DELTA
SUNGOD SWIM CLUB

LMR Swim Meet

Saturday, March 16 & Sunday, March 17, 2019

Sungod Recreation Centre, 7815 112 Street, Delta, BC

Sanction #: 31986

Saturday Session 1 – 11 & Under Pool Area Open: 7:00am Warmup: 7:30am-8:20am Start: 8:30am, End: 11:30am Saturday Session 2 – 12 & Over Warmup: 12:30-1:20pm Start: 1:30pm, End: 5:30pm	Sunday Session 3 – 11 & Under Pool Area Open 7:00am Warmup: 7:30-8:20am Start: 8:30am, End: 12:00pm Sunday Session 4 – 12 & Over Warmup: 12:30-1:20pm Start: 1:30pm, End: 5:30pm

Events will likely be blocked. Should insufficient numbers of swimmers register then all events will be senior seeded male/female in single sessions. Teams will be notified after all events have been seeded.

Facility

8 Lane, 25 metre pool
Omega Timing System

Cravings Coffee in lobby
Goggle sales at front desk

Timers/Officials

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

Eligibility

All swimmers must be registered with Swim BC 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 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.

Limit of 6 individual entries per swimmer with a maximum of 4 events per day. The meet will be limited to 400 swimmers.

Swimmers will be limited to two 200m or longer events per day. Please check carefully: teams submitting entry files with more than two 200m+ events per swimmer per day will be asked to resubmit their entry files, if it occurs again the 3rd 200m+ event will be scratched with no refunds.

Note that the 200 IM/400 IM will be held on both days. Swimmers can only be entered in each event once. Swimmers who are entered in the same event in multiple sessions after the scratch deadline will have their second entry into the event removed and no refund will be issued.

All relays will be mixed events (2 females, 2 males) in any order.

The team entering the 400th swimmer will be accepted to the meet. Teams not accepted will be notified. Age group time blocks 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

Individual Events:	$8.00
Relays	$10.00
Swim BC Splash Fee	$4.00
Late/Deck Entry	$10.00 per individual event
	$15.00 per relay event

Entry fees must be paid, in cash, prior to the start of the first session. Deck entries are not eligible for awards.

Entry Deadline: Wednesday, March 6, 2019

Please make a single meet fee cheque to **Delta Sungod Swim Club**

Scratch Deadline

The scratch deadline is Monday, March 11 at 7:30pm. Scratches received before the scratch deadline will be fully reimbursed. Scratches received after the scratch deadline require a medical note on the day of the meet for a refund.

Meet Rules

All SNC as stated in the SNC rulebook will apply.

All LMR rules will be in effect.

10&U swimmers are limited to 4 hours of competition time. Coaches should enter these swimmers in events that ensure completion of their sessions within 4 hours.

The FINA one-start rule will be in effect. Starts will be dive overs except for backstroke; swimmers must remain in the water until after the next heat starts.

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

SNC warm-up procedures will be in effect; see final page of this meet package for details.

200m and 400m IM events will be held on both days. Results will be combined to determine event placing.

Scratches must be received by the Clerk of Course 30 minutes prior to the scheduled start time of the session.

Designated warm down lanes will be available throughout the meet.

DSSC is NOT responsible for visiting clubs' swimmers. Coaches must ensure that athletes follow the rules of the facility and respect the staff.

Glass containers are not permitted on deck.

Coaches Meeting:
If required, there will be a coaches meeting 10 minutes prior to the session start.

Officials Meeting:
There will be an officials meeting 30 minutes prior to the start of each session.

Awards:
There will be awards presented for the top 6 finishers in each individual event by age group (9&U, 10&11, 12&13, 14&O.)

Meet Manager	Jessica Jensen	treasurer@teamsungod.ca	604-345-5912
Officials Manager	Wojciech Apanowicz	dssccod@gmail.com	604-345-5912
Meet Secretary	Jessica Jensen	treasurer@teamsungod.ca	604-345-5912
Head Coach	Kurt Murphy	kurt@zeroreality.net	604-345-5912
Meet Referee	Ron Bullock		

Female	Saturday Session 1 – Blocked – 11 & Under	Male
1	100m Butterfly	2
3	50m Backstroke	4
5	100m Breaststroke	6
7	50m Freestyle	8
9	*Mixed 200m Medley Relay*	
11	200 Individual Medley	12
13	200m Backstroke	14
15	200m Freestyle	16
17	400 Individual Medley	18

Female	Saturday Session 3 – Blocked – 12 & Over	Male
19	100m Butterfly	20
21	50m Backstroke	22
23	100m Breaststroke	24
25	50m Freestyle	26
27	*Mixed 200m Medley Relay*	
29	200 Individual Medley	30
31	200m Backstroke	32
33	200m Freestyle	34
35	400 Individual Medley	36

Female	Session 4 – Blocked – 11 & Under	Male
37	100m Freestyle	38
39	50m Breaststroke	40
41	100m Backstroke	42
43	50m Butterfly	44
45	*Mixed 200m Freestyle Relay*	
47	200m Individual Medley	48
49	200m Breaststroke	50
51	200m Butterfly	52
53	400m Individual Medley	54

Female	Session 5 – Blocked – 12 & Over	Male
55	100m Freestyle	56
57	50m Breaststroke	58
59	100m Backstroke	60
61	50m Butterfly	62
63	*Mixed 200m Freestyle Relay*	
65	200m Individual Medley	66
67	200m Breaststroke	68
69	200m Butterfly	70
71	400m Individual Medley	72

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."