



WEST COAST OPEN LONG COURSE

Sanctioned by SwimBC: #15781

DATE Saturday, May 3rd & Sunday, May 4th, 2014

VENUE Watermania Pool, Steveston Highway & No. 6 Road, Richmond. 604-275-7946

SETUP 8 lane - 50m pool, 2 warm down lanes. Electronic timing

AMENITIES (refer to map provided)

- [Free online Heat Sheets !!](#)
- Snack bar in pool,
- Subway & Coffee shop
- Old Spaghetti Factory, Big River Brew Pub Restaurant, Stanley's Sports Bar
- Movie theatre & Bowling lanes on site.
- Holliday Inn 2min walk from the pool

West Coast Open is a meet designed for clubs to bring a large group of swimmers together and have a great team experience. The meet is also designed as an early season LC racing opportunity that will allow coaches to select events that are not always offered to swimmers of all levels.

WARM-UP TIMES – End times are tentative and will be adjusted based on entry numbers.

Saturday May 3rd

Session 1	Warm-up	8:00am-8:50am	Start	9:05am	End	1:30pm
Session 2	Warm-up***	~2:30pm – 3:00pm	Start	3:10pm	End	8:00pm

Sunday May 4th

Session 3	Warm-up	8:00am – 8:50am	Start	9:05am	End	1:00pm
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*** Warm-up for **session two** will be 90 minutes after the end of Session # 1 and will last 30 minutes***

Meet Management Team

Meet Manager: Mike Crawford meetmanager@richmondrapids.com

Referee(s): Pam Gosel

Officials Coordinator: meetmanager@richmondrapids.com

Meet Secretary: Adrian Fung secretary@richmondrapids.com

Head Coach: Robert Pettifer rapidrob@richmondrapids.com Office: 604-275-7946

FEES

- \$9.00/individual event
- Swim BC Provincial Team Splash Fee: \$4.00/swimmer
- One cheque per club

AWARDS

- Ribbons for 1st-8th in individual events
- Age Groups 11&under; 13&U; 15&U and Open

\$100 Team Spirit Award

- Awarded to the Team that shows the most in the following categories
 - Team Uniforms;
 - Team Unity;
 - Team Spirit
 - Parental Participation
- The judging of this award will be completely subjective and will be done by the Meet Manager and Rapids Head Coach. The award will presented at the end of the Meet.

Entries:

Entry deadline: Friday April 25th, 2014 (6pm)

Last Chance (no fees charged) Scratch deadline: April 28th, 2014 (6pm)

- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada www.swimmeet.ca website.
- Domestic entries sent directly to the meet manager will not be accepted.
- Teams from the U.S.A. should also upload entries via SNC meet system; simply choose OUT OF COUNTRY in the "Province" drop-down
- Cheques should be made payable to the "Richmond Rapids Swim Club".
- Associations must submit one cheque only; no individual cheques will be accepted from members of the association.
- Proof of times in .pdf format must accompany all meet entries.
 - Please submit proofs to the Rapids office swim@richmondrapids.com
- Entries with no time attached will be not be accepted, with the exception of 50m Fly, Back, Breast, where NT entries will be accepted
- 400 Freestyle will be limited to 12 or fewer double-laned heats
- 400 IM will be limited to 10 or fewer heats
- All coaches and clubs will be notified via email about the timelines and any modifications to the meet once final entries have been received.
- The host club reserves the right to enter swimmers not meeting the QT.

Qualifying times for all events are the Current Swim BC "A" short course or long course standards.

