

2023 Cranbrook Tritons Swim Club Invitational March 11th & 12th

Sanctioned by SWIM BC: #38691

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.

<u>Session Times:</u>	<u>March 11 – Session 1</u>	<u>March 11 – Session 2</u>
	Warm Up: 7:30-8:20am	Warm Up: 2:00 -2:50pm
	Start: 8:30am	Start: 3:00pm
	Projected Finish: 12:30pm	Projected Finish: 7:00pm
	<u>March 12 – Session 3</u>	
	Warm Up: 8:00-8:50am	
	Start: 9:00am	
	Projected Finish: 1:00pm	

Meet Manager: Caitlyn Flint – caitlynflint@gmail.com
Meet Entry Contact: Jackson Sorenson – ctsccoachjackson@gmail.com
Meet Referee: Trevor Nicholson Level 5

Location: City of Cranbrook Recreation Center
#3 – 1777 2nd Street North

Pool Set Up:

- SCM
- 6 lanes, 25m pool
- Colorado Timing System
- Warm-up 8 lanes main pool

Coaches Meeting: 7:45am March 11 On deck
Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

Max Number of Participants: The meet will be limited to 250 swimmers; the team entering the 250th swimmer will be accepted.

Entries: Swimmers can enter 7 individual events, two relays (no more than three individual events per session)

Entry Deadline: **Deadline is March 2nd** by 9:00pm. All entry files must be emailed to caitlynflint@gmail.com
Entry Fees: Individual Entry Fees: \$12.00
Relay Entry Fees: \$15.00
Swim BC Competition Surcharge: \$5.00
Deck Entry Fees: \$20.00
Cheques may be made out to: Cranbrook Swim Club
E-Transfers may be made out to: treasurerctsc@gmail.com

Meet Format:

- Open Invitational
- Times Finals
- Individual Age Groups: 10 & Under, 11-12, 13-14, 15 & Over
- Relay age groups will be: 10 & Under, 11-12, 13-14, 15 & Over

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Meet Rules:

1. All Swimming Canada rules will be in effect
2. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1. Pool depth is 2.5M
3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
4. Deck entries will be allowed only if no new heats are created. Entries must be received 30 minutes prior to the end of warm-up and are at the discretion of Meet Management. There will be no deck entries for swimmers not already entered in the meet.
5. Relay names must be submitted no later than 30 minutes prior to the start of the session.
6. Warm-up lane assignments will be based on number of entries and will be provided after entries close.

Special Meet Rules:

1. Clubs are responsible for their seating area within the pool facility. Any theft or vandalism will result in immediate disqualification.
2. There will be limited space for spectators. Please be courteous and take turns to allow everyone the opportunity to watch.
3. Clubs will be required to submit the complete list of coaches attending meet.

Scratches:

Scratches received prior to March 2nd will not incur Meet Fees.

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.

Scoring

Individual & Relay Scoring will use the standard point system in Hy-Tek Meet Manager

Awards:

- Individual Events: Ribbons will be awarded for the top 6 places.
- Relay Events: Ribbons will be awarded for the top 3 places.

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Event List		
Session 1 – March 11		
Girls Event Number	Event	Boys Event Number
1	400 Free	2
3	200 Backstroke	4
5	100 Butterfly	6
7	50 Freestyle	8
9	4x50Medley Relay	10
Session 2 – March 11		
Girls Event Number	Event	Boys Event Number
15	200 Butterfly	16
17	50 Backstroke	18
19	100 IM	20
21	200 Backstroke	22
23	100 Breaststroke	24

Session 3 – March 12		
Girls Event Number	Event	Boys Event Number
15	4x50 Free Relay	16
17	100 Backstroke	18
19	50 Breaststroke	20
21	100 Freestyle	22
23	50 Butterfly	24
25	200 IM	26

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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.

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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.”