



Langley Olympians Swim Club

14th Annual Short Course Invitational

November 13th – 14th, 2021

8889 Walnut Grove Drive

Langley, BC, Canada

604 882-0408

Sanctioned by Swim BC: #36335

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.

POOL AND FACILITIES

8x25m Competition Pool

Electronic Timing

Concession available on site

Warm down lanes available (2x25m lanes warm up/warm down pool)

SCHEDULE- Saturday & Sunday

Session	Warm up	Start & Finish
13yrs & under	8:00-8:55am	9:00am – 12:30pm
14yrs & older	1:00-1:55pm <i>Subject to change</i>	2:00pm – 5:30pm

GENERAL INFORMATION

1. Referee: Linda Metcalfe
2. Meet Manager: Linda Metcalfe
3. Meet Official Chairperson: Linda Metcalfe linda@langleyolympians.com
4. CEO: Brian Metcalfe ✉ laosadmin@telus.net

COVID 19 PROTOCOLS

- Swimmers, coaches, and team liaison will be given first access to the facility between 7:45 and 8:00 am. Please enter through the lower east doors.
- 8:00 – 8:15 admission will be given to officials that are pre-registered to officiate the meet.
- 8:15 onward admission will be given to spectators. Vaccine passports and I.D. will be checked. If you wish to leave the facility and return you must show your vaccine passport and I.D. to return to the facility. No proof of vaccine is required for swimmers, coaches, and volunteers at this time.
- Afternoon session, swimmers and coaches will be admitted into the facility at 12:45pm.
- Pre-registered officials will be admitted at 1:00 – 1:15. A meet sign up will be sent prior to the meet.
- Spectators will be admitted after 1:15pm and you must show your vaccine passport and I.D.
- Anyone entering the facility must wear a mask at all times when not in the water. This includes swimmers, coaches, officials, and spectators.
- These protocols are subject to change and will be updated as required.
- All spectators must leave the facility after the morning session and will be allowed back in after 1:15pm.

MEET RULES

1. All swimmers must be registered with Swim BC, SNC or other FINA recognized club.
2. We will attempt limit the meet to make sessions manageable.
3. This meet will observe the SNC rulebook.
4. Swim BC warm up procedures will be in effect. Warm up may be blocked and coaches will be notified by email of their warm up times prior to meet.
5. Starts will be conducted from starting platforms (blocks) as per the FINA FR 2.3 and SW 4.1
6. Two warm up/ warm down lanes will be provided during the meet. Swimmers are expected to use these marked lanes ONLY.
7. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package or pay any outstanding meet fees.
8. Coaches meetings will be held 10 minutes prior to session starts. Any warm up time changes will be announced at that time.
9. Any act of theft, vandalism, or similar action will result in immediate disqualification.
10. Clubs will be responsible for their swimmers. Neither the host club nor the facility will be responsible for swimmers. It is mandatory that all teams have a team liaison to ensure all COVID protocols are being followed primarily mask usage and any other protocols that may be implemented by Provincial Health or Township of Langley.
11. The gymnasium may be booked for swimmers to use during heats only. All chairs and other personal belongings must be removed from the gym by the end of heats each day. L&A OSC parents, officials or Township of Langley Staff will not monitor the gym. Coaches and team liaison are expected to monitor their own swimmers.
12. There is limited seating at Walnut Grove Pool so please bring folding seats.
13. The Walnut Grove Pool requests that all participants enter through the pool deck doors where vaccine passports will be checked.
14. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.
15. **The Walnut Grove Pool requests that participants use the high school parking lot.**

ENTRIES

Entries must be received by Thursday, November 4th, 2021.

1. **Meet entries must be uploaded prior to noon Thursday November 4th, 2021, to the Swimming Canada www.swimmeet.ca/meetlist.aspx website. Entries sent directly to the meet manager will not be accepted. Please enter times in SCM. Converted times will be accepted.**
2. Their 9-digit ID number must accompany all swimmers' entries.
3. 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.**
4. Swimmers will be limited to four events per day or 8 events for two days.
5. LOSC reserves the right to limit/alter the meet to fit time lines. This may mean limited number of 200/400m events or other such alterations.
6. Age groups will be based upon swimmers age as of the 1st day of the meet.
7. Costs of Individual Entries are \$90.00 per swimmer for two days or \$45.00 per swimmer for one day
8. Deck entries will be made available if space permits for a fee of \$15.00 per event as exhibitions swims.
9. There is a Swim BC Competition Surcharge of \$4.00 per swimmer included in the meet fee
10. Para-swimmers are welcome to compete. Their classification numbers must accompany their entries.
11. Please submit 1 cheque for all swimmers entered under the club acronym; made payable to Olympian Swimming (O.S.). **Entry fees must be paid prior to the start of the first session.**
12. Entry fees must be paid prior to the start of the first session. If entry fees are not paid at this time the team will incur a \$100.00 fine.
13. **Coaches should exercise discretion in choosing events for 10 & under swimmers to ensure that time on deck does not exceed Swim BC guidelines.**

SCRATCHES

1. Please have scratches in by **noon, Monday, November 8th 2021.**
2. No refund of fees for scratched events after the scratch deadline (November 4th, 2021) except with a medical certificate submitted to meet management.
3. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees)

ORDER OF EVENTS

Saturday

Female	Event	Male
#1	50 FLY	#2
#3	400 FREE	#4
#5	100 BACK	#6
#7	200 BREAST	#8
#9	100 FLY	#10
#11	200 IM	#12
#13	100 FREE	#14
#15	50 BACK	#16

Sunday

Female	Event	Male
#17	50 BREAST	#18
#19	400 IM	#20
#21	200 FREE	#22
#23	100 BREAST	#24
#25	200 BACK	#26
#27	50 FREE	#28
#29	200 FLY	#30



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.”