

Comox Valley Aquatic Club
12 & Under Jamboree
May 10th and 11th
Sanctioned by Swim BC: #

Location : Comox Valley Aquatic Centre
377 Lerwick Rd, Courtenay

Time: **Saturday May 10th**
Warmup: 1:00 PM – 2:00 PM
Racing: 2:15 PM – 6:30 PM
2 blocked warmup sessions will take place
Sunday May 11th
Warmup: 7:15 AM – 8:15 AM
Racing: 8:30 AM – 12:30 PM
2 blocked warmup sessions will take place

Pool: 8 lane, 25 metre, with Colorado timing system

Meet Manager: Tyler Lewall cvsharksheadcoach@gmail.com

Meet Referee: Heather Ney

Land Acknowledgement: Comox Valley Aquatic Club would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Komoks First Nation

Safe Sport: All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others. Deck changes are explicitly prohibited. Swimmer washrooms will be designated as the changeroom area. Adult washrooms will be available via the pool lobby

Eligibility: All swimmers are required to be registered and be with a club in good standing with Swim BC, Swimming Canada or other World Aquatics affiliated organizations. Age groups are based on the age of the swimmers as of May 10th, 2025

Entries: Entries may only be submitted for swimmers whose registration is active in the new REMS database. All entry files must contain the complete and accurate information as required (the same as uploading to the SNC online system). This includes 9-digit ID#, name, gender and correct date of birth. Meet capacity will be 200 swimmers. Swimmers can be entered in up to 3 events per session plus relays

Entry Deadline: Entry file must be emailed to cvsharksheadcoach@gmail.com no later than May 5th, 2025

Entry Fees: \$60.00 per swimmer. This fee includes the Swim BC \$5.00 Competition Surcharge. Entry fees must be paid prior to the start of the meet. Entry fees can be e-transferred to cvsharksbookkeeper@gmail.com.

Deck Entries: Deck entries will be accepted on a first come, first serve basis to fill empty lanes. No new heats will be added. Entries must be accompanied by the swimmer's SNC ID# and birth date. Deck entries must be received by the Clerk of Course 30 minutes before the start of the meet.

Scratches: Please email known scratches to Tyler Lewall at cvsharksheadcoach@gmail.com by May 8th, 2025

Meet Rules:

1. Swimming Canada rules will be in effect.
2. Swim BC Competition Warm up safety procedures will be in effect and monitored by Safety Marshals.
3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
4. During events only one (1) swimmer per lane is permitted.
5. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
6. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
7. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 1. Non-verbal instruction provided by a *support person
 2. Hand signals given by the starter/referee* Note that the support person must show a status of "Registered" as support staff in the Swimming Canada registration system. Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
8. Age groups will be: 9 & Under, 10, 11, 12

Awards: Best Time Ribbons for all participants (including novice)
Ribbons for 1st to 8th in all age groups in non-novice events
Heat Winner prizes for all heats (including novice)
No relay awards

Saturday May 10th

	GIRLS	EVENTS	BOYS
Event	1	100 Free	2
Event	3	100 IM (novice category)	4
Event	5	50 Back	6
Event	7	100 Breaststroke	8
Event	9	25 Breast (novice category)	10
Event	11	50 Butterfly	12
Event	13	200 IM	14
Event	15	4 x 50 Free Relay (any ages)	

Sunday May 11th

	GIRLS	EVENTS	BOYS
Event	16	8 x 25 Crazy Shirt Relay	
Event	17	100 Butterfly	18
Event	19	25 Butterfly (novice category)	20
Event	21	50 Freestyle	22
Event	23	50 Breaststroke	24
Event	25	100 Backstroke	26
Event	27	25 Back (novice category)	28
Event	29	200 Freestyle	30
Event	31	4 x 50 Medley Relay (any ages)	

Teams can join together to create relays if they wish



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.”