



COLUMBIA SHUSWAP SELKIRKS SWIM CLUB

2023 Askew's Shuswap Splash

Sanctioned by Swim BC: # 38610

DATE: February 24-26, 2023

MEET MANAGER: • Jill Bach
jillebach@gmail.com

REFEREE: • Ian Johnstone

OFFICIALS: • Kim Scranton
COORDINATOR: secretary.selkirks@gmail.com

LOCATION: • SASCU Recreation Centre
2600-10th Ave NE, Salmon Arm, BC -
250.832.4044

FEATURES: • 6 lanes x 25m Competition Pool
• Dolphin – Electronic Timing System

ENTRIES: • Individual entries are limited to 8
individual events.
• Max 3 per session

* Warm-up times may change depending on numbers

** Session lengths are approximate

START TIMES	
Friday February 24, 2023	
Warm – up*	5:45pm – 6:30pm
Session 1**	6:45pm – 8:30pm
Saturday February 25, 2023	
Warm – up*	7:00am – 7:45am (group one) 7:45am – 8:30am (group two)
Session 2**	8:45am – 12:00pm
Warm – up*	2:00pm – 2:45pm (group one) 2:45pm – 3:30pm (group two)
Session 3**	3:45pm – 6:30pm
Sunday February 26, 2023	
Warm – up*	7:00am – 7:45am (group two) 7:45am – 8:30am (group one)
Session 4**	8:45am – 12:00pm

We humbly acknowledge that this swim meet, and all activities of our club, are taking place on the unceded territory of the Secwepemc people. As a club, we commit to supporting the health and well-being of youth through swimming as an act of reconciliation.

ELIGIBILITY

- All swimmers must be properly registered with Swimming Canada/Swim BC, or a World Aquatics recognized club.
- Swimmers will **not** be eligible to swim in previously qualified Provincial events as set by Swim BC at entry deadline.
- Swimmers must have achieved a 200IM time of 4:00.00 or faster to be eligible to swim at this meet.

SAFE SPORT STATEMENT

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.

MEET RULES

- Swimming Canada rules will apply.
- Swim BC Competition Warm-Up Safety Procedures will be in effect at this meet.
- Dive and pace lanes will be announced in the last 10 min of each warm-up.
- From the deep end: Starts shall be permitted from starting platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
- Ages are determined as of the first day of the meet (Feb. 24, 2023).

6. All events will be swum as Time Finals from slowest to fastest and mixed gender.
7. Age groups for this meet will be 10 & under; 11-12; 13-14; 15 & over.
8. "NT" times will be accepted for 50s and 100s only.
9. Custom times will be accepted.
10. The use of flash cameras is not permitted at the start & turn end of the pool.
11. To maintain reasonable session lengths, the meet manager reserves the right to limit/alter the meet to fit timelines. This may mean limiting the number of entries in the 400/800/1500m races. Notification will be given to clubs should this occur, and an alternate event may be submitted prior to Feb. 19 at 9:00pm.
12. Please be respectful and refrain from wearing scented products.

ENTRY LIMITS

Entries will be limited to the club registering the 200th swimmer. Swimmers are limited to a maximum of 8 individual events and no more than 3 individual events per session.

AWARDS

- Best time ribbons for 10 & under only.
- For individual events, ribbons will be awarded for 1st-10th place based on gender and the age groups 10 & under, 11-12, 13-14, and 15 & over. Medals will be awarded to the top point earners from each gender and age group.
- All results will be broken into age groups and gender.
- High Point Team Trophy with points generated from 1st-10th place, 12-10-9-8-7-6-5-4-3-2. **ENTRY DEADLINES**
- Meet entries must be uploaded prior to the entry deadline to: <http://www.swimming.ca/MeetList.aspx> • All entries must be received by Wednesday February 15, 2023 at 9:00pm PST. Scratches will be accepted until Tuesday February 21, 2023 after which the psych sheets will be posted, and no refunds will be issued.
- Late entries may be accepted at the discretion of meet management; if accepted, there will be a surcharge.
- Relay names must be submitted 30 min prior to the start of the session in which they are to be swum.
- **Distance Events** – For the 400m/800m/1500m swims a positive check in 30 min prior to the start of the session they are to be swum is required.

