

SFU vs University of Victoria

Sunday, January 19, 2014

Host: Simon Fraser University

Paul and Marg Savage Aquatic Center - SFU

Sanctioned by Swim BC

Sanction #15675

Participating teams:

Simon Fraser University
University of Victoria

12:00 pm warm-up

1:00 pm start

3:30 pm estimated finish

Location: Simon Fraser University Pool
Simon Fraser University
Burnaby, BC
V5A 1S6

Phone - 778-782- 3176

6 lane 25 meter pool
Diving well for warm-up/down
Colorado starting / timing system
Kiefer lane ropes

Eligibility: All competitors must be registered with Swim BC or other FINA affiliated organization.

Meet Rules:

- This meet will follow all **applicable** SNC, Swim BC and NCAA rules as outlined in the current SNC rulebook, Swim BC Technical Guide and NCAA rulebook.
- The FINA one-start rule will be in effect.
- There will be no diving in warm-up with the exception of Safety Marshal assigned team sprint lanes (one way sprinting).
- Individual event scoring: 9-4-3-2-1-0
- Relay scoring: 11-4-2-0

Meet Referee

Ted Slinger, Level 5

Meet Manager

Karen Schofield
Phone: h [941-8290](tel:941-8290) w [983-6506](tel:983-6506)
Email: the_schofields@telus.net

Officials Manager:

Larry Schofield
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Event List and Order (alternating Women & Men)

200 Medley Relay
100 Breaststroke
100 Butterfly
800 Freestyle
200 Freestyle
50 Freestyle
200 Individual Medley
200 Butterfly
100 Freestyle
100 Backstroke
400 Freestyle
200 Breaststroke
200 Freestyle Relay

Breaks will be inserted by mutual agreement between the coaches.

SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005
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