



Langley Olympians Swim Club

Annual Long Course Invitational

April 1st - 2nd 2023

8889 Walnut Grove Drive

Langley, BC, Canada

604-882-0408

Sanctioned by Swim BC - #38758

DATES/SCHEDULE (Subject to change)

Session	Warm up	Start & Finish
Saturday Heats	7:30am-8:50am Block WU will be announced	9:00am-1:30pm
Saturday Finals	3:00pm-3:50pm Block WU will be announced	4:00pm-8:00pm
Sunday Heats	7:30am-8:50am Block WU will be announced	9:00am-1:30pm
Sunday Finals	3:00pm-3:50pm Block WU will be announced	4:00pm-8:00pm

POOL AND FACILITIES

8x50 Meter Competition Pool

Swiss Timing Systems

Concession available on site

GENERAL INFORMATION

1. Meet Referee: Khay See: officials@simonfraseraquatics.com
2. Meet Manager: Miranda McNamara: president@simonfraseraquatics.com
3. Meet Secretary: Khay See
3. Meet Official Chairperson: Khay See

MEET RULES

1. All swimmers must be registered with swim BC, SNC or other World Aquatics recognized club.
2. The meet will be run under Swimming Canada rules.
3. Swim BC warm up procedures will be in effect. No diving head first into the pool during warm up unless in specified lanes. Warm up lanes will be announced.

4. Starts will be conducted from starting platforms (blocks) as per the FINA FR 2.3 and SW 4.1
5. This will be a Heats and Finals meet and will be swum slowest to fastest.
6. Any act of theft, vandalism, or similar action will result in immediate disqualification. Clubs will be responsible for their swimmers at all times. Neither the host club nor the facility will be responsible for swimmers.
7. The Swim Meet may be limited to 350-400 swimmers per session or to a size to fit the time frame of the pool rental.
8. LOSC reserves the right to modify, as is necessary, to ensure a successful completion of the meet in accordance with the time lines.

DISTANCE EVENTS

1. The 400 free may be limited and swum two per lane slowest to fastest. Those who do not make the limit will be notified by Thursday, March 23rd, 2023. If swum two per lane, all swimmers are required to swim 'front crawl', no other strokes will be permitted. Positive check in will be required prior to the start of distance events.

ON RACE DAY

1. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package and pay any outstanding meet fees.
2. **The Walnut Grove Pool requests that all participants park in the high school parking lot adjacent to the pool.**
3. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
4. There is limited seating in the facility so please bring portable chairs. There will be gym space available for over flow seating of athletes. Parents are permitted to check on swimmers in the gym but this space is for athletes only. Parents are required to remain in the stands or to volunteer as officials.
5. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.

Entries must be received by 12:00pm (PST) Monday, March 20th, 2023.

1. **Meet entries must be uploaded prior to NOON Tuesday, March 20th, 2023 to the Swimming Canada - <https://www.swimming.ca/en/events-results/live-upcoming-meets/> - website. Entries sent directly to the meet manager will not be accepted. Please enter times in LCM. Converted times will be accepted.**
2. **Fees must be paid in full prior to warm up on Saturday April 1, 2023.**
3. **Submission of fees implies the acceptance of all LOSC meet rules and procedures.**
4. Swimmers must achieve a 4:00 200 IM to be eligible. Please submit proof of times. **NT entries will not be accepted for this event.**
5. **LOSC reserves the right to limit/alter the meet to fit time lines. This may mean limited number of 400m events or other such alterations.**
6. Swimmers are limited to 4 events per day and 8 events over two days.
7. Costs \$80.00 including Swim BC Competition Surcharge.

Make cheques payable to OLYMPIANS SWIMMING.

8. Deck entries will be made available if space permits for a fee of \$20.00 per event; payable at the time the deck entry is submitted, as exhibitions swims. No new heats will be created to fill deck entries. First come, first serve with payment will fill empty lanes. SNC ID number and complete date of birth must accompany deck entries for swimmers not already in the meet.

9. PARA swimmers are welcome to compete. Their classification numbers must accompany their entries.
10. To assist meet management and officials, scratches the day of the meet must be submitted to the Clerk of Course 30 minutes prior to the end of warm-up.
11. Coaches should exercise discretion in choosing events for 10 & under swimmers to ensure that time on deck does not exceed Swim BC guidelines.

