



**2018 Waeg Waves Invitational Meet**  
**Waegwoltic Club, Halifax, NS**  
**Sunday, July 22<sup>nd</sup>, 2018**

**Host:**

Waeg Waves

**Location:**

Waegwoltic Club  
6549 Coburg Road, Halifax, NS B3H 2A6

**Meet Manager:**

Keith Bourne  
keith.bourne@gmail.com

**Head Official:**

Kelley Polley  
kelley@polycorp.co

**Facilities:**

6 lane, 25 metre salt water heated pool.

**Facility Rules:**

Changing rooms are provided in the waterfront boat house located adjacent to the Lido and sand beach area. Please note that the changing facilities located under the pool are restricted to persons twenty-one years of age and older.

The Bloomingdale Pool, below the Multi-Purpose Centre, is restricted to Waegwoltic Club members only. The Lido, the large pool on the waterfront, will be open to swimmers and their families.

The Waegwoltic Club is a non-smoking facility. Pets are not permitted on the Waegwoltic property.

**Meet Start Time:**

Warm-ups will begin at 7:15 am with a meet start time of 8:45 am.

**Parking:**

Parking at the Waegwoltic Club is restricted to members only. There is parking available on adjacent streets, however, both Birchdale and Thorndale are private roads and parking is *NOT* permitted. Please observe the parking restrictions and be respectful of local residents.

**Entries:**

Deadline for entries is **Wednesday, July 18<sup>th</sup>, 2018 @ 5:00 pm.**

Entries must be e-mailed to

[summerswim@sportnovascotia.ca](mailto:summerswim@sportnovascotia.ca). Entries must be submitted in hytek format, if your club does not own hytek team manager then please email an excel spreadsheet and include the following: complete swimmer names, genders, date of birth, event #, event, entry time.

Age Group Swimmers may swim in three (3) individual events and one (1) relay event.

Participation Swimmers may swim in four (4) individual events.

**Officials:**

Please submit the list of officials (including their level and preferred position(s)) your club will be providing via e-mail to the Meet Manager:

[keith.bourne@gmail.com](mailto:keith.bourne@gmail.com) by **Wednesday, July 18<sup>th</sup>, 2018**. The first draft of the list of officials will be sent out the following day with the meet reports.

**Meet Rules:**

Current Swimming Canada rules will govern the meet. The Swimming Canada Warm-Up Safety Procedures will be enforced and are attached.

**Eligibility:**

Age categories: 10 & Under, 11-12, 13-14, 15 & Over (will be scored 15-16 & 17-18)

All swimmers must submit official entry times (NT entries are not permitted) for individual events.

These times can be from the previous season or times achieved in club time trials or in practice.

For relay events please use the following formula if you do not have a relay time: take 45% of the 100m time to calculate the 50m time.

**Age Determination:**

The age of the individual as of June 30<sup>th</sup> at 11:59pm of the current season will determine the age group of the individual.

Special requests may be brought forward to Swim Nova Scotia by a club president for consideration.

**Meetings:**

Coaches Meeting: 7:45 am

Senior Officials Meeting: 8:00 am

Timers Meeting: 8:15 am, 20 minutes before the scheduled start after the lunch break

All meetings will be held in the Multi-Purpose Building

**Awards:**

Ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place for individual events.

**Seating:**

There will be no assigned seating at our meet. Tents will be permitted on our Fairfield Property (same location as last year). There will not be

assigned spots for tents. There will be a sound system set up on this part of the property. Please do not set-up tents on the volleyball or basketball court located at the rear of this property. The volleyball and basketball courts will be open to swimmers and their families, but please be respectful of club members who may wish to use the courts.

**Food:**

The Coffee Shop will open at 7am and will be open all day serving coffee, baked goods, ice cream and salads. The restaurant is full service and will be open for lunch and dinner. There will be a cash BBQ starting at 11am through 12:30 to serve all swimmers and families.

## 2018 Waeg Waves Invitational Meet Order of Events

Warm-Ups: 7:15am			Meet Start: 8:45am	
Girls Events	Age Group	Event	Age Group	Boys Events
1	13-14	50m Breaststroke	13-14	2
3	15 & Over	50m Breaststroke	15 & Over	4
101	Open	Participation Mixed 50m Freestyle	Open	101
5	13-14	100m Freestyle	13-14	6
7	15 & Over	100m Freestyle	15 & Over	8
102	Open	Participation Mixed 25m Butterfly	Open	102
9	10 & Under	25m Butterfly	10 & Under	10
11	11-12	50m Butterfly	11-12	12
13	13-14	50m Butterfly	13-14	14
15	15 & Over	50m Butterfly	15 & Over	16
<b>Lunch Break</b>				
103	Open	Participation Mixed 25m Backstroke	Open	103
17	10 & Under	25m Backstroke	10 & Under	18
19	11-12	50m Backstroke	11-12	20
21	13-14	100m Backstroke	13-14	22
23	15 & Over	100m Backstroke	15 & Over	24
104	Open	Participation Mixed 100m Individual Medley	Open	104
25	12 & Under	100m Individual Medley	12 & Under	26
27	11 & Over	200m Individual Medley	11 & Over	28
29	10 & Under	100m Freestyle Relay	10 & Under	30
31	11 & Over	200m Freestyle Relay	11 & Over	32

**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:**

**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 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."**