



NRST Fall Invitational
 October 29th & 30th, 2016
 Nanaimo Aquatic Centre
 741 3rd Street
 Nanaimo, BC
 Sanctioned by SWIM BC: #20193

Warm Ups and Session Start Times	
Saturday Morning(Oct 29 th)Session 1	
Warm Ups	8:00-8:50am
Competition	9:00-2:00pm
Saturday Afternoon(Oct 29 th)Session 2	
Warm Ups	Estimated 4:00-4:30pm
Competition	4:40-7:30pm
Sunday Morning(Oct 30 th)Session 3	
Warm Ups	8:00-8:50am
Competition	9:00-1:30pm

Pool Features:

- 1 – 25M Competition Pool (8 lanes)
- Colorado electronic timing, touch pads and scoreboard.
- Coffee shop available on site.

Meet Rules:

1. The meet will run under Swim BC and Swimming Canada rules, including warm-up procedures, scoring and one start rule.
2. The current Swimming Canada swimsuit rule will be observed.
3. Maximum number of events each swimmer can swim is 8, no more than 3 per session.
4. Age groups will be 9 & under, 11 & under, 12-13, 14-15 and over 16. Placement cards will be issued to all swimmers
5. Swimmers entered in the 200 and 400 meter events must have an “A” qualifying time.
6. 9 & under must have an 11 & under “A” qualifying time in the 200 and 400 qualifying events
7. Events will be swim mixed gender slowest to fastest.
8. Being mixed-gender, Swim BC/Swimming Canada record breaking performances will not be ratified as new records.
9. All events will be swim as timed finals.
10. Meet management reserves the right to limit the number of heats in the 400 events if we exceed estimated time outs.
11. Session 2 warm ups, Saturday Afternoon will start 2 hours after the projected time out from session 1.
12. Warm ups for Session 2 will be 45 minutes.
13. Meet Manager reserves the right to include swimmers from the host team without required time standards swim in event with time standards.

Eligibility:

- Swimmers registered with Swim BC or other FINA related organizations.
- Swimmers age is determined on the first day of the meet.

Entries:

1. Entries will be limited to 300 swimmers with the 300th swimmers team being the last team accepted.
2. Reservations can be made by emailing the Meet manager (meets@nanaimoriptides.com) with the estimated number of swimmers attending the meet. Entries will be accepted on a first come first serve bases. Meet manager will confirm by email those teams whose reservation are accepted.
3. Teams attending all 3 sessions of the meet will be given priority.
4. Please respect other teams wishing to attend by giving an accurate estimate of the number of swimmers wishing to attend.

Entry Fees:

- \$8.00 Per individual event
- \$4.00 Swim BC Provincial Splash Fee per Swimmer.

Entry Deadlines:

- Entries must be uploaded prior to the entry deadline to www.swimming.ca/MeeList.aspx
- All entries must be received by **October 20th, 2016.**
- **Scratch deadline is October 25th, 2016**
- Fees must be paid prior to the start of the meet. Please make cheques payable to NRST

Deck Entries:

There will be NO deck entries accepted.

Refunds:

Swimmers who scratch from the meet due to medical reasons must submit a medical certificate in order to receive a refund of meet fees. There will be no refunds for individual event made after the scratch deadline.

Saturday Morning Session 1	
Event	
1	100 Free
2	50 Fly
3	100 Back
4	200 Breast
5	200 IM

Saturday Afternoon Session 2	
Event	
6	100 Fly
7	50 Breast
8	200 Back
9	50 Free

Sunday Morning Session 3	
Event	
10	200 Free
11	50 Back
12	200 Fly
13	100 Breast
14	400 Free



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an announcement or deck signage.
- 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.

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 higher level 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 higher level 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 is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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.



- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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.

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 rules 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 Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”