



**FOURTEENTH ANNUAL
DALHOUSIE UNIVERSITY
IM MEET**



Hosted by:

DALHOUSIE UNIVERSITY MEN'S AND WOMEN'S SWIM TEAMS

SUNDAY, 23RD OCTOBER 2016

WARM-UPS - 7:30 AM --- START - 9:00 AM

DALPLEX POOL – 2 x 8 LANE 25 METRE COURSE with Electronic Timing

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- Head Official: Andrew Henneberry: henneba01@gmail.com
Senior Officials wishing to volunteer at this event, please email swimming@sportnovascotia.ca with your preferred positions. Dal Tigers will be timing.
- Meet Manager: Bette El-Hawary -
Dalhousie Varsity Swimming Meet Manager
swimming@sportnovascotia.ca
- Sanctioned by: Swim Nova Scotia
Short Course Timed Final Competition
- Entry Fees: \$35.00 per swimmer for entry into four individual events
Cheque payable to Dalhousie University Varsity Swim Team.
- Awards: Random bell race prizes, for which all competitors will be eligible, will be rung throughout the meet.
- Entries: Hy-Tek entries should be uploaded to the National meet system.
Entry Deadline Monday October 17th 2016 at midnight.
- Scoring: There will be no scoring
- Meet Rules:
- The meet will be run in 2 x 8-lane scm courses,
 - SNC Rules and Warm-up Procedures will be in effect
 - The meet will be swum as open events and ranked by age group:
Female & Male (12&U, 13-14, 15&O)
 - Each swimmer entered must meet the Age Group Development Level qualifications
 - **Senior Swimmers:** 15 & Over, 14-year-old NSAG qualified, 12-13 year olds that have one Canadian Junior National time or Eastern Open time (Coaches discretion)
 - **Junior Swimmers:** All others
 - Each swimmer must choose to swim one event (stroke) in either the 50m, 100m, or 200m streams (12&U cannot enter the 100m stream)



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ORDER OF EVENTS

DEEP END		
FEMALE SENIOR EVENTS		MALE SENIOR EVENTS
1.	Open 50m Butterfly	2.
3.	Open 100m Butterfly	4.
5.	Open 200m Butterfly	6.
7.	Open 50m Backstroke	8.
9.	Open 100m Backstroke	10.
11.	Open 200m Backstroke	12.
13.	Open 50m Breaststroke	14.
15.	Open 100m Breaststroke	16.
17.	Open 200m Breaststroke	18.
19.	Open 50m Freestyle	20.
21.	Open 100m Freestyle	22.
23.	Open 200m Freestyle	24.
25.	Open 400m Freestyle Bonus Event ^	26.
27.	Open 400m IM Bonus Event ^	28.

SHALLOW END		
FEMALE JUNIOR EVENTS		MALE JUNIOR EVENTS
101.	Open 50m Butterfly	102.
103.	Open 100m Butterfly	104.
105.	Open 200m Butterfly	106.
107.	Open 50m Backstroke	108.
109.	Open 100m Backstroke	110.
111.	Open 200m Backstroke	112.
113.	Open 50m Breaststroke	114.
115.	Open 100m Breaststroke	116.
117.	Open 200m Breaststroke	118.
119.	Open 50m Freestyle	120.
121.	Open 100m Freestyle	122.
123.	Open 200m Freestyle	124.
125.	Open 400m Freestyle Bonus Event ^	126.
127.	Open 400m IM Bonus Event ^	128.

^ The 400 Freestyle/IM Bonus Events will be held at the shallow end of the pool or in the deep if the time outs accommodate using the deep. Swimmers must choose one of these events.

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.”