 Backstroke	28
29	11&O 50 Breaststroke	30
31	11&O 100 Butterfly	32
33	11&O 50 Freestyle	34
35	11&O 200 Breaststroke	36
37	11-12 200 Freestyle Relay	38
39	13-14 200 Freestyle Relay	40
41	15&O 200 Freestyle Relay	42
***	<b>SKINS RACES</b>	***
Sunday - Session 4		
Girls Event Number	Event	Boys Event Number
43	10&U 100 Breaststroke	44
45	10&U 50 Backstroke	46
47	10&U 25 Breaststroke	48
49	10&U 100 IM	50
51	10&U 50 Butterfly	52
53	10&U 100 Freestyle	54
55	10&U 25 Freestyle	56
Sunday - Session 5		
Girls Event Number	Event	Boys Event Number
57	11&O 200 Freestyle	58
59	11&O 100 Breaststroke	60
61	11&O 50 Backstroke	62
63	11&O 100 Freestyle	64
65	11&O 200 IM	66
67	11&O 50 Butterfly	68
69	11&O 200 Backstroke	70



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Official Sponsor of the Fernie Fox Invitational

Call 1-877-447-6788 for great team rates for clubs attending the meet.



# FERNIE FOX HOTEL

P: (250) 423-6788

T: 1 (877) 447 6788

stay@ferniefoxhotel.com

www.ferniefoxhotel.com

2021 3 Hwy S, Fernie, British Columbia V0B 1M1, Canada

### **The Fernie Fox way**

The Fernie Fox Hotel's vision is to become the most sustainable hotel in British Columbia, while delivering a true Fernie experience.

The hotel is working to achieve this through improving the sustainability of business activities and reducing its environmental footprint.



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### The Big Bang Bagels / Elk Valley Pizza Shoppe Skins Race



**Fernie, BC**



A SKINS event is an exciting series of back-to-back races which operate on a knockout basis, with the two remaining swimmers racing each other in a head-to-head final race. The top 6 girls and top 6 boys, based on their 50m freestyle time will be invited to compete. As the swimmers are competing for their team, only the top swimmer from each team may compete. If there are more than 6 teams entered, the 4 fastest times advance automatically, a swim off will be held for the remaining 2 spots.

The SKINS three age categories: 12 & Under, 13-14 and 15 & Over - both boys and girls.

All 4 strokes will be placed in a hat (freestyle will be in twice to make 4 knockout rounds and a final head-to-head race).

A stroke is drawn out of a hat and the 6 girl swimmers race 25m of that stroke and the swimmer who finishes last is out. The 6 boys now race and again the last swimmer is out. Then it goes back to the 5 girls for another race and so it goes on.....until there is a girl and a boy winner. The swimmer who is eliminated picks the next stroke randomly out of a hat.

Races are run consecutively so there is little time to rest. The winner of the SKINS event will earn their team a \$200 gift certificate from Big Bang Bagels or Elk Valley Pizza Shoppe!



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### COMPETITION WARM-UP SAFETY PROCEDURES

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Meet Management for all sanctioned Swim BC 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 or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

#### 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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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### **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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

**"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**

