

**Regina Optimist Dolphins - Class II Time Trial - Short Course**  
**Sanction #: 38678**

- Date:** Monday, February 13, 2023
- Time:** Warm-up - 4:00 pm  
Racing - 5:00 pm
- Location:** Lawson Aquatic Centre, Regina, Saskatchewan  
25 meter, 8 lane pool – deep tank  
Pool Depth at Start end 4.9 meters  
Pool depth at Turn end 2.2 meters  
Manual watches
- Meet Manager:** Kathleen Eisler
- Referee:** Giselle Marcotte
- Entries:** Kathleen Eisler
- Competition:** Current Swimming Canada Rules will apply except as specifically modified in this meet package - [Rules](#)
- Swimming Canada Competition Warm-Up Safety Procedures will be in effect at this meet - [Link](#)
- World Para Swimming Rules and Regulations will apply for Para swimmers. [Rules](#)
- Eligibility:** Entries will only be accepted for Year-Round Age Group Club swimmers from the Regina Optimist Dolphins Swim Team and the University of Regina Swim Team who are registered in the Swimming Canada registration database and have a Swimming Canada registration ID number which is 9-digits, unless the swimmer is registered with and representing a foreign World Aquatics (formerly FINA) affiliated federation.
- Entries will not be allowed for any master's swimmers registered in the Masters-Open Category.
- Swimmers must be a minimum of 7 years of age as of the 1<sup>st</sup> day of competition. Age group based on age of swimmer as of February 13, 2023
- PARA swimmers who are registered with Swimming Canada or a World Aquatics (formerly FINA) affiliate are eligible to compete.
- This is a closed meet only open to the Regina Optimist Dolphins Swim Team and the University of Regina Swim Team.

**Events:**

Number	Event
1.	Mixed 50 Free
2.	Mixed 1500 Free
3.	Mixed 50 Back
4.	Mixed 50 Fly

**Entry Deadline:**

Entry Deadline is Sunday February 12, 2023, 9:59pm

The entry file must contain the complete and accurate information as required if uploading to the national meet list site: Valid Swimmer ID#, name, correct date of birth and gender. Errors or omissions in entry file will cause delays in accepting entries.

**Seeding:**

The event will be senior seeded and swum as mixed gender events and will swim slowest to fastest except for the 1500 Free which may swim fastest to slowest.

**Start:**

Starts will be conducted from Starting Platforms (block) as per FINA FR 2.3 and SW 4.1

**Results:**

Will be recorded as Open and into female and male.  
The result file will be uploaded to Swim Rankings by Swim Canada

**Meet Safety Rules:**

Swimming Canada [Competition Warm-up Safety Procedures](#) will be in effect.

There will be no warm-up lane assignments; as lanes are usually crowded, co-operation and courtesy of all coaches and athletes is expected.

During warm-ups, no swimmer shall enter the pool by using a dive. Swimmers must enter the pool FEET FIRST, except during time when a designated diving lane is announced. During this period only ONE-WAY SWIMMING will be allowed in these lanes.

No 'deck changing' is allowed. Swimmers must use the change rooms.

It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the *Competition Warm-up Safety Procedures*.

**Safe Sport:**

Swimming Canada and Swim Saskatchewan believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

**Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#).**

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both "open" and "observable" to others.

### **Photography/Videography:**

a) In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

**b) For full details see the Event Photography and Videography Procedure Policy found [HERE](#)**

c) Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission. Meet Management will issue an accreditation/name tag identifying such person. This tag must be worn at all times.

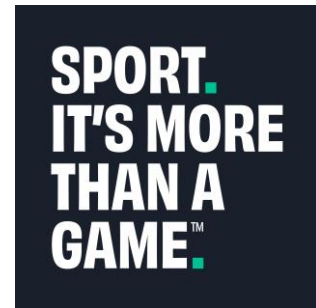
### **Covid 19 Safety:**

Covid 19 Safety Protocols will follow provincial, municipal, facility, and Swim Sask guidelines and will be subject to change. Changes will be communicated with clubs as needed.

- Swimmers, coaches, officials, and volunteers are not to participate if sick or symptomatic.
- Swimmers, coaches, officials, and volunteers are encouraged to follow SHA guidance and the [Living with COVID \(Government of Sask\)](#)
- Know your Risk – personal risk assessment
  - Self-Monitor
  - Practice frequent hand washing and cough/sneeze etiquette.
  - Get fully vaccinated (and get a booster when eligible)
  - Wearing a mask is an added layer of protection.
  - Test and self-isolate if you test positive
  - Physically distance whenever possible
  - Stay home even with mild symptoms.

Masking - Swim Sask supports a mask friendly environment. Mask use is a personal choice. Everyone must be kind and respectful of individuals' choices.

Rapid Tests - If not feeling well, even if it is just cold symptoms, then all swimmers, coaches, officials and volunteers are asked to administer a home rapid test prior to attending a swim meet and stay home if test is positive. If test is negative but are feeling sick/symptomatic, then please stay home.



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