



Spartan 11&Under Rubber Ducky
and LMR Distance

SATURDAY APRIL 15th, 2023

CHILLIWACK LANDING LIESURE CENTRE

#1-9145 Corbould St. Chilliwack, BC V2P4A6

Sanctioned by Swim BC: #38617

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 Information

11 and Under Session

Warm Up: 8:30am -9:15am

Start: 9:30 am

Estimated end time: 12:30pm

LMR Distance Session

Warm Up: 1:30pm-2:15pm

Start: 2:30pm

Estimated end time: 5:30pm

Pool Facilities

- 8 lane 25-meter competition pool
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3and SW 4.1
- Colorado Electronic Timing System and Electronic Scoreboard
- Free parking
- Bleacher seating
- There will be no warm down pool space available while events are being swum.

Meet Management

Meet Manager – Catherine Freimark: Catherine.Freimark@gmail.com

Officials Coordinator – Brent Saunders: bsinmission@yahoo.ca

Meet Referee – Derek Wheeler: derekkwheeler@gmail.com

Head Coach: Justin Daly: coachjustindaly@gmail.com

Meet Eligibility

11 and Under events:

Swimmers should be able to swim a legal 100m IM (coach's discretion)

Swimmers must be 11 years old or younger as of April 15th, 2023

LMR Distance events:

Swimmers must have obtained a 4min 200m IM or faster

All swimmers must be registered with Swim BC or other World Aquatics affiliated organization

Entries

Entry Deadline is **Wednesday April 5th, 2023**

Final Scratch Deadline is Tuesday April 11th, 2023. No refunds will be provided after this date.

Meet management reserves the right to reduce this number of entries for all events if the meet timelines do not fit a reasonable time frame. Clubs will be notified in advance and will have 24 hours to re-submit entries.

Meet entries will only be accepted via upload to the [SNC meet website](#). Entries sent directly to the meet manager will not be accepted.

Entry Fees

Entry fees for 11 and Under events are \$6 per event plus \$5 Swim BC Competition Surcharge.

Entry fees for LMR distance events at \$15 plus \$5 Competition Surcharge

Meet fees are payable to the **Spartan Swim Club prior to the start of the meet**

Meet Rules

1. All applicable SNC rules will be observed.
2. Coaches are encouraged to reserve athlete numbers into the meet early by emailing Justin Daly at: coachjustindaly@gmail.com.
 - a. 250 swimmers will be admitted into the 11 and under portion and 150 swimmers will be admitted into the LMR distance portion.
3. Swim BC warm up procedures will be in effect.
4. Para-swimmers are welcome. IPC athletes' classifications must be designated with entries
5. 10 & under is limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering events entered.
6. All races will be start overs, with the previous heat remaining in the pool excluding backstroke events.
 - a. *Coaches, please talk to your swimmers about this.*
7. All events will be swum as TIMED FINALS.
8. 11 and under events will be swum slowest to fastest with all age and genders mixed
9. Distance events will be swum fastest to slowest with all age and genders mixed
10. No Provincial or National records will be recognized from mixed gender events.
11. The 800m and 1500m free may be double laned to save time
12. Bell Ringer heat winners will receive a bonus prize for the 11 and under portion
13. Age groups for the 11 and under portion will be 11 and under.
14. Age groups for LMR distance events will be open
15. Age group will be based on the age of swimmers as of the 1st day of the meet.

16. It is the visiting club's responsibility to ensure that their swimmers are always supervised during the competition and between sessions while in the Chilliwack Leisure Landing Center.
17. Deck Entries are allowed at a cost of \$10 for 11 and under events and \$20 for distance events
18. No new heats will be created for deck entries.
19. Deck Entries & Scratches must be in 30 minutes prior to the start of the meet.
20. Deck entries must be accompanied with an SNC# and DOB for swimmer

| Order of Events | | |
|--------------------|--|--|
| | Warm up 8:30am-9:15am | |
| Mixed 11 and Under | EVENTS | |
| | 100IM OR 200IM* 100 Free OR 200 Free* 50 Fly OR 100 Fly* 50 Back OR 100 Back* 50 Breast OR 100 Breast* 50 Free | |

**Swimmers must pick either the 100 or 200 events. Swimmers must pick either the 50m or 100m events for Fly Back and Breast. Please pick based on swimmers ability*

| | | |
|--------------|---|--|
| | Warm up 1:30pm-2:15pm | |
| LMR Distance | EVENTS | |
| | 800m Free 1500m Free 400m IM 400m Free | |



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.”