



**SWIM BC
2014 JANUARY SENIOR CIRCUIT
LONG COURSE
SATURDAY, JANUARY 18, 2014
Sanctioned by SwimBC: #15517**

LOCATION

Watermania pool
14300 Entertainment Blvd
Richmond, BC V6W 1K3

FACILITY

7 lanes – **50m** competition pool
1 x 50m warm-up/down lane available
Concession and fitness store on site.

MEET MANAGER

Mike Carwford
Email : meetmanager@richmondrapids.com
Phone : 604-275-7946

RULES

All applicable SNC and SwimBC rules will be observed.
SNC warm-up rules will be in effect.
The current SNC swimsuit rule shall be observed as well.

ELIGIBILITY

Swimmers appropriately registered with Swim BC or other FINA affiliated organizations.

QUALIFYING PERIOD

Any valid times achieved prior to the entry deadline are eligible for entry.

QUALIFYING STANDARDS

Swim BC 2013-2014 15&U 'AAA' LCM or SCM standards;
DO NOT SUBMIT CONVERTED TIMES.

All SCM entries will be converted by meet management.
No qualifying standard for 50m Fly, Back, Breast, and entry in those events will not count against the number of bonus entries.

BCAAP RECIPIENTS

All BCAAP recipients are required to attend all Senior Circuit meets (including BC Senior Championships) unless a viable rationale is presented and approved by the Executive Director of Swim BC.

ENTRIES

Submit entries via the Swimming Canada meet site at www.swimming.ca/meetlist.aspx. For questions regarding receipt of entries, please email: entries@richmondrapids.com

MEET SIZE

The meet will be limited to a maximum of 300 swimmers.

FORMAT

This is an open event – no age groups. All events are timed finals, senior-seeded, slowest to fastest.

ENTRIES

The following entry limits will be in place:

- 50m/100m/200m events – **no limit**
- 400m events – **24 entries**

Alternate lists will be maintained and alternates will be added as scratches are received. Teams will be notified as soon as possible of alternate additions.
Over-limit entries may be swum at the conclusion of the session, time-permitting.

SCRATCHES

Scratches should be submitted as soon as possible. This includes scratches for swimmers in alternate positions. If lanes become available, we expect the highest ranked alternate to be able to swim.

ENTRY LIMIT PER SWIMMER:

No limit for entries that meet qualifying standards.

BONUS EVENTS

All swimmers with at least one qualifying entry will be permitted to enter up to six events.
All entries must be valid times; no "NT" entries (except for relays).

FEES

Individual Events: \$10.00 per event
Swim BC Provincial Team Fee: \$4.00 per athlete

Fees payable to **Richmond Rapids swim club** are due no later than 11:30am on Saturday, January 18, 2014.

ENTRY DEADLINE

Initial Entries: **Friday, January 10, 2014.**
Psych listing will be available shortly following the deadline.

SWIM BC CONTACT

Mike Flegel, Program Director, Swim BC
Telephone: 250-898-9008
Email mike@swimbc.ca



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Event List

Saturday, January 18, 2014		
Warm-ups 11:00am – 12:00pm		
Start 12:10pm		
Anticipated Timeout: 5:30pm		
Women's Event number	Event	Men's Event number
1	200 M.R.	2
3	400 IM	4
5	200 Free	6
7	50 Back	8
9	100 Breast	10
11	200 Fly	12
13	50 Free	14
15	100 Back	16
17	200 IM	18
19	50 Breast	20
21	100 Fly	22
23	200 Back	24
25	100 Free	26
27	50 Fly	28
29	200 Breast	30
31	400 Free	32
33	200 F.R.	34

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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.