ENTRY FEES

- \$10.00 per individual event; \$5.50 surcharge per swimmer (includes \$5.00 Swim BC Competition

Surcharge and \$0.50 Okanagan Splash Fee). Late entries may be charged a \$20 penalty per swimmer at the discretion of the meet manager.

- \$12.00 per relay event
- We accept cash, cheques and eTransfer. All fees must be paid by your Club prior to the start of the meet.
Please make cheques payable to Columbia Shuswap Selkirks Swim Club (CSSSC), or via eTransfer to: selkirks.swim@gmail.com.
- Please ensure club contact *name, email and phone number* are included with the payment.

DECK ENTRIES

Deck entry cost: \$15.00/individual event plus splash fees (if not previously paid). Deck entries will be permitted to fill any empty lanes only. Deck entries and fees must be in the hands of the Clerk of Course one hour prior to race start. Deck entries will only be allowed for swimmers already registered in the meet and must include the swimmer's correct Swimming Canada nine-digit ID number, as well as the swimmer's correct birthdate (MM/DD/YYYY). **Deck entries are exhibition swims and do not count for points or awards. REFUNDS**

- There will be no refunds for individual event scratches made after the scratch deadline of **Tuesday February 21, 2023.**
- Swimmers who are required to scratch from the meet due to medical reasons must submit a medical certificate to the meet manager, **via their Club Organizer**, to receive a refund of meet fees.

VISITING OFFICIALS

We welcome visiting officials and volunteers. If interested, please email our coordinator.

- Kim Scranton at secretary.selkirks@gmail.com

ACCOMODATION

Both the Prestige Harbourfront at 251 Harbour Front Dr. NE and the Comfort Inn at 1090 22st NE provide youth sports teams with discounted room rates. Please call to reserve and state that you are with the Askew's Swim Meet. There is also a variety of hotels within walking distance of the SASCU Recreation Centre and others nearby that will require transportation. Visit www.shuswaptourism.ca for local hotel information.



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2023 Askew's Shuswap Splash

February 24-26, 2023

<p>Session 1 – Friday PM</p> <p>Warm up: 5:45pm – 6:30pm</p> <p>Start: 6:45pm</p> <p>The SASCU Recreation Centre will have its doors open at 5:30pm</p>	<p>Session 2&4 – Sat/Sun AM</p> <p>Warm up: 7:00am – 7:45am Warm up: 7:45am – 8:30am</p> <p>Start: 8:45am</p> <p>The SASCU Recreation Centre will have its doors open at 6:45am</p>	<p>Session 3 – Saturday PM</p> <p>Warm up: 2:00pm – 2:45pm Warm up: 2:45pm – 3:30pm</p> <p>Start: 3:45pm</p> <p>The SASCU Recreation Centre will have its doors open at 1:45pm</p>
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Event	Friday February 24, 2023 – Session 1	Age
1	100 Freestyle	MIXED
2	50 Butterfly	MIXED
3	1500 Freestyle	MIXED
Saturday February 25, 2023 – Session 2		
4	200 Backstroke	MIXED
5	100 Breaststroke	MIXED
6	200 IM	MIXED
7	50 Backstroke	MIXED
8	4x50 Freestyle Relay	MIXED
Saturday February 25, 2023 – Session 3		
9	50 Freestyle	MIXED
10	100 IM	MIXED
11	200 Breaststroke	MIXED
12	800 Freestyle	MIXED
Sunday February 26, 2023 – Session 4		
14	400 Freestyle	MIXED
15	100 Butterfly	MIXED
16	50 Breaststroke	MIXED
17	100 Backstroke	MIXED
18	4x50 IM Relay	MIXED



COMPETITION WARM-UP SAFETY PROCEDURES

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.



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.”