There are no free swims, all entries must meet the Swim BC "A" standard

Deck Entries

- Must be submitted at least ½ hour prior to start time.
- DE's will be placed in empty lanes – no new heats created
- 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.
- \$15.00/individual event
- Deck Entries will only be taken to fill empty lanes on a first come first serve basis.
- All deck entries must be submitted 30min prior to the start of the session

Meet Rules

1. All events are Timed Finals and senior-seeded
2. The meet will be double ended if our total entries are near capacity
3. All swimmers must be registered with Swim BC, another FINA affiliated organization and/or an IPC affiliate.
4. Para-swimmers must be entered with their classification numbers and actual times for each event.
5. Current IPC Rules will apply to all Para-swimmers in the meet.
6. All suits must meet all current SNC & FINA guidelines
7. Age group is based on the swimmer's age as of May 3rd, 2014.
8. 10 & under swimmers are limited to 4 hr competition time-excluding warm-up.
 - a. Coaches are to ensure that their 10 & U swimmers are meeting these guidelines.
9. SNC rules and the Swim BC Tech Guide will be in effect.
10. SNC warm up protocol will be in effect. "The FINA one-start rule is in effect"
11. The meet management reserves the right to limit the number of entries in all events to fit the goal time lines.
12. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Saturday morning and then as necessary

Saturday May 3rd

Session #1 - 8:00am Warm-up Start 9:05 am

<u>Female</u>		<u>Male</u>
1	100m Free	2
3	50m fly	4
5	100m Back	6
7	200m Breast	8
9	400m Free	10

Session #2 (Saturday)

Warm-up ~2:30pm to 3:00 Start 3:10

<u>Female</u>		<u>Male</u>
11	200m IM	12
13	50m Breast	14
15	200m Back	16
17	50m Free	18
19	100m Fly	20

Sunday May 4th

Warm up 8:00am – 8:50am Start 9:05 am

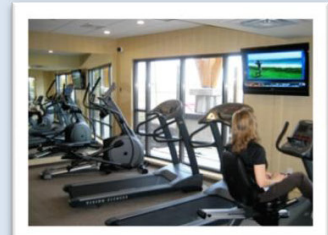
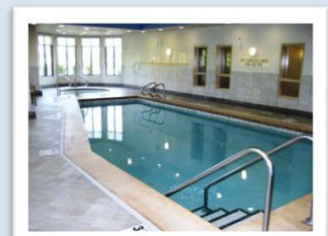
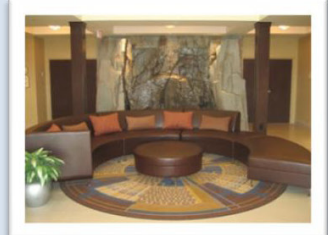
<u>Female</u>		<u>Male</u>
21	200m Fly	22
23	200m Free	24
25	50m Back	26
27	100m Breast	28
29	400m IM	30



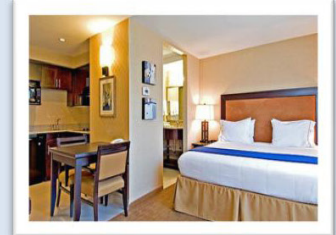
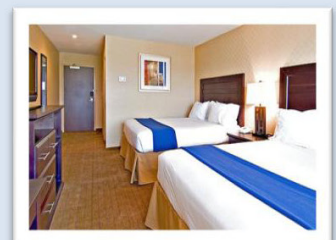
Riverport/Richmond

We pride ourselves on being the newest, and best choice whenever visiting Richmond, British Columbia with special rates for the

