

SASKATOON LASERS SWIM CLUB

Lasers Invitational 2023 LC Swim Meet



MEET MANAGER Candace Peace Peace_candace@hotmail.com (306) 227-0798	ENTRIES Tricia Weiland Tweiland518@gmail.com (306) 270-4574	OFFICIALS CO-ORDINATOR Jennifer Lutz lasersofficials@gmail.com (306) 850-7512
--	--	--

REFEREE: Belinda Bilous



PROUDLY SUPPORTED BY



Lasers Invitational 2023 LC Swim Meet

SANCTION #: 38681

MEET INFORMATION:

Name: Lasers Invitational 2023 Long Course Swim Meet

Date: April 28 – 30, 2023

Host Club: Saskatoon Lasers Swim Club

SESSION TIMES:

Friday, April 28, 2023

Warm-up: 4:30 p.m. – 5:30 p.m.

Session 1: 5:35 p.m.

Saturday, April 29, 2023

Warm-up: 7:30 a.m. – 8:30 a.m.

Session 2: 8:35 a.m.

Warm-up: 4:30 p.m. – 5:30 p.m.

Session 3: 5:35 p.m.

Sunday, April 30, 2023

Warm-up: 7:30 a.m. – 8:30 a.m.

Session 4: 8:35 a.m.

Meet Management reserves the right to change session start times once entries are received. Coaches will be notified should session start times change.

The Coaches' Meeting for this meet will be held on Friday, April 28 at 4:15 p.m. in the meeting room at the Shaw Centre.

There will be an Officials' briefing 30 minutes prior to the start of each session.

LOCATION:

Name of Facility: Shaw Centre
Address: 122 Bowlt Crescent
Saskatoon, SK S7M 0L1
Phone Number: (306) 975-7744

FACILITY:

- a. This meet will take place in a 10-lane pool.
- b. 50-meter competition pool
- c. All lanes will be made available for warm-up, there will be no warm-up/cool down lanes available during the meet.
- d. Daktronics Electronics system or Manual Timing
- e. Hy-Tek Meet Manager Computer Software
- f. Depth at start end of the pool is 4.87 m
- g. Depth at the Turn end of the pool is 3.02 m

MEET MANAGER

Candace Peace
Peace_candace@hotmail.com
(306) 227-0798

OFFICIALS COORDINATOR

Jennifer Lutz
lasersofficials@gmail.com
(306) 850-7512

RULES AND PROCEDURES:

- i. Swimming Canada Warm-Up Competition Safety Procedures will be in effect at this competition.
[LINK](#)
- ii. Current Swimming Canada Rules will apply except as specifically modified in this meet package.
[Rules](#)
- iii. 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, 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 1st day of competition. Age group based on age of swimmer as of April 28, 2023.

PARA swimmers who are registered with Swimming Canada or a World Aquatics (formerly FINA) affiliate are eligible to compete.

This meet is open to any age-group swim club in Canada. However, clubs from Saskatchewan will be prioritized.

QUALIFYING TIMES:

There are no qualifying times for this meet, with the exception of the 800m Freestyle events.

In order to compete in the 800m Freestyle event, swimmers must have a proven time in it, or an 'A' time in the 400m Freestyle. The fastest 30 females and the fastest 30 males will be entered into the competition regardless of the age of the swimmer.

ENTRY DEADLINE DATE:

Entry deadline date is April 21, 2023 by 9:59 p.m. CST.

Entries will be accepted by email. Entries must be sent to the entries chair in the same format as would be loaded to the Swimming Canada Online Entries System.

If Swimming Canada's RTR system is up and running prior to entry deadline date of April 21/23 then entries must be uploaded to the Swimming Canada RTR site.

All attending coaches must be listed when uploading the entry file. If a coach from the same club as swimmers entered is not attending the meet, then they must inform the Meet Manager which coach and club will be responsible for coaching their swimmers.

ENTRY FEE:

Costs for entries are \$15.00 entry fee + \$10.00/swim.

There is no charge for relays.

Cheques should be made payable to the Saskatoon Lasers Swim Club.

