



YYW

Nova Tech Aqua Kids #1

November 5, 2016

2:00 PM

**Hosted By:** YYW

**Sanctioned By:** Swim Nova Scotia

**Meet Manager:** Michele Bullerwell

**Location:** Université Sainte Anne

**Eligibility:** All competitive registered swimmers with Swim Nova Scotia OR pre-competitive swimmers on trial for 1 swim meet as exhibition.

**Relays:** Teams are permitted to enter multi-club swimmers to maximize participation in the 8 X 25 relay.

**Fun Relay:** Fun relay may be offered. All swimmers will be deck entered.

**Entry Fees:** \$25.00 per swimmer. Please make cheque payable to YYW  
Entry fees are non-refundable.

**Entries: Entry Deadline:** Submitted via <https://www.swimming.ca/en/events->

[results/live-upcoming-meets/](#) by **October 29, 2016.**

**Meet Rules:** SNC rules will govern the meet. SNC Warm Up procedures will be in effect. A coaches meeting will take place 30 minutes prior to start.

**Awards:** Best time ribbons presented by home club coaches.

**Scratch Procedure:** All scratches are to be submitted to the meet office in writing 30 minutes before the start of each session. Please submit the swimmer's name, events, and club. No deck entries.

**Head Official:** Lynn Sitland

**Officials:** The names of the officials should accompany the meet entries. Your help would be greatly appreciated.

**Canteen & Facilities:**

**Warm-Ups:** 30 minutes, sprint lanes will be open for the final 15 minutes.

**Order of Events:**

<b>Warm ups – 1:30 Meet start 2:00</b>	
<b>Event #</b>	<b>Event</b>
201	200 FREE- LEVEL 2
2	25 BACK- P
102	50 BACK- LEVEL 1
202	50 BACK- LEVEL 2
3	25 FREE- P
103	50 FREE- LEVEL 1
203	50 FREE- LEVEL 2
4	100 IM- P
104	200 IM- LEVEL 1
204	200 IM- LEVEL 2
5	50 KICK
--	Relay/Fun Event anytime

- All events will be swum as mixed genders and seeded by time only.
- Warnings by Officials for Level 1 (educational opportunity).
- DQ's Level 2 only.
- 75m & 150m IM for PARA Swimmers can be made available if requested by a Coach.

## **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.”**