LMR Distance Meet
Sunday, December 3, 2017
*Sanctioned by Swim BC: #22844*

**Sungod Recreation Centre, 7815 112 Street, Delta, BC**

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| 11:45am | Pool Opens to Meet Participants (please note swimmers will not be allowed on deck prior to that time as there are community programs running |
| 12:00pm | Pool Opens for Warmup |
| 12:30pm | Warmups Finish |
| 12:45pm | Meet Starts |

Facility
8 Lane, 25 metre pool, Omega Timing System
Esquire's Coffee in Lobby, Goggle Sales at Front Desk

Timers/Officials
DSSC may require timers for each session. LMR clubs are responsible for providing 3 timers per session.
All officials/Timers will receive free coffee and refreshments during the session that they time/officiate.

Eligibility:
All swimmers must be registered with SwimBC or other FINA affiliated organization.
Age groups will be based on the age of the first day of the competition.
All swimmers must have achieved their 4:00.00 in the 200m IM. Proof of time must be submitted.

Entries
Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet listings website (https://www.swimming.ca/MeetList.aspx).
Entries sent directly to the meet manager will not be accepted.

The team entering the 200th swimmer will be accepted to the meet. Teams not accepted will be notified. Time outs may be modified to accommodate time and deck space restrictions.

Deck entries will be accepted on a first come, first served basis. No new heats will be created for deck entries.

Entry Fees

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| Individual Events: | $16.00 |
| Swim BC Splash Fee | $4.00 |
| Late/Deck Entry | $24.00 |

Entry fees must be paid prior to the start of the first session.
Deck entries must be paid in cash when entry is requested. SNC # and Date of Birth required at time of sign up.
Deck entries are not eligible for awards.

Please make a single meet fee cheque to **Delta Sungod Swim Club**
**Entry Deadline: Friday, November 24, 2017**

Scratch Deadline
Scratches received before Tuesday, November 28, 2017 will be fully reimbursed.
Scratches received later than Tuesday, November 28, 2017 must be accompanied by a medical note for refunds.

Meet Rules
1. All SNC and Swim BC rules as stated in the SNC rulebook and Swim BC Technical Guide will apply. Also, all LMR rules will be in effect.
2. 10 & U swimmers are limited to 4 hours of competition time. Coaches should enter these swimmers in events which ensure completion of their sessions within 4 hours.
3. The FINA one-start rule will be in effect. Starts will be dive overs; swimmers are to remain in the water until after the next heat's start.
4. SNC Warm-up procedures will be in effect; see final page of this meet package for details.
5. The 400/800/1500 Free may be swum 2 swimmers per lane at the discretion of the meet management. Coaches will be informed.
6. 400/800/1500 free will be swam as combined genders.
7. 800/1500 Fr will be alternated 1 heat of 800's, 1 heat of 1500's.
8. All heats will be swum fastest to slowest.
9. DSSC is NOT responsible for visiting clubs' swimmers.
10. Coaches must ensure that athletes follow the rules of the facility and respect the staff.
11. Glass containers are not permitted on deck.

Coaches Meeting:
There will be a coaches' meeting 10 minutes prior to the session start if required.

Officials Meeting:
There will be an officials' meeting 20 minutes prior to the start of each session.

Awards:
There will be awards presented for the top 5 finishers in each individual event by age group (11&U, 12&13, 14&O).

Meet Manager
Kurt Murphy headcoach@teamsungod.ca 604-345-5912

Officials Manager
Wojceich Apanowicz officals@teamsungod.ca

Meet Secretary
Kurt Murphy. headcoach@teamsungod.ca 604-345-5912

Head Coach
Kurt Murphy headcoach@teamsungod.ca 604-345-5912

| Event | Event # |
|---|---|
| Mixed 400m Freestyle | 1 |
| Mixed 800m Freestyle | 2 |
| Mixed 1500m Freestyle | 3 |

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.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

**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.

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 rules 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 Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**