



Hollyburn Hurricanes Christmas Time Trial December 18, 2021

Hollyburn Country Club - 950 Cross Creek Rd, West Vancouver, BC, V7S 2S5

Sanctioned by Swim BC:

Contact: Brad Hutton bhutton@hollyburn.org

Meet Referee: Mel Chandler

Meet Manager: Khosro Mansuri

Overview

Session 1 Saturday, October 23 Warm-Up 7:30am Timed Finals 8:00am Finish 10:30am

Timing System – wifi dolphin

Safe Sport Statement All interactions between an athlete and an individual who is on a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Meet Rules All Covid Safety Protocols will be followed. Swimmers, coaches and officials must wear masks on deck. All participants must verify double vaccination status at Club Access Point prior to entry. There will be no spectators allowed on deck unless all of our officiating positions are full. This meet will be conducted under Swimming Canada rules and regulations. The current Swimming Canada swimsuit rule will be in effect. SwimBC warm-up procedures will be in effect and will be monitored by safety marshals.

Diving Rules Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

Eligibility Time Trial for the Hollyburn Swim Team.

Entry Fees Fees are \$20 per swimmer.

Parking Parking available in the lower parking lot.

Event List - swimmers race three events plus relays

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|---------------------|----------------------|-----------------------|
| 1. 50m Butterfly | 7. 200m Freestyle | 13. 100m Butterfly |
| 2. 50m Freestyle | 8. 200m Backstroke | 14. 100m Freestyle |
| 3. 50m Backstroke | 9. 200m Breaststroke | 15. 100m Backstroke |
| 4. 50m Breaststroke | 10. 200m IM | 16. 100m Breaststroke |
| break | 11. 100m IM | 17. 50m Freestyle |
| 5. 25m Butterfly | break | |
| 6. 200m Butterfly | 12. 25m Breaststroke | FUN TEAM RELAYS |



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.”