

# SASKATOON LASERS SWIM CLUB SHORT COURSE 2021 SWIM MEET



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**REFEREE: SHARON LYONS**



PROUDLY SUPPORTED BY



## Lasers SC 2021 Swim Meet

### SANCTION #: 36246

- i. Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition. [LINK](#)
- ii. Current Swimming Canada Rules will apply except as specifically modified in this meet package - [Rules](#)
- iii. World Para Swimming Rules and Regulations will apply for Para swimmers – [Rules](#)

### COVID SAFETY:

**Covid 19 Safety Protocols will follow provincial, municipal, and Swim Sask guidelines and will be subject to change. Changes will be communicated with clubs as needed.**

All spectators, swimmers, coaches, and officials are requested to be masked during the competition except when in the pool.

As per Government of Saskatchewan and City of Saskatoon published guidelines at time of sanctioning this Meet Package the following is **required** to gain access into the Shaw Centre:

- Masks are mandatory at the Shaw Centre. Swimmers will be required to wear a mask on deck up until race marshalling.
- Individuals 12 years of age and over are required to show proof of full vaccination or negative Covid-19 tests within 72 hours, to enter the Shaw Centre facility.
- Individuals turning 12 after July 15<sup>th</sup>, 2021 will have 3 months from their birth date in order to be fully vaccinated. They will be allowed access to the Shaw Centre during the 3-month period.
  - Acceptable forms of proof of full vaccination, to be provided along with photo ID, are:
    - Wallet cards received at time of immunization
    - A printed copy of your [MySaskHealthRecord](#) vaccine certificate (with or without a QR code) or a 'screenshot' of your vaccine certificate (with or without a QR code) saved to your device
    - A COVID-19 vaccine printout from Saskatchewan Health Authority Public Health
    - A QR code/MySaskHealthRecord vaccine certificate uploaded to SK Vax Wallet app which is available free from Google Play or Apple App stores
    - Official proof of vaccine documents from other governments
  - Proof of Negative Test
    - Individuals who do not have proof of vaccination have the option of providing proof of a negative COVID-19 rapid antigen or polymerase chain reaction (PCR) test result from within the previous 72 hours. This test is to be done at the expense of the individual; [a list of locations and labs offering testing services is available here](#). Self-administered take-home rapid antigen tests (e.g. pictures of negative tests) will not be accepted as valid proof of negative COVID-19 test results.
- For the latest updates on City of Saskatoon requirements, visit [saskatoon.ca/covid-19](https://saskatoon.ca/covid-19).

Meet Management strongly suggests arriving with proof of age for swimmers 12 and under.

Due to the current risk associated with Covid-19, Swim Sask highly recommends:

- a) Only vaccinated swimmers, coaches, officials, volunteers, and spectators attend swimming competitions
- b) Those that are not vaccinated, not travel to swimming competitions until such time as they can be vaccinated.

To maintain safety, the Saskatoon Lasers are also asking that:

- a) Each swimmer has maximum of one spectator in attendance.
- b) Swimmers 11 & under ONLY attend session 2 of the meet.

**We ask that all spectators maintain a physical distance of 2 m.**

**Masks MUST be worn at all times by all swimmers, coaches, officials, volunteers, and spectators.**

**PHOTOGRAPHY/VIDEOGRAPHY:**

- a. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- b. For full details see page 3 of the Swimming Canada Photography Procedure found [HERE](#)
- c. Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.
- d. Meet Management will issue an accreditation/name tag identifying such person. This tag must be worn at all times.

**SAFE SPORT:**

- a. Swimming Canada and Swim Saskatchewan believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. For Swimming Canada Safe Sport Policy please click [HERE](#). For additional Safe Sport Resources please click [HERE](#) and then see the various links on the menu on the right hand side. Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- b. Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.

**MEET INFORMATION:**

**Name:** Lasers SC 2021 Swim Meet  
**Date:** December 4 – 5, 2021  
**Host Club:** Saskatoon Lasers Swim Club

**SESSION TIMES:****Saturday, December 4, 2021**

**Session 1:** Warm-up 12 & Over swimmers: 8:00 a.m. – 9:00 a.m.

Racing: 9:05 a.m. – 12:00 p.m.

**Session 2:** Warm-up 11& under (from Saskatoon clubs ONLY) 1:00 p.m. - 1:30p.m.

Racing: 1:35 p.m. – 3:30 p.m.

