Laser Blast

LC Invitational

**Saturday, January 12, 2019**

**Co-hosted by:**





Location:

Windsor International Aquatic & Training Center

DATE(S): January 12, 2019 Region: Western

HOSTED BY: Blenheim Blast and Leamington Lasers

LOCATION: Windsor International Aquatic Training Centre - 401 Pitt Street, Windsor Ontario

FACILITY: 71 m by 25 m 10 Lane pool with 3m bulkhead dividing 50 m competition pool from the 6 lane warm-down pool.

Omega Quantum Electronic timing and LED display scoreboards with Hy-Tek Meet Manager for scoring.

Touch pads at both ends and non-turbulent lane markers.

Spectator seating will be upstairs on the mezzanine level.

PURPOSE: Long Course Invitational Meet with no Qualifying Times.

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

COMPETITION

COORDINATOR: Ben Balkwill, Level V, email: coach@leamingtonlasers.ca

MEET MANAGER: Greg Moore, Level IV, Email: blenheimblast@gmail.com

OFFICIALS

COORDINATOR: Ben Balkwill, Email: coach@leamingtonlasers.ca

COMPETITION RULES: Sanctioned by Swim Ontario.  
All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](http://swimontario.com/uploads/Officials/Resources/SwimwearRulesGR5_2018.pdf) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE.](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/)

**Coaches are responsible for their swimmers’ conduct and knowledge of the Safety Procedure Rules.** Before arrival, coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes’ adherence of these rules and to discipline the athletes’ behavior if necessary.

DIVE STARTS: As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

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

both ends.

RECORDS: Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

AGE UP DATE: Ages submitted are to be as: January 12, 2019

MIXED-GENDER: The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

*Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.*

Notwithstanding Rule SW 10.1, due to facility and time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis. In spite of this rule, any swimmer who achieves a record time at any level will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry *(choose appropriate circumstances):*.

Preference will be given to the host club first.

This is an invitational meet. Participation of this meet is at the full discretion of the host club.

Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours.

Foreign competitors are welcome, subject to the provisions below.

FOREIGN

COMPETITORS: All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.

All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver’s license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](http://www.swimontario.com/uploads/Clubs/Club%20Operations/Forms/2015-2016/ProofofResidence.pdf) to Swim Ontario no later than 7 days prior to start of competition.

ENTRY FEE: Individual Events $ 10

Deck Entries $12

Please make cheques payable to: Blenheim Blast

ENTRIES: Entries must be submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca) . Meet Management will not accept entries via email.

Foreign Non-SNC Swimmers can email the Meet Manager your entries.

**Online Entry Deadline: January 5, 2019**

Changes to entries will not be accepted after **January 7, 2019**. After that time, fees will be calculated; no refunds will be granted for missed swims.

There is no limit on the number of swims

**NT entries are not permitted for 400 IM.**

**For planning purposes, we are requesting teams who are planning to attend to email Greg**

**Moore at** [**blenheimblast@gmail.com**](mailto:blenheimblast@gmail.com) **by Dec 1, 2018 with the name of the team, coach’s name, and approximate number of swimmers.**

Deck Entries: Will be accepted only for the slowest heats that have empty lanes. These entries are Exhibition only

and no awards will be given. The cost for deck entries is $12.00 for individual to be paid in cash at the time that the entry is accepted. Deck entries must be made 30 minutes prior to the start of the session and will be recorded as exhibition only. Swimmer’s that were not in the entries file submitted to www.swimmeet.ca cannot be deck entered.

SEEDING/ CONVERSION: Heats will be seeded slowest to fastest

Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).

All entries must be submitted using long course times in meters (LCM).

Please use Hy-Tek default conversion of times to LC times before submitting entries.

SCHEDULE OF SESSIONS:

| Session # | Date | Warm Up | Start | Finish | Estimated Duration |
| --- | --- | --- | --- | --- | --- |
| 1 | Jan.12/19 | 9:00 – 9:50 am | 10:00 am | 1:30 pm | 3.5 |
| 2 | Jan.12/19 | 2:15 – 2:50 | 3:00 am | 6:30 pm | 3.5 |

SESSION TIMES: In order to abide by Swim Ontario Sanctioned guidelines and limit session lengths to no more than

4.5 hours.

**Meet Management reserves the right to:**

1. Amend warm-up and start times according to number of entries received.

2. Limit number of swimmers in an event.

3. Limit number of heats in any particular event(s)

4. We reserve the right to combine events by gender in order to ensure appropriate session

length.

SCHEDULE OF EVENTS: See event list - Appendix

COACH’S

REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](http://www.swimontario.com/page.php?id=2748).  If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet.  Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

COACH’S MEETING: A coaches meeting will be held January 12, 2018 at 8 am outside the Timing Office

TIME SPLITS: Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

Coaches must provide 3 timers and produce them to the Timing office in order to get the proper paperwork and stop watches to record the requested Time Split.

CHECK IN

AND SCRATCHES: All swimmers are required to check in with the Clerk of Course 30 minutes prior to each swim

Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each

Session

No scratch penalty shall be imposed for late or day of scratches.

