



Truro Centurions Swim Club
Nova Tech Explosion
May 13-14, 2017

Hosted By: Truro Centurions Swim Club

Sanctioned By: Swim Nova Scotia

Meet Manager: Miranda Bates
mirandaelliott@gmail.com
902-957-7946

Location: Wilsons Aquatic Centre
Rath Eastlink Community Centre
625 Abenaki Road
Truro, NS

Eligibility: All registered swimmers with Swim Nova Scotia that are in the Nova Tech program. Legal entry times must be used.

Events: A list of events is attached. There is a maximum of six (6) individual events, in addition to the 50m kick, Relay and Fun Event.

Relays: The relay will be offered at no cost, coaches must include their relay teams with their entries. Please "guesstimate" your entry times. If you do not have enough swimmers to field a team you can combine with other teams. Relays are mixed genders.

Entry Fees: \$25.00 per swimmer.
Please make cheque payable to the Truro Centurions Swim Club. Entry fees are non-refundable.

Entries: Entry Deadline: Submitted via the Swimming Canada webpage **by May 5, 2017**
Changes will be allowed until **May 7, 2017**, after that date clubs will be required to pay for all entries

There will be **NO DECK ENTRIES** and No **EXHIBITION SWIMS** Meet management reserves the right to combine heats and events as necessary based on the number of entries and time restrictions.

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 on Saturday.

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: Mike Moyles
mmoyles@eastlink.ca

Officials: Clubs sending more than three swimmers are asked to provide at least one official per session, clubs sending more than twenty swimmers are asked to provide at least two officials per session. Please forward the names of all officials to Miranda Bates at mirandaelliott@gmail.com.

Canteen & Facilities: The facility has a canteen onsite.

Apparel Orders: Please see attached information. Individual parent orders will not be accepted, please send one order per team.

Session # 1

Saturday, May 13th

1:00pm-1:20pm Warm Up for 200 IM (Level 1 and 2 only)

20 minute General Warm Up at completion of events 101 and 201

| Mixed | Event | Level |
|----------------------------|--------------|-----------------------------|
| 1:00-1:20pm 200 IM Warm Up | | |
| 101 | 200m IM | 1 |
| 201 | 200m IM | 2 |
| 20 Minute General Warm Up | | |
| 300 | 50m KICK | 2 per lane (if required) |
| 2 | 25m Free | Participation |
| 102 | 50m Free | 1 |
| 202 | 50m Free | 2 |
| 3 | 25m Back | Participation |
| 103 | 50m Back | 1 |
| 203 | 50m Back | 2 |

Session # 2

Sunday, May 14

8:00am-8:20am Warm Up for 100 IM (Participation Level only)

20 Minute General Warm Up to begin at completion of Event 1

| Mixed | Event | Level |
|------------------------------|---------------------|---------------|
| 8:00am-8:20am 100 IM Warm Up | | |
| 1 | 100m IM | Participation |
| 20 Minute General Warm Up | | |
| 206 | 200m Free | 2 |
| 301 | 4 x 25m Free Relay* | All |
| 4 | 25m Breast | Participation |
| 104 | 50m Breast | 1 |
| 204 | 50m Breast | 2 |
| 5 | 25m Fly | Participation |
| 105 | 50m Fly | 1 |
| 205 | 50m Fly | 2 |

*Clubs may enter relays, if you do not have enough swimmers to field a team you can combine with other teams. Relays are mixed genders.

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

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.”