The PRASC Fall Invitational
Prince Rupert BC
October 23 - 25

Sanctioned by Swim BC: #67266

Prince Rupert Amateur Swim Club respectfully acknowledges the unceded traditional territory of the Ts'msyen and Sm'algyax speaking peoples, where we are grateful to meet, compete, and volunteer.

Location: Earl Mah Aquatic Center
1000 McBride Street, Prince Rupert BC

Pool Set Up:
- 6 lanes X 25m
- Colorado Timing System
- The dive tank will be open for warm up/warm down

Meet Manager: Karianne Pohl pohlarbears@gmail.com

Meet Referee: Marilyn King

Meet Format:
- Timed finals
- Age groups will be: 10 & under, 12 & under, 14 & under, 19 & under
- Relay age groups will be: 10 & under, 12 & under, 14 & under and 19 & under

Session Times:

Session #	Day	Prelims / Finals	Warm Up	Start	Finish
1	Friday	Timed Finals	4:30pm – 5:30pm	5:350m	7:30pm
2	Saturday	Timed Finals	11:00am – Noon	12:05pm	4:30pm
3	Sunday	Timed Finals	8:00am – 9:00am	9:05am	12:30pm

Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

Max Number of Participants: The meet will be limited to 150 swimmers; the team entering the 150th swimmer will be accepted.

Entry Requirement: Swimmers must have obtained a 100 IM time of 2:15 or better to be eligible to swim in the meet. Unofficial times are acceptable

Entries: Swimmers will be allowed to swim up to 7 individual Events. Entries must be submitted through the Swimming Canada online system. Emailed Entries will not be accepted

Entry Deadline: Deadline for upload of entries to the SNC meet listings website is **Monday October 19th at 11:59 pm**

Deck Entries: Deck entries will be allowed. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.

Entry Fees: Fees are $30 per in region swimmer and $85.00 Cdn per out of region swimmer. Entry fees include the Swim BC Competition Surcharge of $6/swimmer. Fees are due at the start of the meet.

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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.

The change rooms will be reserved for swimmers only. Adults will be required to use the lobby washrooms

Meet Rules:

1. Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.
2. This meet will be conducted under Swimming Canada rules and regulations.
3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4 (from both ends or from deep end only).
4. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
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. Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
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 from the swimmer's own club, who is registered in the REMS as 'support staff'
    2. Visual hand signals given by the starter/referee
    3. Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition

    Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
8. 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.
9. During events only one (1) swimmer per lane is permitted.
   Events 6, 23 and 27 will be exhibition only
10. The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.5.2.1):
    - Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
    - Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
    - Unsafe or uncontrolled entry into the pool immediately prior to the start of a race.

    All swimmers must enter the pool with a controlled, feet-first entry.
    The Referee may disqualify a swimmer for such misconduct.

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Scratches: **Scratches received prior to Thursday October 22nd at 6:00 pm will not incur meet fees**

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.

Scoring: Individual Events will be scored 7-5-4-3-2-1. Relay events will be scored 14-10-8-6-4-2

Awards: Aggregate awards will be handed out to the top three point scorers in each age group

Event List

Session #1 Individual Events Warm Up: 4:30pm Start: 5:35pm		
Mixed Event Number	**Description**	
1	200 Freestyle	
2	800 Freestyle	
3	1500 Freestyle	

Session #2 Individual Events Warm Up: 11:00am Start: 12:05pm		
Mixed Event Number	**Description**	
4	400 Free	
5	100 Individual Medley	
6	50 Butterfly	
7	200 Backstroke	
8	100 Freestyle	
9	200 Butterfly	
10	25 Breaststroke	
11	100 Breaststroke	
12	50 Backstroke	
13	200 Individual Medley	

Girls Event Number	Description	Boys Event Number
14	10 & under 200 Medley Relay	15
16	12 & under 200 Medley Relay	17
18	14 & under 200 Medley Relay	19
20	19 & under 200 Medley Relay	21

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Session #3 Individual Events Warm Up: 8:00am Start: 9:05am		
Mixed Event Number	**Description**	
22	400 Individual Medley	
23	25 Butterfly	
24	50 Breaststroke	
25	100 Freestyle Kick	
26	100 Backstroke	
27	25 Backstroke	
28	100 Butterfly	
29	200 Breaststroke	
30	50 Freestyle	

Girls Event Number	Description	Boys Event Number
31	10 & under 200 Free Relay	32
33	12 & under 200 Free Relay	34
35	14 & under 200 Free Relay	36
37	19 & under 200 Free Relay	38

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COMPETITION WARM-UP SAFETY PROCEDURES

For all Swim BC sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

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.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- 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.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- 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 only be placed in the competition pool when warm-ups take place.

EQUIPMENT

- Only 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 Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- 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 in helping 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.

PARA-SWIMMER NOTIFICATION

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

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."