



SMITHERS SPRING SPRINT
Sanctioned by Swim BC - 62447
Smithers, BC
Feb 28 & March 1

The BV Otters Swim Club acknowledges our competition is taking place on the home of the Wet'suwet'en people and is grateful to Wet'suwet'en the people as their stewardship of this land and the waters in this territory contributes to the well being of us all.

Location

Bulkley Valley Regional Pool
1315 Toronto Street, Smithers, BC
Telephone: 250-847-4244

Meet Manager

Carlene Dingwall
Email: bvottersmeet@gmail.com

Pool

4 X 25 meters pool
Infinity Pro Starting System
Dolphin Timing system

Meet Referee

Don MacNeil

Meet format:

- Timed Finals
- Age groups will be 10& under, 12 & under, 14 & under, 19& under
- Relay groups will be 10& under, 12 & under, 14 & under, 19& under

Times

Saturday, Feb 28th	Warm-ups	11:00-12:00
	Events	12:00 - 5:00
Sunday, March 1st	Warm-ups	8:00 – 9:00
	Events	9:00 – 1:00

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 100 swimmers; the team entering the 100th swimmer will be accepted.

Entries:

Athletes are eligible to enter up to 6 individual events

Entries must be submitted through the Swimming Canada online system.

All entries are to be submitted on “Hytek” software. Fees are \$30 per in region swimmer and \$70.00 Cdn per out of region swimmer. Entry fees include the Swim BC Competition Surcharge of \$5/swimmer. Fees are due at the start of the meet. Dues will only be charged for swimmers in attendance.

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.

Deadline

All entries must be received by Monday Feb 23th at 11:59pm

Scratches

Scratches must be submitted to the clerk of the course 30 minutes before the start of each session. There will be no penalty for no-shows. After the scratch deadline, refunds will be allowed only with accompanying medical note. All heat/final meets must follow the Swim BC Scratch Rule.

Awards

Individual age group aggregates will be awarded for first to third for 10 & Under, 12 & Under, 14 & Under, 19 & Under.

Best time ribbons will be awarded.

Points for each gender will be awarded 10 & Under, 12 & Under, 14 & Under and 19 & under - 7,5,4,3,2,1 for places 1st through 6th respectively in individual events.

- 14, 10, 8, 6, 4, 2 in relay events.

25m events will not be scored and will be exhibition only.

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

Meet Rules

1. This meet will be conducted under Swimming Canada rules and regulations.

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

3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.

4. 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.

5. Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

6. 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.

7. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

a. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'

b. Visual hand signals given by the starter/referee

c. 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.

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.2.3.2.1):

- 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.

Safe Sport

-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.

-Deck changes are explicitly prohibited.

-Adult only washrooms (volunteers, coaches, officials) and swimmer only washrooms are not available due to facility constraints.

EVENTS

Saturday – Feb 28th

Warm-ups 11am, Events 12pm – 5 pm

1	Open	Mixed	400m	Free
2	Open	Mixed	25m	Free
3	Open	Mixed	100m	Breast
4	Open	Mixed	50m	Fly
5	Open	Mixed	200m	Back
6	Open	Mixed	25m	Breast
7	Open	Mixed	200m	IM
8	Open	Mixed	50m	Back
9	Open	Mixed	200m	Fly
10	Open	Mixed	100m	Free
11	10 & Under	Mixed	200m	Free Relay
12	12 & Under	Mixed	200m	Free Relay
13	14 & Under	Mixed	200m	Free Relay
14	15 & Over	Mixed	200m	Free Relay

Sunday Morning – March 1st

Warm-ups 8:00 am, Events 9:00 am to 1pm

15	Open	Mixed	400m	IM
16	Open	Mixed	25m	Back
17	Open	Mixed	100m	Fly
18	Open	Mixed	50m	Breast
19	Open	Mixed	200m	Free
20	Open	Mixed	25m	Fly
21	Open	Mixed	100m	Back
22	Open	Mixed	200m	Breast
23	Open	Mixed	50m	Free
24	Open	Mixed	100m	IM
25	10 & Under	Mixed	200m	Medley Relay
26	12 & Under	Mixed	200m	Medley Relay
27	14 & Under	Mixed	200m	Medley Relay
28	15 & Over	Mixed	200m	Medley Relay



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.”