

PSW Spring Invitational

Hosted by Pacific Sea Wolves Swim Club
April 15th and 16th, 2023
GRANDVIEW HEIGHTS AQUATIC CENTRE

Sanctioned by Swim BC #38611

Order of Events (Timed Finals)

Saturday AM Warm up: 8:00-8:50am Session start: 9:00am 100 Free 100 Breast 50 Fly 100 Back	Sunday AM Warm up: 8:00-8:50am Session start: 9:00am 200 IM 50 Breast 50 Free
Saturday PM Warm up: 2:30-3:20pm Session start: 3:30pm 200 Free 50 Back 100 Fly	

Pool Set Up:

- Session will be run 10x25m lanes (shallow end of the pool) with electronic timing
- 10 lanes will be available for warm-up and warm down

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:

- The meet will be run under the most current Swimming Canada rules.
- Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
- It is the visiting club's responsibility to ensure that their swimmers are always supervised, both during the competition and between any sessions that might occur.
- No point scores or awards will be given at this meet.
- Starts will be conducted from the Starting Platforms as per World Aquatics FR 2.3 and SW 4.1.
- All heats are timed finals and will be senior seeded, slowest to fastest.
- Heats will be start overs (with the exception of Backstroke events)
- The events 100 Free/100 Breast/100 Back/100 Butterfly and 200 IM will be added and swimmers with the FASTEST COMBINED TIMES will win a \$100 TAS Gift Card. In the age group 12 and under, 13/14, 15/16, 17+ both Male and Female

Entry Information:

- The meet will be limited to 400 athletes
- Swimmers must have completed a 200 IM under 4:00 to be eligible to compete
- Swimmers can swim up to 7 events
- Swimmer's age is as of the first day of competition.
- Results will be 12&under, 13-14, 15-16 and 17&Over
 - o 10 & Under are limited to 4 hours per session, excluding warm up.
 - o Coaches are requested to adhere to this limit when considering entries
- No NTs: Please enter times for all events so accurate timelines can be established
- Meet management reserves the right to restrict event selection to ensure the meet ends in a timely fashion
- Swimmers must be registered with Swim BC or other World Aquatics affiliated organization
- Para swimmers who are registered with a World Aquatics or IPC affiliate are welcome and will be seeded according to their entry time. Current IPC

Swimming Rules will govern all Para-Swimmer events. Classification numbers must appear with the athlete's surname in entries

Officials:

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

ENTRY DEADLINE FRIDAY April 7th 2023

SCRATCH DEADLINE MONDAY April 10TH 2023

- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website
- Entries sent directly to the meet manager will not be accepted
- Cheques should be made payable to the "**Pacific Sea Wolves Swim Club**"
- Entry fees are \$11 per event plus \$5 Swim BC Competition Surcharge. Deck entries are \$20.00 per event (Deck entries fees are to be paid before the event by cash). Deck entries for swimmers not already entered in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth and SNC registration number.

CONTACTS

- Meet Entries, Jy Lawrence jy@pacificseawolves.com
- Meet Manager, Karen Firth meetmanager@pacificseawolves.com
- Head Coach, Jy Lawrence jy@pacificseawolves.com
- Meet Referee, Chris Wakelin wakelin3395@gmail.com



COMPETITION WARM-UPS 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."