



2025 Stingrays' Annual Spring Break Invitational

March 7-9, 2025

Sanctioned by Swim BC: #24112

Meet Referee: Heather Ney
Meet Managers: Pierre Graham & Trisha O'Halloran
MM email: meetmanager@duncanstingrays.com
Entries Coordinator leanne@duncanstingrays.com

Venue: Cowichan Aquatic Centre
2653 James St, Duncan BC, V9L2X5
Friday:
8 x 25m Competition Pool
No Access to Wave Pool
Saturday:
8 x 25m Competition Pool
3 x 25m Wave Pool
All Sessions: Timing System
Fri: stopwatches
Sat: Colorado electronic touch pads + display

Safe Sport Statement:

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

Swim BC provides a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. 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, observable, and interruptible to others.

The swim meet will be operating in a public facility, and we cannot allocate swimmer only washrooms. However, we request that volunteers, coaches, and officials avail of the washrooms located in the lobby at Cowichan Aquatic Centre and the Family Change Area located directly off the pool deck.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

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 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.

T'icum – swim in Hul'q'umi'num'

The Duncan Swim Team acknowledges and thanks the Quw'utsun whose traditional lands and waters we do our best to honour and respect through action and relationship.

Eligibility:

1. All swimmers must be registered with a Swimming Canada/Swim BC or other World Aquatics affiliated organization
2. Swimmers qualified to race at the Swim BC Provincial Championships are ineligible to compete in this competition
3. Age groups are based on the age of the swimmer as of March 7, 2025

Meet Rules:

1. This meet will be conducted under Swimming Canada rules and regulations.
2. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing: a) non-verbal instruction provided by the support person from the swimmer's own club, who is registered in the TEMS as "support staff" b) visual hand signals given by the starter/referee c) Swimming Canada provided strobe light; Clubs must contact the Meet Manager by the entry deadline of the need for accommodations
3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
 - a. in-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
4. Swim BC competition warmup safety procedures will be in effect at this meet
5. All events will be swum as timed finals, mixed gender, senior seeded
6. During events only one (1) swimmer per lane is permitted
7. Given events are mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records
8. Deck changes are explicitly prohibited
9. Swimmers are allowed to race in swimwear of their choice at Swim BC sanctioned competitions. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed buoyancy or endurance
10. Coaches are reminded that once competition begins, the fields 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



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Entry Fees:

- \$11.00 per individual event
- \$5.00 per swimmer Swim BC Competition Surcharge
- Payment can be made by:
 - cheque payable to: Duncan Swim Team Society
 - EMT to admin@duncanstingrays.com

Entries Deadline:

Reservations can be made by emailing leanne@duncanstingrays.com with the estimated number of swimmers attending the competition. Submissions will be confirmed by email to all those accepted by order of receiving.

- Entries will be accepted on a first come first serve basis. As the Swimming Canada online entry system is not currently available, entries for this meet will be done as follows:
 - Entry deadline is March 2, 2025**
 - Entry files must be emailed directly to leanne@duncanstingrays.com
 - Entries may only be submitted for swimmers whose registration is ACTIVE in the new REMS database.
 - All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth, and gender.
- Scratch deadline with refund is March 6, 2025 at noon
- Swimmers who scratch from the Meet for medical reasons must submit a medical certificate to receive a refund of meet fees. There will be no other refunds after scratch deadline.
- Teams requiring excessive attention after the scratch deadline will be charged \$5 admin fee per swimmer change. Please verify your entries before submitting.

Awards:

- Age groups for results: 8&U, 9/10, 11/12, 13/14, 15&O
- All events will have ribbons 1st through 8th place.
- Heat Winners eligible for prize at prize table
- An Aggregate Award will be given to the fastest Swimmer per age group & gender who competes in all 4 x 100 (fly, bk, br, fr) and the 200 Individual Medley

Officials:

DST gratefully appreciates assistance from visiting Teams. Please go to <https://www.duncanstingrays.com/event/2025-stingrays-annual-spring-break-invitational> to secure your seat on deck and be eligible for the Officials' Gift Card Raffle. Snacks will be provided to all volunteers.

Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

Entries:

- Entries will be limited to 200 swimmers per session
- Teams entering all sessions of the meet will be given priority
- Mixed relays should make all efforts for equal gender representation; however, minimum requirement is to have both boys and girls on each relay team
- Swimmers are limited to a max of 8 individual events
- Meet Management reserves the right to limit the # of heats in any event to maintain reasonable timelines. Teams will be notified if entries can't be accepted after the entry deadline.
- Deck Entries will be accepted to fill empty lanes only
 - \$15 per event, payment due at submission
 - New swimmers will be added to the meet upon proof of SNC Registration with: Full Name, DOB, SNC ID

SESSION 1: Friday March 7, 2025	
Competition Pool Only	
WU 4:00 – 4:35pm / Racing: 4:40pm – 7:30pm	
EVENT #	EVENT
1	400 Freestyle*
2	400 Individual Medley*
3	800 Freestyle*
4	1500 Freestyle*
*max 2 heats per event with priority given to lesser experienced racers. Scratch order will be: SNC qualified > Prov QTs > Div QTs > etc. All efforts will be made to accommodate all entrants. Affected Teams will be notified shortly after the deadline for an alternative	
SESSION 2: Saturday March 8, 2025	
Full Facility	
Warm Up: 1:00 – 1:50pm / Racing: 2:00 – 6:30pm	
EVENT #	Description
5	200 Individual Medley
6	100 Backstroke
7	50 Butterfly
8	200 Butterfly
9	4 x 50 Freestyle Relay
10	200 Freestyle
11	100 Breaststroke
12	50 Freestyle
SESSION 3: Sunday March 9, 2025	
Full Facility	
Warm Up: 12:00 – 12:50pm / Racing: 1:00 – 5:30pm	
REMINDER: Daylight Savings!	
EVENT #	Description
13	200 Breaststroke
14	100 Butterfly
15	50 Backstroke
16	200 Backstroke
17	4 x 50 Medley Relay
18	100 Freestyle
19	50 Breaststroke
20	100 Individual Medley
21	400 Freestyle



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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 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.
- 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 not be in place during the competition in warm-up/warm-down pools.

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 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 Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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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.

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 to help 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.

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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

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."