**Session 3:** Warm-up: 12 & Over swimmers: 4:30 p.m. – 5:30 p.m.

Racing: 5:35 p.m. – 8:35 p.m.

**Sunday, December 5, 2021**

**Warm-Up (Para only):** 8:00a.m. – 8:30 a.m.

**400 m Free (Para only):** 8:35 a.m. – 9:00 a.m.

**Session 4:** Warm-Up: 12 & Over swimmers: 9:05 a.m. – 10:00 a.m.

Racing: 10:05 a.m. – 1:00 p.m.

Meet Management reserves the right to change session start times once entries are received. Coaches will be notified should session start times change.

The Coaches' Meeting for this meet will be held on Thursday, December 2 at 8:00 p.m. over Zoom. Once your swimmers are registered, a zoom link will be sent out to you from the Meet Manager. Please be sure to attend as there will not be a coaches' meeting on the day of the event.

There will be an Official's Briefing 30 minutes prior to each session. This briefing will take place in the meeting room attached to the pool. **Masking at these briefings is mandatory.** Please do your best to social distance during these meetings.

**LOCATION:**

Name of Facility: Shaw Centre  
Address: 122 Bowlt Crescent  
Saskatoon, SK S7M 0L1  
Phone Number: (306) 975-7744

**FACILITY:**

- a. This meet will take place in a 10-lane pool.
- b. 25-meter competition pool
- c. All lanes will be made available for warm-up
  - a. Lanes 9 & 0 will be made available for para-athletes
- d. Daktronics Electronics system.
- e. Depth at start end of the pool is 3.02 m
- f. Depth at the Turn end of the pool is 3.05 m

**MEET MANAGER:**

Candace Peace  
Peace\_candacehotmail.com  
(306) 227-0798

**OFFICIALS COORDINATOR**

Warren Helgason  
[Helqi306@gmail.com](mailto:Helqi306@gmail.com)  
(306) 717-4067

**ELIGIBILITY:**

**This competition is only open to Saskatchewan Clubs, with the exception of Para swimmers attending that have been pre-approved by Swimming Canada to attend for Classification**

Entries will only be accepted for Year-Round Age Group Club swimmers, who are registered in the Swimming Canada registration database and have a Swimming Canada registration id number which is 9-digits, unless the swimmer is registered with and representing a foreign FINA affiliated federation.

Entries will *not* be allowed for any master's swimmers registered in the Masters-Open Category.

Swimmers must be a minimum of 7 years of age as of the 1<sup>st</sup> day of competition. Age group based on age of swimmer as of December 4, 2021.

Swimmers 11 & under (from Saskatoon clubs ONLY) are only allowed to participate in session 2 of this swim meet.

PARA swimmers who are registered with Swimming Canada or a FINA affiliate are eligible to compete.

**Due to the current risk associated with COVID-19, Swim Sask highly recommends that only vaccinated swimmers, coaches, officials, volunteers, and spectators attend swimming competitions.**

**As the host club, we have the right to deny a club from another area due to the covid situation in that area regardless of competition numbers.**

## PARA CLASSIFICATION ELIGIBILITY

Canadian Domestic Level 3 Classification will be conducted at this event. All swimmers must have achieved at least one Can AM MQS to be eligible for classification at the meet. Time Standards can be found [here](#)

Swimmers requesting sport classification, are required to submit a request online at:

[REQUEST FOR SPORT CLASS EVALUATION \(tfaforms.com\)](https://tfaforms.com)

**The deadline for classification requests is Thursday, November 10, 2021, by 8:00 pm Pacific**

All swimmers that are being classified **must enter** the following events Observation Assessment (OA) events:

200/400m Free AND 50/100m Breaststroke

200m Free for sport class 1-5 Free or 400m Free for sport class 6-10.

50m Breast for sport class 1-3 Breast or 100m Breast for sport class 4-10.

Swimmers for sport classification are not required to qualify in one of the OA events.

i.e. a swimmer could have achieved their one Can Am MQS in 100 back or 50 Fly and they are still allowed and required to swim in the OA events.

If a swimmer has not been previously classified Level 3 they should enter the meet with their current Level 2 sport class. Adjustments to entries will be made as necessary following the classification appointment.

Classification will take place the week of November 30 to December 4, 2021. Classification will take place at the Shaw Centre.

