

SKSC Spring Invitational 2023

Hosted by Surrey Knights Swim Club
April 1-2, 2023

Sanctioned by Swim BC: #38702

Safe Sport Statement: 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.

Location: Guildford Recreation Centre, 15105 105 Ave, Surrey, BC V3R 7G8

Order of Events (Timed Finals):

Saturday April 1, 2023		Sunday April 2, 2023	
13&Under Session: Warmup: 7:30-8:20am Session: 8:30-11:30am 200 Freestyle 100 Butterfly 400 IM 100 Breaststroke 50 Backstroke 50 Freestyle 200 Backstroke	14&Over Session: Warmup: 12:00-12:50pm Session: 1:00-4:30pm 200 Freestyle 100 Butterfly 400 IM 100 Breaststroke 50 Backstroke 50 Freestyle 200 Backstroke	13&Under Session: Warmup: 7:30-8:20am Session: 8:30-11:30am 100 Backstroke 200 Breaststroke 400 Freestyle 200 IM 50 Butterfly 50 Breaststroke 200 Butterfly 100 Freestyle	14&Over Session: Warmup: 12:00-12:50pm Session: 1:00-4:30pm 100 Backstroke 200 Breaststroke 400 Freestyle 200 IM 50 Butterfly 50 Breaststroke 200 Butterfly 100 Freestyle

*** 14&over session times may change depending on number of entries ***

Pool Set up:

- Session will be run 8x50m with electronic timing.
- NO warmup or warmdown lanes will be available during the session.
- Warmups will be open format with dive lanes available for the last 15 min of the warmup.

Meet Rules:

- The meet will be run under the most current Swimming Canada rules.
- Swim BC warm up procedures will be in effect and monitored by Safety Marshals.
- It is the visiting club’s responsibility to ensure that their swimmers are supervised at all times, both during the competition and between any sessions that might occur.
- No point scores or awards will be given at this meet.
- **Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1**

Entry Information:

- This is a closed invitational. To RSVP, please email coachdave@surreyknights.com and provide estimated numbers of attending swimmers.
- There will be a maximum of 400 swimmers.

- Swimmers are limited to 4 individual events per day.
- Swimmer's age is as of the first day of competition. Age groups for results will be 11&under, 12-13, 14-15, 16&over.
- 10 & under are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- Qualifying time is 3:45S 200 IM.
- No NTs: Please enter times for all events entered so accurate timelines can be created.
- Meet management reserves the right to restrict event selection to ensure meet ends in a timely fashion
- The Surrey Knights Swim Club reserves the right to enter swimmers not meeting the qualifying standards.
- Para Swimmers who are registered with a World Aquatics or IPC affiliate are welcome and will be seeded according to their entry time. 2022-2023 IPC Swimming Rules will govern all Para-Swimmer events. Classification numbers (e.g. s6sb6sm6) must be appended to the athlete's surname in entries.
- All heats are timed finals and will be senior seeded, slowest to fastest.
- Heats will be start overs (with the exception of Backstroke)
- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website (www.meetlist.notlong.com).
- Cheques should be made payable to the "Surrey Knights Swim Club".
- Entry fees are \$11 per event (plus \$5 Swim BC Competition Surcharge). Deck entries are \$20.00 per event (Deck entries are exhibition only. Must submit the swimmer's SNC number and date of birth. Deck entry fees are to be paid before the event, by cash or cheque.)
- Entry submission procedures will be confirmed closer to the date of the competition.

ENTRY DEADLINE Friday March 24

SCRATCH DEADLINE Monday March 27

OFFICIALS:

- Each club attending the meet will be required to provide officials for all sessions at the meet. Please submit the names of people available to work if needed.
- Each attending club must provide their club's Official's Coordinator contact information to the meet manager. (officials@surreyknights.com)

CONTACTS:

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| • Meet Entries, Dave Geary | coachdave@surreyknights.com |
| • Meet Manager, Stephen Chen | treasurer@surreyknights.com |
| • Head Coach, Reg Shaw | coachreg@surreyknights.com |
| • Meet Referee, Chris Wakelin | vice-president@surreyknights.com |



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."