

# KOOTENAY SPRING OPEN

## May 6 - 7, 2023

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Sanctioned by SWIM BC: #38729

**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.

**Session Times:**

	<b><u>May 6 – Saturday Session 1</u></b>	<b><u>May 6 – Saturday Session 2</u></b>
Warm Up:	7:00-7:50am	Warm Up: 1:00-1:50 pm
Start:	8:00am	Start: 2:00pm
Projected Finish:	12:00pm	Projected Finish: 6:00pm

  

	<b><u>May 7 – Sunday Session 3</u></b>
Warm Up:	9:00-9:50am
Start:	10:00am
Projected Finish:	2:00pm

**Meet Manager:** Shelley Berringer – [president.kootenayswimclub@gmail.com](mailto:president.kootenayswimclub@gmail.com)

**Meet Referee:** Trevor Nicholson Level 5 – [trev.nicholson@gmail.com](mailto:trev.nicholson@gmail.com)

**Location:** Nelson & District Community Complex  
305 Hall Street  
Nelson, BC. V1L 5X4  
(250) 354-4386

**Facility:** 6 Lanes, 25m Pool  
Colorado Dolphin Wireless Timing System

**Eligibility:** All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.  
There are no time-standards required to participate.

**Max Number of Participants:** Meet management reserves the right to limit enrollment of swimmers to the first 200 swimmers, to alter, revise, limit enrollment, or otherwise modify the program. Coaches will be advised of any changes prior to the start of the meet. CKSC swimmers are allowed to enter events without qualifying times.

**Entries:** Maximum of 8 individual entries/2 relay entries per swimmer.  
Maximum of 3 individual entries and 1 relay entry in session 1 & 2.  
Maximum of 2 individual entries and 1 relay entry in session 3.  
NT's will not be accepted. Please ensure all entries have a time.

**Entry Deadline:** Deadline for entries must be emailed to [president.kootenayswimclub@gmail.com](mailto:president.kootenayswimclub@gmail.com) by **April 30, 2023**. Please include the name of all coaches that will be attending with your entries. Late Entries may be accepted at the discretion of the Meet Manager. **Fees for Late Entries will be double.**



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### Meet Rules:

1. All Swimming Canada rules will be in effect
2. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
3. Ages are determined as of the First Day of the meet: May 6, 2023.
4. All entries are to be entered in Short Course.
5. All individual events will be seeded and swim slowest to fastest.
6. All events will be swum as Timed Finals.
7. Positive Check In required for 400 Free. Please check in 30 minutes prior to the start of Session 3.
8. 400 Free will be swum in as mixed heats and limited to 60 entries.
9. The time limit for 400 Free entries is 8:00.
10. NTs will not be accepted. Entry times are required for all entries to facilitate timing of the meet by the meet manager.
11. Relays will be listed in the Meet Package as 12 & Under, 13-14, 15 & Over.
12. Relay names are due 30 minutes prior to the start of the session. Clubs are strongly encouraged to submit relay names with entries.
13. Each swimmer is counted towards the attendance total for the entire weekend. Swimmers may not be "exchanged" between Saturday and Sunday sessions.
14. Clubs are responsible for their seating area within the pool facility. Any act of theft or vandalism will result in immediate disqualification.
15. Coaches are asked to check in with the Meet Manager upon arrival at the meet to pick up coaches' packages and pay any outstanding fees.
16. Visiting clubs are required to provide volunteer officials. Please direct all enquiries to our head official at [ds.mcculloch@telus.net](mailto:ds.mcculloch@telus.net)
17. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 and/or Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1; and/or In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

### Entry Fees:

Individual Entry Fees: \$12.50  
Relay Entry Fees: \$15.00  
\$5.00 Swim BC Surcharge per swimmer.

Please make all cheques payable to The Kootenay Swim Club or send an e-transfer to our treasurer at [kootenayswimclub@gmail.com](mailto:kootenayswimclub@gmail.com)  
Fees are due prior to the start of the meet.

### Deck Entries:

Deck entries will be allowed if it does not result in a new heat. A swimmer cannot deck enter in an event and exceed their max events/session. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number. Deck Entry Fees will be \$25.00 per entry.

### Results:

Results will be uploaded on Meet Mobile during the competition and will be posted on Swimming Canada following completion.



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### Ribbons:

Ribbons will be provided for the following:  
Best Times. Top 6 of an Individual Event. Top 3 of a Relay Event.

### Other Information

Food will be made available for Coaches and Officials only. There will be no concession available. Please plan accordingly.

Breaks may be added to the schedule between select events. The pool may be made available for warm-down swimming during breaks.

### Hotel Partners



The Adventure Hotel  
616 Vernon St, Nelson BC. V1L4G1  
1-888-722-2258  
[info@adventurehotel.ca](mailto:info@adventurehotel.ca)



Best Western Plus Baker Street Inn  
153 Baker Street, Nelson BC. V1L 4H1  
1-888-255-3525  
[info@bwbakerstreetinn.com](mailto:info@bwbakerstreetinn.com)



Prestige Lakeside Resort  
701 Lakeside Drive, Nelson BC. V1L 6G3  
250-352-7222  
[nelson@prestigehotels.ca](mailto:nelson@prestigehotels.ca)



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Event List		
Session 1 – Saturday		
Girls Event Number	Event	Boys Event Number
1	200 IM	2
3	200 Back	4
5	100 Breast	6
7	50 Fly	8
9	100 Free	10
11	12&U 4x50 Medley Relay	12
13	13-14 4x50 Medley Relay	14
15	15&O 4x50 Medley Relay	16
Mixed		
Session 2 – Saturday		
Girls Event Number	Event	Boys Event Number
17	200 Breast	18
19	50 Back	20
21	100 Fly	22
23	50 Breast	24
25	200 Free	26
27	12&U 4x50 Free Relay	28
29	13-14 4x50 Free Relay	30
31	15&O 4x50 Free Relay	32
Session 3 – Sunday		
Girls Event Number	Event	Boys Event Number
33	400 Free Mixed	34
35	50 Breast	36
37	100 Back	38
41	50 Free	42



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### COMPETITION WARM-UP SAFETY PROCEDURES

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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.”**

