



THIRTEENTH ANNUAL DALHOUSIE UNIVERSITY IM CHALLENGE MEET



Hosted by:

DALHOUSIE UNIVERSITY MEN'S AND WOMEN'S SWIM TEAMS

SUNDAY, 25th OCTOBER 2015

WARM-UPS - 8:00 AM --- START - 9:00 AM

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

- Chief 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 all four individual events -
50m, 100m, or 200m of each stroke (plus the 400m Free or IM TT)
- 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 19th 2015 at midnight.
- Scoring: There will be no scoring
- Meet Rules:
- The meet has been sanctioned by Swim Nova Scotia and will be run in 2 x 8-lane scm courses, following the SNC Rules and Warm-up Procedures (attached on the last page).
 - No false start rule in effect (1 start).
 - 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**
 - Each swimmer must choose to swim all events in either the 50m, 100m, or 200m streams (12&U cannot enter the 100m stream)



**TWELFTH ANNUAL
DALHOUSIE UNIVERSITY
IM ADD-UP CHALLENGE MEET**



SUNDAY, 25th OCTOBER 2015
WARMUPS - 8:00 AM --- START - 9:00 AM
ORDER OF EVENTS

FEMALE EVENTS

1. Open 50m Butterfly
3. Open 100m Butterfly
5. Open 200m Butterfly
7. Open 50m Backstroke
9. Open 100m Backstroke
11. Open 200m Backstroke
13. Open 50m Breaststroke
15. Open 100m Breaststroke
17. Open 200m Breaststroke
19. Open 50m Freestyle
21. Open 100m Freestyle
23. Open 200m Freestyle

25. Open 400m Freestyle or 400m IM Time Trial (M/F) ^

MALE EVENTS

- 2.
- 4.
- 6.
- 8.
- 10.
- 12.
- 14.
- 16.
- 18.
- 20.
- 22.
- 24.

The meet will be divided as swam as follows:

Shallow End: To be determined dependent upon entries in the events

Deep End: To be determined dependent upon entries in the events

^ The 400 Freestyle Time Trial will be held at the shallow end of the pool or in the deep if the time outs accommodate using the deep.

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.”