Fees can also be paid by EFT to saskatoonlaserstreasurer@gmail.com

All entry fees must be received on the first day of the meet prior to warm-up. No swimmer/team will be allowed to start warm-up until entry fees have been paid.

ENTRIES REFUND POLICY:

As per Winter Swimming Policy WC-4 [here](#)

If a swimmer needs to withdraw due to illness or medical reason, his/her entry fee will be refunded if a doctor's note is provided.

ENTRY LIMIT:

There will be a maximum of 300 swimmers allowed at this meet. Entries will be accepted on a first-come, first-entered basis (with the exception of the Saskatoon Lasers Swim Club), by the date and time the Entry file is uploaded or received correctly.

Each swimmer is allowed a maximum of 3 swims per session. Relays do not count as a swim.

ENTRIES:

Entries will be accepted by email. Entries must be sent to the entries chair in the same format as would be loaded to the Swimming Canada Online Entries System.

If Swimming Canada's RTR system is up and running prior to entry deadline date of April 21/23 then entries must be uploaded to the Swimming Canada RTR site.

Entries may be in either SC or LC times. Converted times will be accepted.

No times will NOT be accepted. Coach estimated times are acceptable.

Any questions related to entries should be sent to Tricia Weiland at tweiland518@gmail.com

RELAY ENTRIES:

Please submit relay entries with names.

Changes to relays must be in 30 minutes prior to the start of the session that the relay is being held in.

Relays must be composed of 2 females/2 males. Relays will be held as Open Mixed events, therefore may be composed of any age.

Relays are only open to swimmers who are already entered into the meet.

DECK ENTRIES:

Deck entries will be allowed at the cost of \$15/swim. Deck Entries may be allowed at the discretion of Meet Management and only if space permits; additional heats will not be created.

Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for day of competition entries.

Deck entries will be classified as EXHIBITION swims as per Swimming Canada rule CSW 3.6.5..

MEET FORMAT/COMPETITION:

All events will be **Time-Finals** only.

Males and Females will compete separately, with the exception of Open Mixed Relays.

There will be a MAXIMUM number of 30 female and 30 male swimmers for the 800m Freestyle event. The top 30 times in each gender will be allowed to swim. Swimmers must have a proven time in the 800m Freestyle or an A time in the 400m Freestyle.

Meet Management reserves the right to swim heats with both genders together, if doing so will keep the meet on time. This would only be for the 800m Freestyle race. Coaches will be notified of any changes.

There are no Para specific events or entry standards.

SEEDING:

Events will be seeded via age categories.

Age Categories will be as follows:

Females: 12 & under, 13-14, 15 & over

Males: 13 & under, 14-15, 16 & over

All events will be pre-seeded according to entry times and will be swum slowest to fastest, with the exception of the 800m which will be seeded fastest to slowest.

The 800m Free will alternate female and male heats, starting with the fastest heat of female athletes.

Heats may be combined as necessary.

PARA swimmers will be fully integrated into the meet based on their entry time.

START:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 & 4.2. Bulkhead and in-water starts will be allowed:

- Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1.
- In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

- Starts for Para swimmers as per WPS Rule 11.1 and sub clauses.

Upon completion of each heat, swimmers will be asked to remain in the water until the next heat starts. Swimmers will be asked to exit the pool upon completion of a backstroke heat or when transitioning between events.

SCRATCH RULE:

Scratches from heats may be made at any time without penalty except for loss of entry fee.

Clubs are requested to report any scratches no later than ½ hour before the scheduled start time of each session.

OFFICIAL SPLITS:

As per CSW 13.3.1.1, Meet Management requires that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question.

Official Split requests must be submitted to Meet Management a **minimum of 30 mins prior to the start of the session the race is to be swum.**

Official splits will be reported as a separate event in the meet results.

SCORING:

There will be no scoring.

AWARDS:

There are no awards for this meet.

Random heats will be selected as “Bell Heats.” When you hear the bell, the fastest swimmer in that heat, will win a prize!