WEST COAST OPEN from \$119⁰⁰

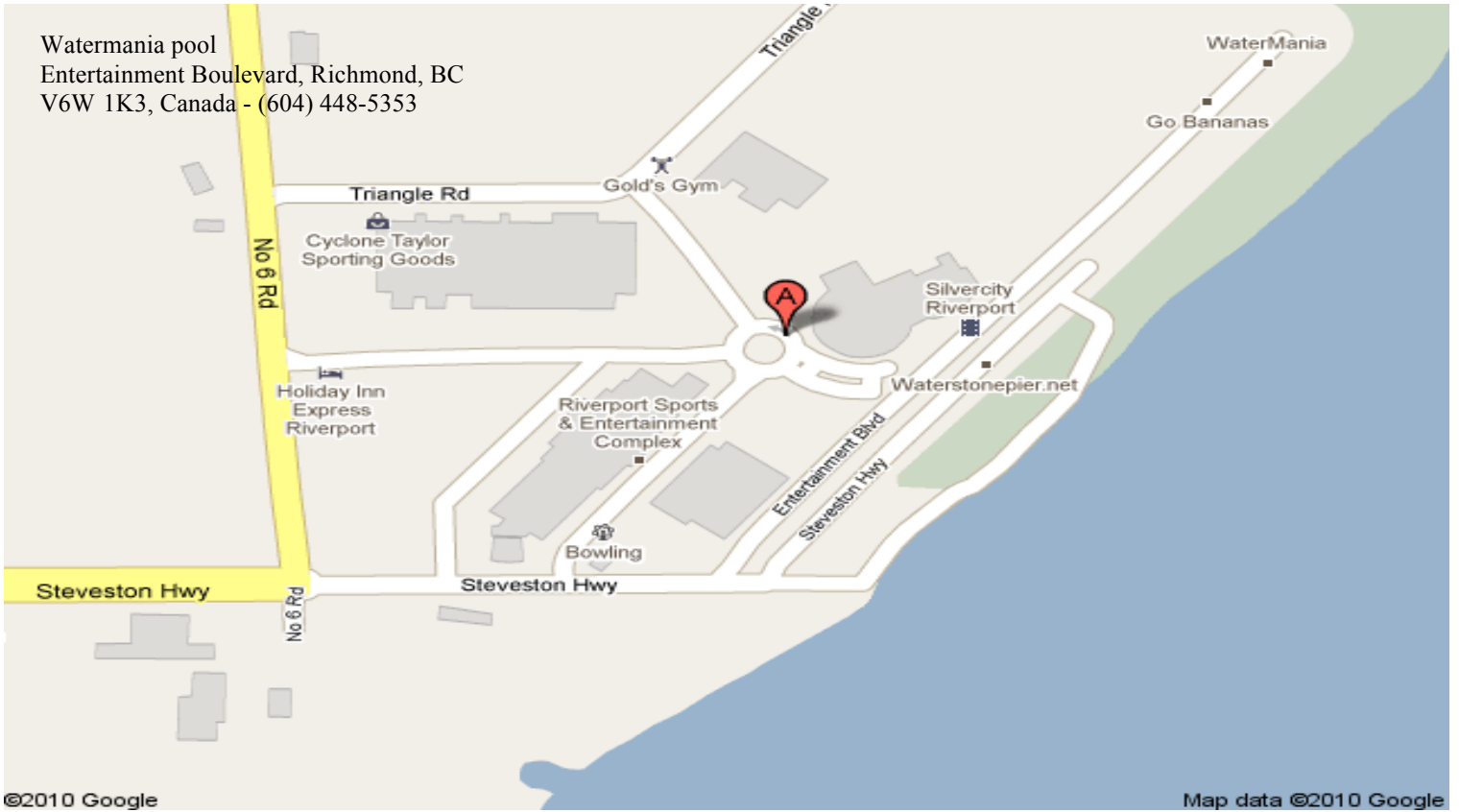


- Located in the Riverport Entertainment Complex (home to Watermania)
- Complimentary Express Start Buffet Breakfast
- Complimentary Daily Parking
- Indoor Heated Swimming Pool, Whirlpool & Fitness Centre
- Complimentary Airport Shuttle
- On-site Guest Laundry Facilities
- Complimentary Business Center
- Complimentary High-Speed Internet Access
- Over 1200 Square Feet of Meeting Space



