



2022 NRST Spring Sprint April 23-24, 2022

Sanctioned by SWIM BC: #37225

Location: Nanaimo Aquatic Centre
741 Third St, Nanaimo BC, V9R 7B2

Referee: Heather Ney

Meet Manager: Brie Rhind

MM Email: meets@nanaimoriptides.com

Pool Features:

- 8 lane - 50m competition pool. (Sessions 1, 2 and 3)
- 8 lane - 25m competition pool. (Session 4)
- Colorado electronic timing, touch pads and scoreboard.

Safe Sport Statement:

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” and “observable” to others.

Meet Rules:

1. All Swimming Canada rules will be in effect.
2. Swim BC competition warm up safety procedures will be in effect and monitored by safety marshals.
3. **Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.**
4. All events will be swum as times finals, mixed gender, slowest to fastest.
5. Being mixed-gender, Swim BC/Swimming Canada record breaking performances will not be ratified as new records.
6. Age groups will be: 12 and under, 13&14, 15 and older.
7. Maximum events each swimmer can swim is 8, see details below.
8. Meet management reserves the right to limit the number of heats in 400m events if estimated time outs are exceeded.

Eligibility:

1. All swimmers must be registered properly with Swim Canada/Swim BC, or other FINA affiliated organizations.
2. Swimmer's age is determined on the first day of the meet. Swimmers entered in 200m and 400m events must have a minimum time standard in those events (see table page 4).
3. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standard in an event.

Entries:

1. Entries will be limited to 300 swimmers, the team entering the 300th swimmer will be accepted.
2. Sessions will be restricted to the following:
 - a. Session 1 - Saturday AM: 3 Events
 - b. Session 2 - Saturday PM: 2 Events
 - c. Session 3 - Sunday AM: 3 Events
 - d. Session 4 - Sunday PM (SC): 4 Events
 - e. TOTAL EVENTS: 8 per swimmer**** Please note: If swimmers qualify for Sessions 1-3, they should not be swimming in Session 4. Session 4 is reserved for those swimmers that did not qualify for the time standards for Sessions 1-3.**
3. **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 basis. The Meet Manager will confirm by email those teams whose reservations are accepted.
4. Teams attending all three sessions of the meet will be given priority.
5. Please respect other teams wishing to attend by giving an accurate estimate of the number of swimmers wishing to attend.
6. NO deck entries will be accepted.

Awards:

1. Placement cards will be issued to all swimmers.

Entry Fees:

\$10.00 per individual event.

\$4.00 per swimmer Swim BC Competition Surcharge.

Fees must be paid prior to the start of the meet.

Please make cheques payable to NRST.

Entry Deadlines:

1. **Deadline for upload of entries** to the SNC meet listings website (<http://meetlist.notlong.com>) is **Thursday, April 14, 2022.**
2. **Scratch deadline** with refund is **Tuesday, April 19, 2022, at 7pm.**
3. 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 made after the scratch deadline.



2022 NRST Spring Sprint

April 23-24, 2022

SESSION TIMES			
SESSION 1 SATURDAY AM April 23 (50M)		SESSION 2 SATURDAY PM April 23 (50M)	
Warm-up:	8:00am – 8:50am	Warm-up	3:45pm-4:35pm
Start:	9:00am	Start:	4:45pm
Projected completion:	2:00 pm	Projected completion:	8:00pm
SESSION 3 SUNDAY AM April 24 (50M)		SESSION 4 SUNDAY PM April 24 (25M)	
Warm-up:	8:00am – 8:50am	Warm-up:	2:00pm - 2:50pm
Start:	9:00am	Start:	3:00pm
Projected completion:	1:00pm	Projected completion:	6:00pm

SESSION 1 SATURDAY AM (50M Pool)	
1	100 Free
2	50 Fly
3	100 Back
4	200 Breast
5	200 IM

SESSION 2 SATURDAY PM (50M Pool)	
6	100 Fly
7	50 Breast
8	50 Free
9	200 Back
10	400 IM

SESSION 3 SUNDAY AM (50M Pool)	
11	200 Free
12	50 Back
13	200 Fly
14	100 Breast
15	400 Free



2022 NRST Spring Sprint

April 23-24, 2022

SESSION 4 SUNDAY PM (25M Pool)	
16	200 Free
17	50Fly
18	50 Back
19	100 IM
20	50 Breast
21	50 Free
22	200 IM

MEET TIME STANDARDS (MIXED GENDER)				
EVENT NUMBER	EVENT	12 & UNDER	13-14	15 & OLDER
SESSION 1 - SATURDAY AM (50 M)				
1	100 FREE	1:40	1:20	1:15
2	50 FLY	0:60	0:45	0:40
3	100 BACK	1:50	1:30	1:25
4	200 BREAST	4:00	3:30	3:20
5	200 IM	4:00	3:20	3:10
SESSION 2 - SATURDAY PM (50 M)				
6	100 FLY	2:00	1:35	1:20
7	50 BREAST	0:60	0:55	0:50
8	50 FREE	0:50	0:40	0:40
9	200 BACK	3:40	3:15	3:00
10	400 IM	7:30	7:00	6:30
SESSION 3 - SUNDAY AM (50 M)				
11	200 FREE	3:45	2:50	2:40
12	50 BACK	0:55	0:50	0:45
13	200 FLY	4:00	3:45	3:30
14	100 BREAST	2:00	1:45	1:35
15	400 FREE	7:15	6:20	5:45



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.



2022 NRST Spring Sprint April 23-24, 2022



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."