

Comox Valley Aquatic Club  
Winter End Jamboree  
Saturday February 11th, 2023  
Sanctioned by Swim BC: #38634

**Location :** Comox Valley Aquatic Centre

**Time:** Saturday February 11th

Session #1 Warmup: 9:00-9:50 AM

Session #2 Racing: 10:00 AM – 12:30 PM

Session #2 Warmup: 2:00 – 2:50 PM

Session #2 Racing 3:00 – 5:30 PM

**Pool:** 8 lane, 25 metre, with Colorado timing system. (depending on numbers, less than 8 lanes may be used for racing)

**Meet Manager:** Tyler Lewall [cvsharksheadcoach@gmail.com](mailto:cvsharksheadcoach@gmail.com)

**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.

**Eligibility:**

- All swimmers registered with a Swim BC or World Aquatics Affiliated club. Age groups are based on the age of the swimmers as of February 11th, 2023
- There are no novice events being held, all swimmers will be expected to competent to swim all entered strokes.

**Entries:**

- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada website. In lieu of the swimming Canada website being down entries can be sent directly to the meet manager.
- “NT” (No time) entries will be accepted.
- Maximum number of swimmers is set at 160.
- Swimmers are to be entered in a maximum of 6 events
- **Entries from swimmers qualified for Swim BC Divisionals will not be accepted**
- Meet entries must be submitted no later than February 6th, 2023
- **Entry Fees: \$50.00 per swimmer.** This fee includes the Swim BC \$5.00 Competition Surcharge.
- Entry fees must be paid prior to the start of the meet. Please make cheques payable to the Comox Valley Aquatic Club.
- **Deck Entries:** Deck entries will be accepted on a first come, first serve basis to fill empty lanes. No new heats will be added. Entries must be accompanied by the swimmer’s SNC ID# and birth date. Deck entries must be received by the Clerk of Course 30 minutes before the start of the meet.
- **Scratches:** Please email known scratches to Tyler Lewall at [cvsharksheadcoach@gmail.com](mailto:cvsharksheadcoach@gmail.com) by February 7th, 2023.

**Meet Rules:**

- SNC Rules will apply.
- Swim BC Competition Warm-Up Safety Procedures will be in effect and monitored by Safety Marshals.
- SNC one start rule will be in effect.
- 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. by age group).
- All events are timed finals

**Lunch:**

- We will provide pizza and a drink to all athletes and volunteers during the break

**Event Order:**

Approx Start Time	Girls Event Number	Saturday AM	Boys Event Number
10:00 AM	1	100 Free	2
10:20 AM	3	50 Fly	4
10:35 AM	5	100 Breast	6
10:55 AM	7	50 Back	8
Swimmers may enter up to 1 of the following 3 200m events			
11:10 AM	9	200 IM	10
11:45 AM	11	200 Back	12
12:20 PM	13	200 Fly	14
Lunch Break 12:30 – 2:00 PM			
		Saturday PM	
3:00 PM	15	100 Back	16
3:20 PM	17	50 Breast	18
3:35 PM	19	100 Fly	20
3:55 PM	21	50 Free	22
Swimmers may enter 1 of the following 200m events			
4:10 PM	23	200 Breast	24
4:35 PM	25	200 Free	26



## 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."**