SCRATCH RULES:

1. Please have scratches in by **noon Monday, March 27th 2023.**
2. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
3. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - a. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately.
 - b. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
4. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
5. For finals, email scratches will not be accepted.

MEET FORMAT:

1. Age will be determined as of Saturday, April 1st, 2023
2. Age groups will be: 11-12, 13-14, 15 and over.
3. All events will be swum as Open Age Group for prelims
4. Finals will be swum according to age groups - 11-12, 13-14, 15 and over.
5. 400Fr and 400IM are limited to the top 24 swimmers per gender for 14 & Under and 15 & Over, as determined by the Psych Sheets as of March 31st. There will only be "A" finals for 14 & Under and 15 & Over (per gender).
6. The onus will be on the clubs to review the Psych Sheets and determine which swimmers did not make the entry limit. An alternate event may be chosen prior to March 27th. Any request changes after Monday, March 27th, 12:00 pm will be treated as deck entries.
7. There will be Consolation Finals for each age group which has 20 competitors or more in the age group as determined by the Psych Sheets as of March 31st in the following events: All 50's and 100's, 200 Free and 200IM.
8. These events will have "A" finals only: 200 Back, 200 Breast, 200 Fly.
9. A coaches meeting will be held prior to the start of the meet (Saturday AM).

SCORING:

1. Points for club standing will be assigned according to club registration submitted.
2. Team scoring for Finals will be: 18-16-15-14-13-12-11-10.
3. Team scoring for Consolations Finals will be: 9-7-6-5-4-3-2-1.

Saturday, April 1st, 2023

Saturday Prelims

(Finals will be same order of events in age groups)

Women	Events	Men
#1	400 IM	#2
#3	200 Free	#4
#5	50 Fly	#6
#7	50 Breast	#8
#9	100 Free	#10
#11	200 Fly	#12
#13	100 Back	#14
#15	200 Breast	#16

Sunday, April 2nd, 2023

Sunday Prelims

(Finals will be same order of events in age groups)

Women	Events	Men
#33	400 Free	#34
#35	200 IM	#36
#37	50 Free	#38
#39	50 Back	#40
#41	100 Breast	#42
#43	200 Back	#44
#45	100 Fly	#46

ACCOMODATION:

SANDMAN SIGNATURE HOTEL & SUITES LANGLEY

8828 – 201 Street | Langley BC | V2Y 0C8

Phone 604 455 7263 | Fax 604 881 0225 | Direct 604 455 2355

www.sandmansignature.com

Details:

1. March 31 – April 3, 2023
2. 5 Standard Rooms w/ 2 Beds (\$199 per night)
3. 5 King Suites w/pullout (\$229 per night)
4. Booking Code: 2303SFA

Rooms will be held until March 17, 2023

SANDMAN HOTEL LANGLEY

8855 202nd St | Langley BC | V1M 2N9

Phone: 604-888-7263 | Fax: 604-888-7271

www.sandmanhotels.com

Details:

1. March 31 – April 3, 2023
2. 10 Standard Rooms w/ 2 Beds (\$169 per night)
3. Booking Code: 2303SFA

Rooms will be held until March 17, 2023

Langley Olympians Invitational Long Course Meet

Saturday, Sunday April 1st-2nd 2023

Hosted by: Langley Olympians Swim Club

Location: Walnut Grove Recreation Centre
8889 Walnut Grove Drive, Langley

PLEASE PASS THIS PAGE ON TO YOUR CLUB OFFICIALS DIRECTOR (COD)

Officials required for Langley Olympians Invitational Swim Meet

April 1st-2nd 2023

The number of swimmers entered from each club will dictate the number of officials that clubs will be expected to bring to the meet, **for each of the two days.**

3-5 swimmers	1 Timer
6-10 swimmers	2 Timers; 1 Stroke and Turn
11+ swimmers	3 Timers; 1 Stroke and Turn

Note: *These are minimum requirements. More help on deck is, of course, greatly appreciated.*

L&A OSC will be assigning the attending clubs a Lane for Timing. It will be the COD's responsibility to find 3 volunteers for Timing from their club to help out during the meet. We will also require 8 - 10 Stroke & Turn officials and again we will require help from the attending clubs.

Please submit the names of the Stroke & Turn Judges and Timers to the L&A OSC Officiating Coordinator, Khay See: officials@simonfraseraquatics.com no later than noon Monday March 27th 2023.

Again, a meet is run strictly with volunteers. Please do not hesitate to contact the undersigned if you have any questions or concern



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."