Langley Olympians Swim Club

16th Annual Long Course Invitational
April 7-8 2018
8889 Walnut Grove Drive
Langley, BC, Canada
604-882-0408

Sanctioned by Swim BC - #23414

DATES/SCHEDULE

Session	Warm up	Start & Finish
Saturday 12yrs & under	7:00am-7:50am	8:00am-1:30pm
Saturday 13yrs & older	2:00pm-2:50pm	3:00pm-8:00pm
Sunday 12yrs & under	7:00am-7:50am	8:00am-1:30pm
Sunday 13yrs & older	2:00pm-2:50pm	3:00pm-8:00pm

POOL AND FACILITIES

8x50 Meter Competition Pool
Colorado Timing Systems
Concession available on site

GENERAL INFORMATION

1. Referee: Linda Metcalfe
2. Meet Manager: Linda Metcalfe: ✉ lindajmetcalfe@telus.net
3. Meet Secretary: Linda Metcalfe: ✉ lindajmetcalfe@telus.net
4. Meet Official Chairperson: Linda Metcalfe
5. Director of Swimming: Brian Metcalfe: ✉ laoscadmin@telus.net

MEET RULES

1. All swimmers must be registered with swim BC, SNC or other FINA recognized club.
2. The meet will be run under Swim BC and Swimming Canada rules, and will observe the Swim BC Technical Guide and the SNC rulebook, including the current SNC Swimsuit Policy.
3. SNC 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. All events are timed finals and will be swum slowest to fastest.
5. 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.
6. The Swim Meet may be limited to 350 swimmers per session or to a size to fit the time frame of the pool rental.
7. 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

8. The 400 free **may** be limited and may be swum two per lane. You will require your own two timers for these events. Those who do not make the limit will be notified by Thursday March 29,2018. If swum two per lane, all swimmers are required to swim 'front crawl', no other strokes will be permitted. Positive check in with your two timers will be required prior to the start of distance events.

ON RACE DAY

9. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package and pay any outstanding meet fees.
10. Coaches meetings may be held 10 minutes prior to session starts. Any changes will be announced at that time.
11. **The Walnut Grove Pool requests that all participants park in the high school parking lot adjacent to the pool.**
12. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
13. There is limited seating in the facility so please bring portable chairs. There may by gym space available for over flow seating.
14. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.

Entries must be received by noon Tuesday March 27, 2018.

1. **Meet entries must be uploaded prior to noon Tuesday March 27, 2018 to the Swimming Canada www.swimmeet.ca 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 7, 2018.**
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 these events.**
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. Age groups will be based upon swimmers age as of the 1st day of the meet.
7. Age Groups will be 12 years & under, 13 years & older.
8. Costs of Individual Entries are $10.00.
9. There is a Swim BC splash fee of $4.00 per swimmer and a $7.00 per swimmer pool improvement fee.
10. Deck entries will be made available if space permits for a fee of $15.00 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 served: 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.
11. PARA swimmers are welcome to compete. Their classification numbers must accompany their entries.
12. Please mail in a $100.00 non-refundable fee to secure your spot in the meet. Meet Management reserves the right to limit the number of entries in all events to fit the goal time lines. **Please provide club contact's name, email and phone number with your deposit and mail to: LOSC, PO Box 12098 Murrayville RPO, Langley BC V2Y 0M6**
13. 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.
14. 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 Tuesday April 3 2018.**
2. No refund of fees for scratched events after the scratch deadline except with a medical certificate.
3. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (No refund of fees)

Saturday

EVENT ORDER

Women	12yrs & under	Men
#1	50 free	#2
#3	100 breast	#4
#5	200 back	#6
#7	100 fly	#8
#9	200 IM	#10
#11	400 free	#12

BREAK

Women	13yrs & older	Men
#13	50 free	#14
#15	100 breast	#16
#17	200 back	#18
#19	100 fly	#20
#21	200 IM	#22
#23	400 free	#24

Sunday

Women	12yrs & under	Men
#25	400IM	#26
#27	100 free	#28
#29	200 breast	#30
#31	100 back	#32
#33	200 fly	#34
#35	200 free	#36

BREAK

Women	13yrs & older	Men
#37	400IM	#38
#39	100 free	#40
#41	200 breast	#42
#43	100 back	#44
#45	200 fly	#46
#47	200 free	#48

ACCOMODATION

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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

SANDMAN HOTEL LANGLEY 8855 202nd St | Langley BC | V1M 2N9
Phone: 604-888-7263 | Fax: 604-888-7271 www.sandmanhotels.com

Langley Olympians Invitational Long Course Meet
Saturday, Sunday April 7-8 2018
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 7-8 2018

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 Stoke 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, Linda Metcalfe: simon.blunden@shaw.ca no later than noon Monday March 27 2017.

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

SWIMMING
CANADA
NATATION

COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an announcement or deck signage.
- 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.

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 higher level 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 higher level 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 is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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.