



# AGE GROUP DEVELOPMENT SENIOR LONG COURSE #1

January 20-21, 2017

**Hosted By:** Swim Nova Scotia

**Sanctioned By:** Swim Nova Scotia

**Location:** Dalplex Pool, 6260 South St.  
Halifax

**Facility Rules:** The pool deck area is limited to swimmers registered in the meet, registered Coaches and Officials that are working the current session only. All others are asked to remain in the spectator seating areas. Indoor footwear only on pool deck for all Officials, Coaches & Swimmers.

**Meet Manger:** Bette El-Hawary & Sue Jackson  
swimming@sportnovascotia.ca  
suejack01@yahoo.com

**Meet Referee:** Lynn Sitland  
lsitland@live.com

**Entries:** Entries should be submitted online via [www.swimmeet.ca](http://www.swimmeet.ca) by **Monday January 16, 2017**

There will be no exhibition swims.

**Entry Fee:** \$10.00 per individual event (unlimited entries)

Cheques are payable at the start of the first warm-up on Friday; Payable to Swim Nova Scotia

**Eligibility:** All registered swimmers who meet the following qualification:  
15 & Over,  
14-year-old NSAG qualified,

12-13 year olds that have one Canadian Junior National time or Eastern Open time (Coaches discretion)

**Format:** SNC Rules will govern the meet; SNC Warm Up procedures will be in effect.

The 400/800 Freestyle will be swum fastest to slowest, 2 per lane, alternating gender.

There will be a coach's meeting on Friday January 20<sup>th</sup> at 2:30pm in the Pool Classroom.

12 & Under swimmers are not eligible to enter the 100m individual events.

**Scratches:** Will be permitted until 2:10pm on Friday for both sessions. The meet will then be seeded and heat sheets will be circulated at the Coaches meeting at 2:30pm. A copy will be posted for swimmers and spectators.

**Awards:**  
Best time ribbons for all 12 and under N.S. swimmers.

**Scoring:** No scoring

**Timers & Senior Officials:** Please email Lynn Sitland: [lsitland@live.com](mailto:lsitland@live.com) with your availability and preference of position.



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## Event Listing

SESSION I: FRIDAY JANUARY 20, 2017			
2:00pm Warm-Ups			
3:00pm Meet Start			
Women's Event #	Age Group	Event	Men's Event #
1	Open	800m Freestyle- 2 per lane, fastest to slowest, alternating gender	2
3	Open	50m Freestyle	4
5	Open	200m Butterfly	6
7	Open	100m Breaststroke	8
9	Open	200m Freestyle	10
11	Open	100m Butterfly	12
13	Open	50m Backstroke	14
15	Open	200m Individual Medley	16
SESSION II: SATURDAY JANUARY 21, 2017			
7:30am Warm-Ups			
8:30am Meet Start			
17	Open	400m Freestyle- 2 per lane, fastest to slowest, alternating gender	18
19	Open	100m Backstroke	20
21	Open	50m Breaststroke	22
23	Open	100m Freestyle	24
25	Open	200m Breaststroke	26
27	Open	50m Butterfly	28
29	Open	200m Backstroke	30
31	Open	400m Individual Medley	32



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## COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an 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.
- 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.

### 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 higher level 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 higher level or senior competitions



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## **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 is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

## **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.

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