

VKSC Nolan's Pharmasave Invitational Swim Meet

April 15-16, 2023

Sanctioned by SWIM BC: # 39102

The Vernon Kokanee Swim Club would like to acknowledge that in the spirit of this gathering, the City of Vernon is located in the traditional and unceded territory of the Syilx people of the Okanagan Nation

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:

| | <u>Saturday AM, April 15, 2023 (Session 1)</u> | <u>Saturday PM, April 15, 2023 (Session 2)</u> |
|-------------------|---|---|
| Warm Up: | 7:15-8:20am | Warm Up: *tentative* 2:00-2:50pm |
| Start: | 8:30am | Start: 3:00pm |
| Projected Finish: | 12:00pm | Projected Finish: 7:30pm |

Sunday AM, April 16, 2023 (Session 3)

| | |
|-------------------|-------------|
| Warm Up: | 7:15-8:00am |
| Start: | 8:10am |
| Projected Finish: | 2:00pm |

Meet Registrar, Entries: Dawn Goldie, meetregistrar@kokaneeswimclub.ca

Meet Manager: Mandy Hubbard, meets@kokaneeswimclub.ca

Meet Referee: Ian Johnstone, Level 5 official

Location: Vernon Aquatic Centre
3310 – 37 Ave, Vernon, BC V1T 2Y5

Pool Set Up:

- SCM, 8 lanes, 25m
- Omega timing system with eight-lane scoreboard
- Spectator viewing area in place
- No warm-up area other than during scheduled pre-meet warmup.

Eligibility: All athletes are required to be "competitive" registered with Swim BC, Swimming Canada or other FINA affiliated organizations. A standard time of 4:00.00 or faster for the 200IM is required to participate in this meet.

Max Number of Participants: Athlete meet entries will be limited to the club registering the 275th swimmer. In order to maintain reasonable session lengths, the meet manager reserves the right to limit/alter the meet to fit timelines. This may mean limited number of 200/400 events or other such entries. If meet management removes a swimmer from an event because of time constraints, they will be offered the opportunity to enter another event or receive a refund.

Entries: Athletes may swim a maximum of 9 individual events (3 per session)

| | |
|-------------------------------------|---------------------|
| Individual event | \$10.50 per entry |
| Swim BC Competition Surcharge | \$ 5.00 per swimmer |
| Thompson-Okanagan Region Splash Fee | \$ 0.50 per swimmer |

Entry Deadline: Deadline for upload of entries to the SNC meet listings website is midnight, **April 11, 2023.**

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Meet Format:

All events will be timed finals and swam mixed gender slowest to fastest, except the 1500m freestyle which will be fastest to slowest. Provincial/National records will not be recognized

Meet Rules:

1. All Swimming Canada rules will be in effect.
2. From the deep end, starts shall be permitted from starting platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
3. Ages are determined as of the first day of the meet (April 15, 2023).
4. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
5. "NT" No Time entries will be accepted
6. Deck entries will only be accepted for swimmers pre-registered in the meet to fill any empty lanes and are exhibition swims only. Requests must be given to the Clerk of the Course with cash payment \$15.00/event within 30min prior to start of the session.
7. Entry fees must be paid prior to the start of the meet
8. Clubs pay total team fees by cheque made out to Vernon Kokanee Swim Club or arrange to e-transfer by emailing for details. All team fees must be paid prior to the start of the meet.

Special Meet Items:

1. Dash for Cash- Top 4 per age group/mixed showdown 50FR for cash prize of \$75!
2. Eliminator: Top 8 female/male from 200IM results will race each stroke discipline for 50m. Top female/male chooses the first 50m event to race. Each heat winner preceding the first event chooses the next 50m stroke discipline until you are left to the final two athletes competing for \$50!
3. Random bell heats with *prizes* going to the heat winner.

Scratches:

Scratches received before to Tuesday April 11 will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during this meet.
2. Scratches please submit to the clerk of course on the forms provided at least 30 minutes prior to the start of the session.

Refunds:

Scratches from the meet due to medical reasons must provide a medical note no later than coach check-in before the start of the meet to qualify for a refund.

Scoring

9-7-6-5-4-3-2-1 for individual events.

Awards:

Ribbons will be awarded for the 1st to 8th place in each individual event for each gender in the age groups:
11&Under, 12-13, 14-15, 16&Over

Visiting Officials

We welcome visiting officials and volunteers. If interested, please contact our volunteer coordinator at volunteercoordinator@kokaneeswimclub.com

Accommodations:

Prestige Hotel in Vernon has a team rate of \$129.95 per room/per night. Ask for the "Kokanee swim club rate".

<https://www.prestigehotelsandresorts.com/locations/vernon/overview/>

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Coaches Meeting- 5min before the start of session 1 and 3 on deck at the climbing wall

Session No. 1 - Saturday Morning

Warm-up: 7:15-8:20am, Meet Start: 8:30am

| Event # | Event | Age |
|---------|-----------|------------|
| 1 | 50 Free | Mixed open |
| 2 | 200 IM | Mixed open |
| 3 | 50 Fly | Mixed open |
| 4 | 1500 Free | Mixed open |

Session No. 2 – Saturday Afternoon (Sprint Day!)

Warm-up: 2hrs after the conclusion of prelims (Approx. 2-2:50pm), Meet Start: 3pm

| Event # | Event | Age |
|---------|---------------------------------|---------------------------|
| 5 | 50 Free Dash 4 Cash Showdown | Top 4 mixed/per age group |
| 6 | 100 Breast | Mixed open |
| 7 | 100 IM | Mixed open |
| 8 | 100 Free | Mixed open |
| 9 | 50 Back | Mixed open |
| 10 | 100 Fly | Mixed open |
| 11 | 50 Breast | Mixed open |

Session No. 3 - Sunday Morning (Mid-dist Day!)

Warm-up: 7:15- 8am, Meet Start: 8:10am & End 2pm

| Event # | Event | Age |
|---------|------------------|-------------------|
| 12 | 400 IM | Mixed open |
| 13 | 200 Back | Mixed open |
| 14 | 200 Breast | Mixed open |
| 15 | 200 Free | Mixed Open |
| 16 | 200IM Eliminator | Top 8 each gender |



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.”