We are anticipating a large group to attend this competition, so all athletes are required to arrive prior to this date.

Please note that all swimmers requesting Domestic Level 3 Physical Impairment Classification must plan their travel so that they are available for classification starting at 8am on Tuesday November 30th, 2021.

**You will be notified by email about your classification appointment notification by email sent from Janet Dunn [jdunn@swimming.ca](mailto:jdunn@swimming.ca) by November 17th**

## QUALIFYING TIMES:

There are no qualifying times for this meet for Age Group Olympic stream (able bodied) swimmers.

All Para swimmers must have achieved at least one Can AM MQS to be eligible for classification at the meet.

## ENTRY DEADLINE DATE:

Entries must be uploaded to the Swimming Canada System no later than Friday November 26, 2021, by 9:59 p.m. CST.

## ENTRY FEE:

- Costs for entries are \$15.00 entry fee + \$10.00/swim
- There is no charge for relays
- Cheques should be made payable to the Saskatoon Lasers Swim Club
- All entry fees must be received on the first day of the meet prior to warm-up. No swimmer/team will be allowed to start warm-up until entry fees have been paid.

## **ENTRIES REFUND POLICY:**

As per Winter Swimming Policy WC-4 [http://www.swimsask.ca/pdf/Policy\\_Winter\\_Swimming.pdf](http://www.swimsask.ca/pdf/Policy_Winter_Swimming.pdf)

If a swimmer needs to withdraw due to COVID-19 – entry fee will be refunded.

## **ENTRY LIMIT:**

There will be a maximum of 250 swimmers allowed at this meet.

Para swimmers may go over this number for classification.

12 & Over swimmers are allowed a maximum of 3 swims per session. The relay in session 3 does not count towards the number of swims.

For session 2 – 11 & under swimmers only; each swimmer is allowed a maximum of 2 swims.

**All entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email.**

Entries may be uploaded in either SC or LC times. Converted times will be accepted.

No Time (NT's) will be accepted.

Any questions related to entries should be sent to Tricia Weiland at [tweiland518@gmail.com](mailto:tweiland518@gmail.com)

## **RELAY ENTRIES:**

Please submit relay entries with names.

Changes to relays must be in 30 minutes prior to the start of session 3.

Relay is mixed and may be made up of any combination of genders.

## **DECK ENTRIES:**

Deck entries will be allowed at the cost of \$15/swim. Deck Entries may be allowed at the discretion of Meet Management and only if space permits; additional heats will not be created.

**Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for day of competition entries.**

Deck entries are “exhibition” only.

## **MEET FORMAT/COMPETITION:**

Males and Females will compete separately.

All events will be timed finals

Heats may be combined as necessary.

**Session 2 is for 11 & under swimmers ONLY. These swimmers must be local to the Saskatoon area and registered with either the Saskatoon Lasers Swim Club or the Saskatoon Goldfins Swim Club.**

Meet Management reserves the right to mix genders for the Para-only 400m Freestyle event, if doing so will keep the meet on time. Coaches will be notified of any changes.

## **SEEDING:**

Events will be pre-seeded slowest to fastest in the following age groups: 11 & under; 12 & over

Para swimmers will be seeded according to their entry time.

**START:** Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

**SCRATCH RULE:**

Scratches from heats may be made at any time without penalty except for loss of entry fee. Scratches will only create empty lanes (no reseeding).

Clubs are requested to report any scratches no later than ½ hour before the scheduled start time of each session.

**SCORING:** There will be no scoring for the this meet.

**AWARDS:** There are no awards for this meet.

**RESULTS:**

Results will be reported by the following age groups 11 & under; 12 & over.

Official results will be posted on the Swimming Canada website following the completion of the competition.

Unofficial results will be made available on Meet Mobile. Heat Sheets will also be available through Meet Mobile.

We will maintain a signed copy of official results for one year.

**Official Splits**

As per CSW 13.3.1.1, Meet Management requires that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question.

Official Split requests must be submitted to Meet Management a minimum of 30 mins prior to the start of the session. Official splits will be reported as a separate event in the meet results.

**MEET SAFETY RULES:**

Safety Marshalls will be stationed around the pool deck.

Lane 9 & 0 will be for Para athletes only. Para athletes may also use Lane 9 & 0 for diving or sprinting.

