



NOVA SCOTIA KEN DUNN PROVINCIAL CHAMPIONSHIPS

July 5-9, 2018

4/12/18

Hosted by:

Swim Nova Scotia & Dartmouth Crusaders Swim Club

Location:

Pool Events: Dalplex Pool, 6260 South St. Halifax, N.S.
Open Water Events: Long Lake Provincial Park, parking lot on Old Sambro Rd (across from Schnare St).

Meet Manager:

Bette El-Hawary: swimming@sportnovascotia.ca

Head Official:

Sue Jackson: suejack01@yahoo.com

Entries:

Email hy-tek entries will be accepted via SNC online system. Entries due by: Thursday June 28th at midnight. **LATE ENTRIES WILL NOT BE ACCEPTED** All entries will be processed after the entry deadline. Teams will have an opportunity to review their entries.

Entry Fees:

\$85 flat fee. Cheques or e-transfer only please; (No cash accepted). Please make cheques payable to: Swim Nova Scotia; e-transfer: swimming@sportnovascotia.ca (use password 'swimming')

The amount of fees due are based on the entries confirmed on July 2nd at 12:00pm. Fees are due at the start of the warm-up at the first (Thursday) session. Please deliver to Bette in the computer room (located on deck under the scoreboard).

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.

Pre-Meet Training:

Dalplex Pool (4 LCM lanes) will be available on Wednesday July 4th 5:00-7:00pm for visiting teams.

Meet Rules:

SNC rules will govern the meet
SNC Warm-Up will be in effect
FINA One-Start Rule in effect

Coaches:

All coaches must be fully registered with Swim NS, CSCTA & SNC.

There will be a coaches technical meeting on Thursday July 5th at approximately 8:00am at Dalplex Pool in the Conference Room (pool deck level).

Eligibility & Entry Limits:

The qualifying times and entry limits are included on page 8. The Open Water event does not count towards a swimmers individual meet entry.

Swimmers may qualify for Nova Scotia Provincial Championships using either short OR long course times.

Qualification Period:

Times must be achieved on or after March 1st, 2017

Swimmers that are 14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) individual swims.

Swimmers that are 15 & Over – require three qualifying times to compete, then get up to 3 bonus swims for a total of 6 (six) individual swims

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at Nova Scotia Provincial Championships. If they attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.

All swimmers must be members in good standing with SNC or a FINA affiliated country.

Meet Format:

- All events will be swum as "Senior" seeded during prelims but broken out in the following age categories for finals/awards/points:

13 & Under

14-15

Open*

OPEN If swimmers aged 15 & under would like to swim in the Open category; teams are asked to enter them in their respective age group AND email swimming@sportnovascotia.ca with a list of swimmers that should be moved to the Open category. Swimmers



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must be qualified in their own age group to be eligible to swim in the Open category.

A swimmer's age is determined as of the first day of the meet.

- All events will be swum as heats and finals with the following exceptions: 800m Freestyle, 1500m Freestyle and all relay and Para events.
- 800m and 1500m Freestyle events will be swum alternating, fastest to slowest and seeded by time with the fastest heats of 800m and 1500m swimming at night.
- The 800m and 1500m Freestyles are scored and awarded separately by age group but will swim together seeded by time.
- Relays will be swum as timed finals.
- The 400m Freestyle and I.M. will both be swum fastest to slowest during prelims, alternating genders.
- For each event there will be A finals in each age group, as well as 1 consolation B final that will consist of the next fastest 8 swimmers regardless of age.
- B Finals will take place before the respective A finals.
- There will be no deck entries and no exhibition swims.

Proof of Times:

If the meet manager is unable to verify times using the SNC National system for events requiring proof of times you may be asked to email the meet manager a copy from Hy-Tek Team Manager.