AWARDS: The following will be awarded:

Ribbons for 1st to 10th place in individual events

Age groups will be as follows:

15 &over, 13-14, 11-12, 10-9, 8 & under

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)

The meet program will be run on Hy-Tek Meet Manager.

Results will be posted as quickly as possible at the meet.

Meet Mobile are available.

RECORDING

OF EVENT: Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed shall be granted access and permission to do so. Please contact Meet Management for application and authorization.

SAFETY &

LIABILITY: Only participating swimmers, officials, certified registered coaches, and authorized people are

allowed on deck.

OFFICIALS: We are requesting that each non-host Canadian team please sends 3 officials. Please email **Ben Balkwill** at **coach@leamingtonlasers.ca** with their names and positions. Officials to assemble in the officials’ lounge 50 minutes prior to session starts.

**Appendix**

**Event List**

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| --- |
| Session 1  *Saturday, January 12, 2019*  *Warm-up: 9:00 AM -- Start: 10:00 AM* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event #** | **Women** | **Event** | **Men** | **Event #** |
| 1 | All Ages | 50m Fly | All Ages | 2 |
| 3 | All Ages | 200m Breast | All Ages | 4 |
| 5 | All Ages | 100m Back | All Ages | 6 |
| 7 | All Ages | 200m Fly | All Ages | 8 |
| 9 | All Ages | 50m Breast | All Ages | 10 |
| 11 | All Ages | 400m IM | All Ages | 12 |
| 13 | All Ages | 100m Free | All Ages | 14 |

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| --- |
| Session 2  *Saturday, January 12, 2019*  *Warm-up: 2:15 PM -- Start: 3:00 PM* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event #** | **Women** | **Event** | **Men** | **Event #** |
| 15 | All Ages | 200m Free | All Ages | 16 |
| 17 | All Ages | 50m Back | All Ages | 18 |
| 19 | All Ages | 100m Breast | All Ages | 20 |
| 21 | All Ages | 100m Fly | All Ages | 22 |
| 23 | All Ages | 200m Back | All Ages | 24 |
| 25 | All Ages | 50m Free | All Ages | 26 |
| 27 | All Ages | 200 IM | All Ages | 28 |

**Emergency Action Plan (EAP) for WIATC**

* In the event of an emergency the POOL COORDINATOR on duty will coordinate the EAP for the pool deck area including the bleachers.
* Water creates slippery surfaces. All participants/spectators/volunteers are encouraged to use caution when moving about in the facility.
* Footwear is required outside of the Natatorium. Bare feet are not permitted and athletes should dry off before leaving the change rooms.

**Location of Lifeguards:**

* The positioning of Lifeguards will be determined once warm up and event times are confirmed.
* Additional staff will be scheduled for warm-up periods
* Lanes will be designated by Meet Management as sprint lanes and start lanes
* Lifeguards will be positioned for maximum visibility at all times and positioning will not interfere with competition /field of play (FOP).

**Medical Emergency – Minor:**

* Injured person will be recognized and first aid will be provided
* A City of Windsor Accident Form will be filled out
* Information on local medical aid will be provided if appropriate

**Medical Emergency – Major:**

* Injured person will be recognized and first aid will be provided
* Emergency Medical Services (EMS) will be activated by aquatic staff relaying relevant information to emergency
* The Pool Coordinator along with the Supervisor on duty will be responsible for the accident scene, equipment, confirming EMS has been activated and met at the entrance

**Building Evacuation – Fire:**

* The fire system at the Aquatic Centre is a two-stage system
* The Pool Coordinator on duty will coordinate evacuation along with Supervisor on duty; the Facility Technician will be the lead communicator for building evacuation situations
* If the first stage is activated staff will prepare their areas of responsibility for evacuation.
  + Lifeguards will clear the pool and once clear check the bottom
  + Participants and spectators will be directed through the PA system by the Pool Coordinator to calmly move towards the nearest exit and wait for further instructions
  + Lifeguards will keep their fanny packs with them and will grab first aid kits
  + The Pool Coordinator will ensure they have a walkie-talkie (radio) and will wait for further instructions
  + If the first stage continues past 5 minutes and/or fire is imminent the building will be moved into a second stage alarm and will be evacuated
* During a second stage evacuation participants and spectators will be directed to calmly leave the building
* Designated meeting areas include Parking Lot 22 (“Bubi’s Lot”) or the Transit Terminal
* The Pool Coordinator will then wait for further instructions from the Facility Technician
* When the alarm system is silenced and upon direction from the Facility Technician through Windsor Fire Service the building can be re-occupied.
  + The Supervisor, Pool Coordinator, Facility, and Aquatic Staff are to ensure that adequate lifeguards are in place before ANY water activity resumes

**Power Failure:**

* The Pool Coordinator and Lifeguards will clear the pool and direct people to wait away from the edge of the pool.
* The pool bottom will be checked to ensure no one is on the bottom.
* Participants may be cleared off deck if necessary for safety reasons.
* Once power has been restored filter system operations as well as lighting levels need to be verified. This may take up to 30 minutes or longer.