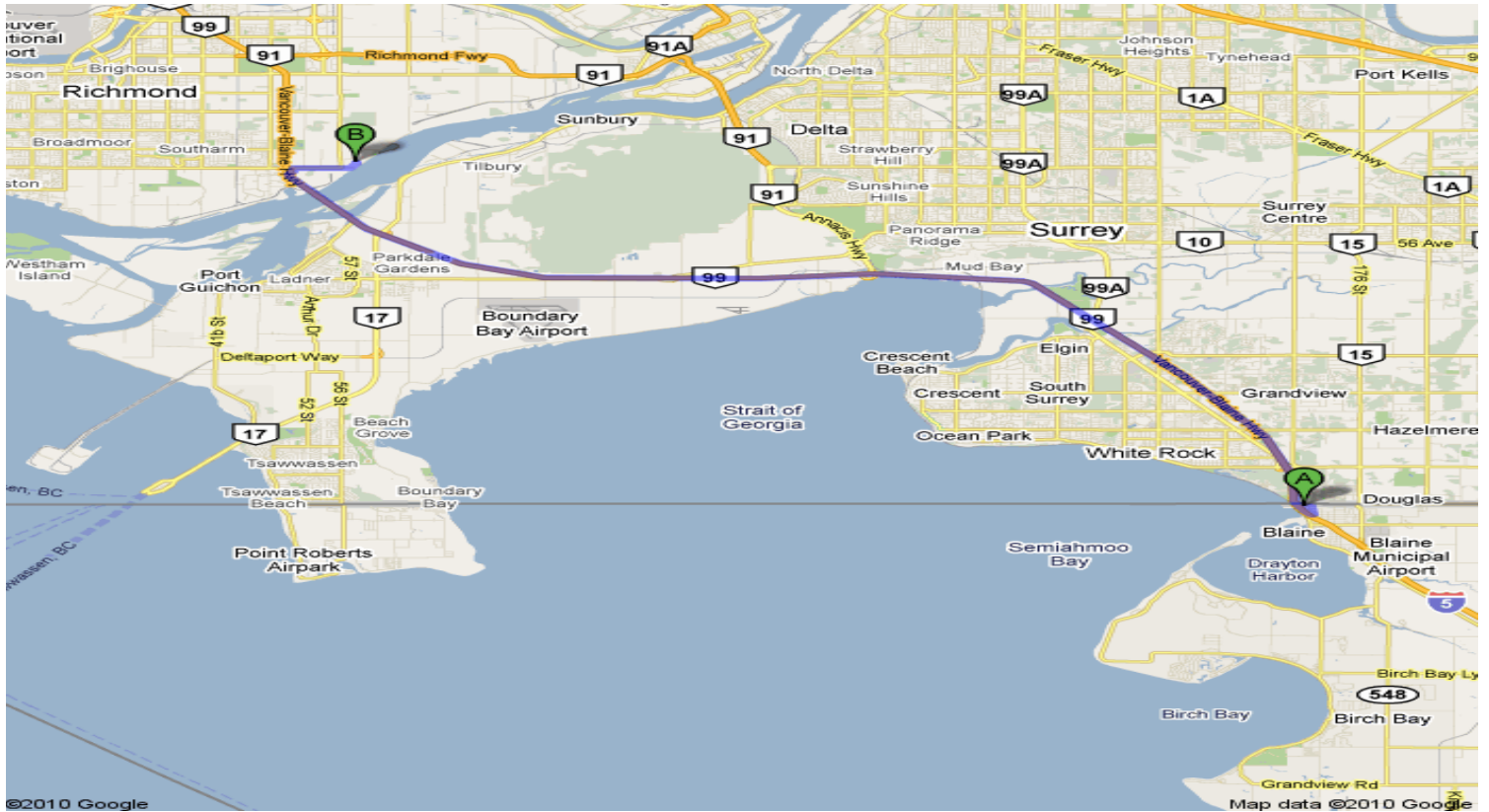
Hotel (604) 241 1830 • Sales (604) 248 8201 • Email: sales@hierichmond.com • Website: www.hierichmond.com
Holiday Inn Express & Suites, Riverport • 10688 No. 6 Road • Richmond, British Columbia • V6W 1E7

Watermania pool
Entertainment Boulevard, Richmond, BC
V6W 1K3, Canada - (604) 448-5353



From the boarder

Watermania
14300 Entertainment Boulevard, Richmond, BC V6W 1K3, Canada - (604) 448-5353
Aprox. 26 min from the boarder (almost all highway & only two turns required after the boarder)



This meet is financially supported by the Government of British Columbia, Sports Services and Gaming Branch.



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.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-1