PARA Swimmers:

- All Para swimmers (Sport Class 1 to 14) must hold at least a Provincial Classification designation to be eligible to compete in the meet.
- Classification information is available at: www.swimming.ca/ParaswimmingClassification

- Para swimmers will be judged using the most current version of the IPC Swimming Rules and Regulations which can be found at: www.ipc-swimming.org/rules_regulations or the SNC Rulebook with the technical rules updates provided in SNC Para Swimming Newsletters
- Sport Classes eligible for competition are 1-10, 11-13 and 14
- There are no age restrictions for Para swimming
- All Para swimmers' entries must include the swimmers classification numbers (i.e., S7, SB6, SM7) as part of their name
- Swimmers may compete in integrated format heats and dedicated Para Swimming finals; these swimmers can only compete in events they are classified in during the Para Swimming finals session; however, they may swim in any event during prelims.
- PARA events will be scored using the SNC IPC Point system
- PARA swimmers may swim a maximum of six individual events; the four PARA events offered and two other Paralympic events. Note that they may swim the heats of the Para events; if they are eligible to swim in an able-bodied final they may do so, however they must indicate to the meet manager which final they will swim in by the conclusion of heats.

Scratches:

The first scratch deadline, following each preliminary session shall be 30 minutes following the time the results have been posted. The last scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the finals session. A \$20 penalty (to be paid immediately by the team) will be enforced during Finals. The team will be ineligible to swim until the penalty is paid. The swimmer that misses their swim during finals will not swim for the remainder of that session.

The meet management reserves the right to re-seed 400 IM, 400 Freestyle and 800/1500 Freestyle after the heat sheets are submitted. Meet management reserves the right to double lane slower heats should entry load be too heavy. As a courtesy please submit scratches as soon as possible to meet management for heats.



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The meet will be run cardless, however, for distance events all swimmers are required to do a positive meet check-in. During finals, once an alternate is called, the "no show" is final. Time cards will be used for all relays and the 800 and 1500 Freestyle events.

Relay Rules:

Each club is allowed to enter two relays per event number as long as they meet the following criteria:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legitimately entered in the meet in an individual event.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.

Additional relays may be entered by clubs that have five (5), nine (9), etc or more swimmers qualified, entered, and swimming in the event's age group. A maximum of two (2) relay team swimmers may move up from younger age groups. A maximum of two relays per event per team will score, these must be designated in advance.

Relay cards must be submitted by the designated time that meet management announces during the technical meeting; Coaches may come to the office and change the names on the cards up to 15 minutes before the relay is scheduled to start.

Scoring:

Scoring for individual/relay events:

50-30-20-15-14-13-12-11;

9-7-6-5-4-3-2-1 for consolation finals (where applicable).

Scoring for high point awards will be based on the individual event scoring system.

Awards:

Team & High Point Awards/Swimmer of the Meet Awards will be presented at the conclusion of the Open Water race.

There will be **High Point Individual Awards** for each Male/Female swimmer in each age group.

Medals will be awarded for first, second and third in all individual and relay events.

Ribbons will be awarded for 4th-8th place for individual events and relay events.

High Point Awards: Plaques/awards for top high point male and female in each individual age group.

Team Awards: Banner for Top Overall Winner, Banner for Top Female Team Winner, Banner for Top Male Team Winner.

Swimmers of the Meet: Male and Female, swimmers of the meet, (based on this year's FINA Points).

Timers/Officials:

Qualified officials from all clubs are necessary to help ensure an efficient swim meet. Please send officials and timers names along with preferred position(s) and session(s) to: Sue Jackson: suejack01@yahoo.com

Allergy Alert

PLEASE NOTE: No peanuts or peanut products are permitted at the meet due to some swimmers being severely allergic. THIS WILL BE SELF POLICED BY TEAMS.

Canteen: DCSC will be providing a healthy canteen throughout the swim meet.

