

**LOSC**  
**FEBRUARY LONG COURSE INVITATIONAL**

Hosted by Langley Olympians Swim Club  
Saturday, February 12, 2022

Walnut Grove Community Centre  
8889 Walnut Grove Drive, Langley, BC V1M 2N7

**Sanctioned by Swim BC #36827**

Pool set up 8x50m  
Omega Timing System

**Order of Events**

400 IM
100 Backstroke
200 Breaststroke
100 Butterfly
50 Backstroke
---10-minute break warm up/warm down--
400 Freestyle
200 IM
50 Free
200 Butterfly
50 Breaststroke
---10-minute break warm up/warm down---
100 Freestyle
100 Breaststroke
200 Freestyle
50 Butterfly
200 IM

**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.

**Warm Ups and Spectators:**

- 1:00 – 2:00 PM for a 2:15PM start
- Swimmers and officials will be allowed access to the facility at 12:45PM. Entry to the facility will be through the lower doors in the northwest corner of the deck.
- Officials will be allowed into the facility at 1:30 PM.
- One spectator per athlete will be allowed into the facility at 2:00 PM -subject to change.
- 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.
- All coaches, spectators, and officials must show proof of vaccination.
- Anyone entering the facility must wear a mask at all times when not in the water. This includes swimmers, coaches, officials, and spectators.
- Spectators must remain seating in the viewing area and are not allowed into any other part of the facilities other than the restrooms. Spectators found behind the starting blocks or in any other area of the facility will be asked to leave for the remainder of the swim meet.

**Meet Rules:**

- The meet will be run under the most current SNC rules.
- Starts will be conducted from the starting platforms (blocks) as per the FINA FR2.3 and SW 4.1
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times, both during the competition and between any sessions that might occur.

**Entry Information:**

- This is a closed invitational. Number of participating swimmers will be limited to 300 swimmers. Only clubs who have been invited will have their entries accepted.
- This meet is open to swimmers who have achieved one BC Provincial Championships time standard and are registered with Swim BC or other affiliated FINA organization.
- Swimmers age is first day of competition.
- Swimmers may enter a maximum of three events.
- 400-meter events may be restricted to the top 16 male and top 16 female entries regardless of age.
- Meet management reserves the right to limit the number of 200-meter entries to maintain timelines and integrity of the meet.
- Proof of time in PDF format may be asked for by the meet manager if they feel there are discrepancies accompanying any clubs' entries.
- LOSC reserves the right to enter swimmers not meeting the qualifying standards.
- PARA swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time. PARA swimmers must have achieved one PARA-swimming provincial standard for their class in an event that is being offered.
- All heats are timed finals and will be senior seeded, slowest to fastest.
- All heats will be start overs (with the exception of backstroke). Swimmers are to remain in the water until the next heat has been started.
- Each club attending the meet will be required to provide officials for the entire session of the meet. Please have officials sign up on the LOSC Sign up Genius.

**Registration/Fees/Entry Deadline**

**Entry deadline Thursday February 3, 2022 – noon**

**Scratch deadline Monday February 7, 2022 – noon**

- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website ([www.swimmeet.ca](http://www.swimmeet.ca))
- Entries sent directly to the meet manager will not be accepted.
- Cheques should be made payable to Olympians Swimming.
- Entry fees are \$40/swimmer. This includes the Swim BC Competition Surcharge.
- Deck entries will be allowed where space permits and will be \$20/event. Deck entries are only allowed for swimmers already entered in the meet.

**Meet Management Team Contacts:**

Meet Manager – Linda Metcalfe

Head Coach – Brian Metcalfe

Meet Referee – Linda Metcalfe



## 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.



#### **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."**