



2022 NRST Fall Invitational October 29-30, 2022

Sanctioned by SWIM BC: #37930

Location: Nanaimo Aquatic Centre
741 Third St, Nanaimo BC, V9R 7B2

Referee: Glenn Greig
Meet Manager: Jeremy Orton

Meet Manager Email: meets@nanaimoriptides.com

Pool Features:

- 8 lane 25m competition pool
- Colorado electronic timing, touch pads and scoreboard.

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:

1. All Swim BC and Swimming Canada rules, including warm-up procedures, scoring will be in effect.
2. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or
3. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
4. All events will be swum as times finals, mixed gender, slowest to fastest.
5. **Being mixed-gender**, Swim BC/Swimming Canada record breaking performances will not be ratified as new records.
6. Age groups will be: 10 & Under, 11-12, 13-14, 15 & Over.
7. Maximum events each swimmer can swim is 8, no more than 3 per session.
8. Meet management reserves the right to limit the number of heats in 400m events if estimated time outs are exceeded.

Eligibility:

1. All swimmers must be registered properly with Swim Canada/Swim BC, or other FINA affiliated organizations.
2. Swimmer's age is determined on the first day of the meet. **Swimmers must have achieved the minimum time standard in each event entered. Coaches use your discretion, NT (No times) will not be accepted.**

3. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standard in an event.

Entries:

1. Entries will be limited to 300 swimmers, with the last team entering the 300th swimmer accepted.
2. Reservations can be made by emailing the Meet Manager (meets@nanaimoriptides.com) with the estimated number of swimmers attending the meet. Entries will be accepted on a first come first serve basis. Meet Manager will confirm by email those teams whose reservations are accepted.
3. Teams attending all three sessions of the meet will be given priority.
4. **Please respect other teams wishing to attend by giving an accurate estimate of the number of swimmers wishing to attend.**
5. **NO** deck entries will be accepted.

Awards: Placement cards will be issued to all swimmers.

Entry Fees:

1. \$10.00 per individual event
2. \$5.00 per swimmer Swim BC Competition Surcharge.
3. Fees must be paid prior to the start of the meet.
4. Please make cheques payable to NRST.

Entry Deadlines:

1. **Deadline for upload of entries to the SNC meet listings website is Thursday, October 20, 2022. Files sent directly to the meet manager will not be accepted, SNC swimmer verification required.**
2. **Scratch deadline with refund is Wednesday, October 26, 2022 at 7pm.**
3. **Teams requiring excessive changes after the registration deadline will charged a \$5 admin fee per swimmer. Please verify your entries before submitting.**
4. Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive a refund of meet fees. There will be no other refunds made after the scratch deadline.



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SESSION TIMES / EVENTS AND QUALIFYING TIMES (MIXED GENDER)

SESSION 1	SATURDAY AM	WARM-UP 8:00AM to 8:50AM	START TIME 9:00 AM	PROJECTED END TIME 1:45 PM	
EVENT ID	EVENT	10 & UNDER	11-12	13-14	15 & OVER
1	100 Free	2:00	1:40	1:20	1:15
2	50 Fly	1:10	60	45	40
3	100 Back	2:10	1:50	1:30	1:25
4	200 Breast	4:00	4:00	3:30	3:20
5	200 IM	4:15	4:00	3:20	3:10
SESSION 2	SATURDAY PM	WARM-UP 3:45 PM to 4:25 PM	START TIME 4:30 PM	PROJECTED END TIME 8:00 PM	
EVENT ID	EVENT	10 & UNDER	11-12	13-14	15 & OVER
6	100 Fly	2:10	2:00	1:35	1:20
7	50 Breast	1:15	60	55	50
8	50 Free	60	50	40	40
9	200 Back	3:45	3:40	3:15	3:00
SESSION 3	SUNDAY AM	WARM-UP 8:00 AM to 8:50 AM	START TIME 9:00 AM	PROJECTED END TIME 1:30 PM	
EVENT ID	Event	10 & UNDER	11-12	13-14	15 & OVER
10	200 Free	4:00	3:45	2:50	2:40
11	50 Back	60	55	50	45
12	100 Breast	2:15	2:00	1:45	1:35
13	100 IM	2:15	2:00	1:45	1:35
14	400 Free	7:15	7:15	6:20	5:45



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.”