Merchandise: TBD

Web page:

Live results will be available throughout the weekend on meet mobile and at the following URL:

<http://swimnovascotia.com/liveresults/>



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EVENT LIST

PRELIMS – Thursday, July 5th, 2018				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
1	Open	50m Freestyle	Open	2
3	Open	200m Breaststroke	Open	4
5	Open	100m Backstroke	Open	6
7	Open	1500m Freestyle*	--	--
--	--	800m Freestyle*	Open	10
<i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals</i>				
FINALS - Thursday, July 5th, 2018				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	--	800m Freestyle	Top 8	10
	Multi-Age	50m Freestyle- B Final	Multi-Age	
1	13 & Under	50m Freestyle	13 & Under	2
1	14-15	50m Freestyle	14-15	2
1	Open	50m Freestyle	Open	2
	OPEN PARA	50m Freestyle PARA	OPEN PARA	
	Multi-Age	200m Breaststroke- B Final	Multi-Age	
3	13 & Under	200m Breaststroke	13 & Under	4
3	14-15	200m Breaststroke	14-15	4
3	Open	200m Breaststroke	Open	4
	Multi-Age	100m Backstroke- B Final	Multi-Age	
5	13 and Under	100m Backstroke	13 and Under	6
5	14-15	100m Backstroke	14-15	6
5	Open	100m Backstroke	Open	6
	OPEN PARA	50m Backstroke PARA	OPEN PARA	
7	Top 8	1500m Freestyle	--	--
11	13 and Under	4 x 200m Freestyle Relay	13 and Under	12
13	14-15	4 x 200m Freestyle Relay	14-15	14
15	Open	4 x 200m Freestyle Relay	Open	16



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PRELIMS – Friday, July 6 th , 2018				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
17	Open	100m Breaststroke	Open	18
19	Open	200m Freestyle	Open	20
21	Open	50m Butterfly	Open	22
23	Open	400m Individual Medley*	Open	24
<i>*Will be swum fastest to slowest, alternating gender</i>				

FINALS – Friday, July 6 th , 2018				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
	Multi-Age	100m Breaststroke- B Final	Multi-Age	
17	13 and Under	100m Breaststroke	13 and Under	18
17	14-15	100m Breaststroke	14-15	18
17	Open	100m Breaststroke	Open	18
	Multi-Age	200m Freestyle- B Final	Multi-Age	
19	13 and Under	200m Freestyle	13 and Under	20
19	14-15	200m Freestyle	14-15	20
19	Open	200m Freestyle	Open	20
	Multi-Age	50m Butterfly- B Final	Multi-Age	
21	13 and Under	50m Butterfly	13 and Under	22
21	14-15	50m Butterfly	14-15	22
21	Open	50m Butterfly	Open	22
	OPEN PARA	50m Butterfly PARA	OPEN PARA	
	Multi-Age	400m Individual Medley- B Final	Multi-Age	
23	13 and Under	400m Individual Medley	13 and Under	24
23	14-15	400m Individual Medley	14-15	24
23	Open	400m Individual Medley	Open	24
25	13 and Under	4 x 100m Freestyle Relay	13 and Under	26
27	14-15	4 x 100m Freestyle Relay	14-15	28
29	Open	4 x 100m Freestyle Relay	Open	30