RESULTS:

Results will be reported in the following age groups:

Females: 12 & under, 13-14, 15 & over

Males: 13 & under, 14-15, 16 & over

Relays: Mixed Open (any mix of age categories)

Unofficial results will be made available on Meet Mobile. Heat Sheets will also be available through Meet Mobile.

We will maintain a signed copy of official results (for one year), and the matching electronic file is then uploaded in the Swimming Canada System. Results will be uploaded within 24 hours of conclusion of the meet.

All official rulings will be made by officials on the pool deck. Livestreamed events will not be used to question the ruling of officials.

MEET SAFETY RULES:

Safety Marshalls will be stationed around the pool deck.

Meet Management asks that all swimmers 12 & under use the first 25 minutes of warm-up time ONLY. The remaining warm-up time is to be assigned to swimmers 13 & over.

15 minutes into each warm-up session, lanes 0,1, & 8 will become dive lanes; only one-way swimming is allowed.

Lane 9 will be reserved for PARA swimmers only.

1. No Running is permitted on the deck.
2. No fins or paddles during the warm-up.
3. Footwear must be worn at all times when not on deck.
4. No glass or glass bottles are allowed anywhere in the pool or other sections of the building.

NOTE: It is the Coach's RESPONSIBILITY to inform the swimmers and to ensure their discipline and adherence to the MEET SAFETY RULES.

Any individual who is sick or symptomatic MUST NOT participate!

GENERAL INFORMATION:

There is no deck-changing allowed. All participants must use change rooms to change in and out of swimsuits.

All Clubs are requested to clean up and supervise their own areas.

Teams are responsible for the conduct of their swimmers. Inappropriate behaviour may result in disciplinary action by Meet Management.

Footwear must be worn at all times when not on deck.

The Lasers will not accept responsibility for lost or stolen items. It is the responsibility of each swimmer entered into the meet to ensure their personal belongings are stored in a secure manner.

OFFICIALS:

Please consider signing up to help officiate the meet. Any interested officials can contact **Jennifer Lutz** at lasersofficials@gmail.com

Officials should bring their own water bottles marked with their names.

Some individual snacks will be provided.

There will be an **Official's Briefing 30 minutes prior to each session**. This briefing will take place in the meeting room attached to the pool.

COVID-19 SAFETY:

Covid 19 Safety Protocols will follow any current 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.

Swim meets will prioritize athletes, coaches and officials on the pool deck.

Spectators will be allowed upstairs in the spectator area of SHAW Centre. There will be no spectators allowed on deck.

This meet will be livestreamed. Details will be made available on the Saskatoon Lasers FB and Instagram Pages.

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.
- d) Meet Management will issue an accreditation/name tag identifying such person. This tag must be worn at all times.

SAFE SPORT:

- a) Swimming Canada and Swim Saskatchewan believes 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.

- b) **Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#).**
- c) Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- d) 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.

LASERS INVITATIONAL 2023**Friday, April 28****Session 1**

Warm-Up: 4:30 p.m. – 5:30pm

Start Time: 5:35 p.m.

Female Event #	Event Description	Male Event #
1	50m Fly	2
3	200m Breast	4
5	800m Free*	6

*** Fastest 30 female swimmers and fastest 30 male swimmers will be allowed to participate; MUST have a proven 800m Free Time OR an 'A' Time in the 400m Free.**

Saturday, April 29**Session 2**

Warm-Up: 7:30 a.m. – 8:30am

Start Time: 8:35 p.m.

Female Event #	Event Description	Male Event #
7	100m Breast	8
9	200 Back	10
11	100m Fly	12
13	400m Free	14
110	200m Mixed Free Relay OPEN	110

Saturday, April 29**Session 3**

Warm-Up: 4:30 p.m. – 5:30pm

Start Time: 5:35 p.m.

Female Event #	Event Description	Male Event #
15	50m Breast	16
17	200m IM	18
19	50m Back	20
21	100m Free	22

Sunday, April 30**Session 4**

Warm-Up: 7:30 a.m. – 8:30am

Start Time: 8:35 a.m.

Female Event #	Event Description	Male Event #
23	200m Fly	24
25	100 Back	26
27	200m Free	28
29	400m IM	30
31	50m Free	32