



**THIRTIETH ANNUAL
DALHOUSIE UNIVERSITY
RELAY SWIM MEET**



Hosted by:

DALHOUSIE UNIVERSITY MEN'S AND WOMEN'S SWIM TEAMS

SATURDAY, 22nd OCTOBER 2016

WARM-UPS - 2:00 PM --- START - 3:00 PM

DALPLEX POOL - 8 LANE 25 METRE COURSE with Electronic Timing

- Chief Official: Andrew Henneberry: henneba01@gmail.com
- Meet Manager: Bette El-Hawary - Dalhousie Varsity Swimming Meet Manager
swimming@sportnovascotia.ca
- Format: The meet follows the format listed below. Each club may enter as many teams per event as they want. The exception being the 4x200m Free event where teams may only enter two teams per squad (2x female / 2x male). Swimmers are restricted to a maximum of five events each, regardless of whether they are youth or senior or a combination. A minimum of 8 female and 8 male swimmers are needed in the youth and senior categories to field a team in each of the 14 events.
- Age Groups: Youth events - swimmers 13 and under
Senior events - swimmers 14 and over
- Entry Fees: \$9.00 per relay
- Entries: Completed HyTek entries must be **emailed** to swimming@sportnovascotia.ca no later than Tuesday October 18th at midnight. Cheques for entry fees payable to Dalhousie University Swim Team must be submitted to the meet manager at the start of warm ups.
- *In addition to emailing your Hy-Tek entry file please include a word version (or pdf) of your entry lists for verification. Please do NOT try to use the National Online system to submit entries- email them directly.*
- Meet Rules: - The meet has been sanctioned by Swim Nova Scotia and will be run in an 8-lane deep end course, following SNC rules and warm-up procedures (included on the last page). No false start rule is in effect (1 start).
- Scoring: As this meet places emphasis upon participation and fun, no team points will be tabulated.



**TWENTY-EIGHTH ANNUAL
DALHOUSIE UNIVERSITY
RELAY SWIM MEET**



SATURDAY, 22nd OCTOBER 2016
WARMUPS - 2:00 PM --- START - 3:00 PM
ORDER OF EVENTS

WOMEN'S EVENT

1	Youth – 4x 50m Medley
3	Senior – 4x50m Medley
5	Youth – 4 x 50 Free
7	Senior – 4 x 100 Free
9	Youth – 3 x 50m Backstroke
11	Senior – 3 x 50m Backstroke
13	Youth – 3 x 50m Breaststroke
15	Senior – 3 x 50m Breaststroke
17	Youth – 3 x 50m Butterfly
19	Senior – 3 x 50m Butterfly
21	Youth – 3 x 100m IM
23	Senior – 3 x 100m IM
25	Open – 4 x 200m Free

MEN'S EVENT

2
4
6
8
10
12
14
16
18
20
22
24
26

SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

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 tank and when applicable, similarly situated in designated warm-up tanks 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.

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