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PRELIMS – Saturday, July 7 th , 2018				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
31	Open	200m Backstroke	Open	32
33	Open	50m Breaststroke	Open	34
35	Open	100m Butterfly	Open	36
37	Open	400m Freestyle*	Open	38
<i>*Will be swum fastest to slowest, alternating gender</i>				
FINALS – Saturday, July 7 th , 2018				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
	Multi-Age	200m Backstroke- B Final	Multi-Age	
31	13 and Under	200m Backstroke	13 and Under	32
31	14-15	200m Backstroke	14-15	32
31	Open	200m Backstroke	Open	32
	Multi-Age	50m Breaststroke- B Final	Multi-Age	
33	13 and Under	50m Breaststroke	13 and Under	34
33	14-15	50m Breaststroke	14-15	34
33	Open	50m Breaststroke	Open	34
	OPEN PARA	50m Breaststroke PARA	OPEN PARA	
	Multi-Age	100m Butterfly- B Final	Multi-Age	
35	13 and Under	100m Butterfly	13 and Under	36
35	14-15	100m Butterfly	14-15	36
35	Open	100m Butterfly	Open	36
	Multi-Age	400m Freestyle- B Final	Multi-Age	
37	13 and Under	400m Freestyle	13 and Under	38
37	14-15	400m Freestyle	14-15	38
37	Open	400m Freestyle	Open	38
39	13 and Under	4 x 100m Medley Relay	13 and Under	40
41	14-15	4 x 100m Medley Relay	14-15	42
43	Open	4 x 100m Medley Relay	Open	44



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PRELIMS – Sunday, July 8th, 2018				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
45	Open	200m Butterfly	Open	46
47	Open	100m Freestyle	Open	48
49	Open	200m Individual Medley	Open	50
51	Open	50m Backstroke	Open	52
9	Open	800m Freestyle	--	--
--	--	1500m Freestyle	Open	8
<i>*Will be swum fastest to slowest, alternating gender, fastest heats will swim during finals</i>				
FINALS – Sunday, July 8th, 2018				
Warm-Ups: 3:30pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	----	1500m Freestyle	Top 8	8
	Multi-Age	200m Butterfly- B Final	Multi-Age	
45	13 and Under	200m Butterfly	13 and Under	46
45	14-15	200m Butterfly	14-15	46
45	Open	200m Butterfly	Open	46
	Multi-Age	100m Freestyle- B Final	Multi-Age	
47	13 and Under	100m Freestyle	13 and Under	48
47	14-15	100m Freestyle	14-15	48
47	Open	100m Freestyle	Open	48
	OPEN PARA	100m Freestyle PARA	OPEN PARA	
	Multi-Age	200m Individual Medley- B Final	Multi-Age	
49	13 and Under	200m Individual Medley	13 and Under	50
49	14-15	200m Individual Medley	14-15	50
49	Open	200m Individual Medley	Open	50
	Multi-Age	50m Backstroke- B Final	Multi-Age	
51	13 and Under	50m Backstroke	13 and Under	52
51	14-15	50m Backstroke	14-15	52
51	Open	50m Backstroke	Open	52
9	Top 8	800m Freestyle	----	--

OPEN WATER- Monday, July 9th, 2018				
Athlete Check-in: 7:30am		5km Start: 8:00am	2km Start 8:10am	1km Start 8:20am
Female	Age Group	Event	Age Group	Male
53	Open	1km	Open	54
55	13 & Over	3km	13 & Over	56
57	13 & Over	5km	13 & Over	58