A ½ hour into warm-up time, lanes 1 and 2 are designated as diving lanes and only ONE-WAY SWIMMING IS ALLOWED.

1. No Running is permitted on the deck.
2. No fins or paddles during the warm-up.
3. Footwear must be worn at all times when not on deck.
4. No glass or glass bottles are allowed anywhere in the pool or other sections of the building.

NOTE: It is the Coach's RESPONSIBILITY to inform the swimmers and to ensure their discipline and adherence to the MEET SAFETY RULES

**Any individual who is sick or symptomatic MUST NOT participate!**

Masks MUST be worn when swimmers are not in the water. This mask must cover the nose, mouth and chin as part of a layered approach.

- Swimmers can use Ziploc bags.
  - Swimmers must put their mask in the bag and close it tightly.
  - At the conclusion of the race, swimmers should climb out of the water, dry their face, and then put on the mask.
  - **WET MASKS DO NOT WORK!**
- Please allow 2 m of separation between participants at all times.
  - Sanitization stations will be made available around the pool area. Please use them often.
  - **\*MASKS MUST BE WORN BY ALL INDIVIDUALS AT ALL TIMES WHEN INDOORS\***

**GENERAL INFORMATION:**

There is no deck-changing allowed. All participants must use change rooms.

All Clubs are requested to clean up and supervise their own areas. Any swimmer caught vandalizing, using offensive language, or otherwise causing a disturbance shall at the discretion of the Referee be disqualified from the meet and asked to leave. The referee's decision shall be final.

Footwear must be worn at all times when not on deck.

**OFFICIALS**

Officials are asked to bring their own water bottle, filled with water, and labelled. Food and water will NOT be provided.

Masks MUST be worn at all times when on deck and indoors.

Due to the pandemic, we will use officials from the host club, and the Saskatoon area first before accepting officials from other areas. If you are interested in officiating, please contact our officials co-ordinator, Warren Helgason at [helgi306@gmail.com](mailto:helgi306@gmail.com).



**EVENT LIST****Saturday, December 4**

Session #1 - 12 &amp; Over swimmers only

Warm-up: 8:00 a.m. – 9:00 a.m.

Start time: 9:05 a.m.

<i>Female Event #</i>	<i>Event Description</i> <b>TIME FINAL</b>	<i>Male Event #</i>
1	200 IM	2
3	100 Back	4
5	50 Breast	6
7	100 Fly	8
9	200 Free	10
11	50 Back	12

12 &amp; Over swimmers allowed a maximum of 3 swims per session

**Saturday, December 4****Session #2 - 11 & under Saskatoon swimmers ONLY**

Warm-up: 1:00 p.m. – 1:30 p.m.

Start Time: 1:35 p.m.

<i>Female Event #</i>	<i>Event Description</i> <b>TIME FINAL</b>	<i>Male Event #</i>
13	50 Back	14
15	100m IM	16
17	50 Breast	18
19	100m Free	20
21	50 Fly	22
23	50m Free	24

11 &amp; Under swimmers allowed a maximum of 2 swims per the session

**Saturday, December 4**

Session #3 - 12 &amp; Over swimmers only

Warm-up: 4:30 p.m. – 5:30 p.m.

Start time: 5:35 p.m.

<i>Female Event #</i>	<i>Event Description</i> <b>TIME FINAL</b>	<i>Male Event #</i>
25	400 IM	26
27	100 Breast	28
29	200 Fly	30
31	100 Free	32
33	200 Mixed Medley Relay	

12 &amp; Over swimmers allowed a maximum of 3 swims per session

**Sunday, December 5**

**Session #4 – 12 & over swimmers only**

**Warm-Up (PARA ONLY) 8:00 a.m. – 8:30 a.m.**

**PARA Start: 8:35 a.m.**

**Warm-Up 9:05 a.m. – 10:00 a.m.**

**Start Time: 10:05 a.m.**

<b>Female Event #</b>	<b>Event Description TIME FINAL</b>	<b>Male Event #</b>
	<b>30 Min Para Warm-up</b>	
101	400 Free (Para only)	102
	<b>Warm - up</b>	
37	400 Free	38
39	50 Fly	40
41	200 Breast	42
43	200 Back	44
45	100 IM	46
47	50 Free	48

**12 & Over swimmers allowed a maximum of 3 swims per session**