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2017-2018 Nova Scotia Provincial Championships - FEMALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			31.16	30.02	29.70	50 Free	29.11	29.42	30.54			
			1:07.39	1:04.62	1:03.92	100 Free	1:02.64	1:03.33	1:06.04			
2:48.80	2:37.91	2:29.93	2:25.86	2:19.63	2:18.12	200 Free	2:15.56	2:16.84	2:22.94	2:26.93	2:33.95	2:45.42
5:57.23	5:35.28	5:18.06	5:09.33	4:57.03	4:53.82	400 Free	4:47.94	4:51.09	5:01.67	5:11.19	5:27.79	5:50.09
12:23.61	11:36.63	11:00.02	10:41.94	10:14.24	10:07.60	800 Free	9:55.45	10:01.96	10:28.11	10:43.73	11:19.30	12:08.74
24:20.13	22:47.44	21:34.75	20:58.83	20:06.90	19:53.85	1500 Free	19:29.97	19:42.76	20:32.33	21:03.73	22:13.26	23:50.84
			36.67	35.17	34.77	50 Back	34.07	34.47	35.94			
			1:15.83	1:12.71	1:11.92	100 Back	1:10.48	1:11.26	1:14.31			
			2:43.86	2:37.20	2:35.50	200 Back	2:32.39	2:34.06	2:40.58			
			40.63	38.92	38.49	50 Breast	37.72	38.14	39.82			
			1:27.36	1:23.06	1:22.16	100 Breast	1:20.52	1:21.40	1:25.61			
			3:07.69	2:59.06	2:57.12	200 Breast	2:53.58	2:55.49	3:03.94			
			34.36	32.27	31.92	50 Fly	31.28	31.62	33.67			
			1:14.11	1:10.95	1:10.18	100 Fly	1:08.78	1:09.53	1:12.33			
			2:45.44	2:38.36	2:36.65	200 Fly	2:33.52	2:35.19	2:41.33			
3:13.01	2:59.48	2:50.36	2:46.03	2:38.87	2:37.16	200 IM	2:34.02	2:35.69	2:42.71	2:46.95	2:55.89	3:08.19
6:50.24	6:21.44	6:03.91	5:52.62	5:38.91	5:35.24	400 IM	5:28.54	5:32.13	5:45.57	5:56.63	6:13.81	6:40.00

2017-2018 Nova Scotia Provincial Championships - MALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			28.84	28.09	27.19	50 Free	26.64	27.53	28.25			
			1:02.51	1:00.95	58.89	100 Free	57.72	59.73	1:01.25			
2:53.34	2:38.98	2:25.21	2:16.71	2:13.13	2:08.43	200 Free	2:05.86	2:10.47	2:13.98	2:22.30	2:35.79	2:49.87
6:07.74	5:37.28	5:10.88	4:53.22	4:44.58	4:35.87	400 Free	4:30.35	4:38.89	4:47.35	5:04.52	5:28.88	5:58.58
12:51.50	11:47.58	10:40.51	10:02.45	9:51.60	9:42.52	800 Free	9:30.87	9:39.77	9:50.41	10:27.70	11:33.02	12:35.61
24:33.41	22:31.35	20:46.86	19:35.08	19:10.70	18:35.48	1500 Free	18:13.17	18:47.69	19:11.58	20:21.92	22:04.32	24:03.61
			33.82	32.80	32.43	50 Back	31.45	32.15	33.15			
			1:11.25	1:09.41	1:06.92	100 Back	1:05.59	1:08.02	1:09.89			
			2:34.93	2:30.43	2:25.83	200 Back	2:22.91	2:27.42	2:31.12			
			37.09	36.45	36.05	50 Breast	35.32	35.73	36.34			
			1:20.84	1:18.54	1:16.00	100 Breast	1:14.48	1:16.97	1:19.22			
			2:56.04	2:51.48	2:45.86	200 Breast	2:42.55	2:48.06	2:52.52			
			31.12	30.44	29.64	50 Fly	29.05	29.82	30.50			
			1:08.49	1:06.53	1:04.20	100 Fly	1:02.91	1:05.21	1:07.13			
			2:35.75	2:30.45	2:24.34	200 Fly	2:21.45	2:27.44	2:32.64			
3:17.02	3:00.70	2:44.28	2:35.76	2:31.34	2:25.74	200 IM	2:22.82	2:28.31	2:32.65	2:41.00	2:57.09	3:13.09
7:00.11	6:25.31	5:54.06	5:33.09	5:24.47	5:14.43	400 IM	5:08.13	5:17.99	5:26.42	5:46.67	6:17.60	6:51.70

Swimmers may qualify for Nova Scotia Provincial Championships using either short OR long course times.

14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) individual swims

15& Over – require three qualifying times to compete, then get up to 3 bonus swims for a total of 6 (six) individual swims

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at Nova Scotia Provincial Championships. If they attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.

Qualifying period: Times must be achieved on or after March 1st, 2017



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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

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.



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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.”