



2018 Windsor Bluefins Invitational Meet

Hants Aquatic Center, Windsor, NS

Saturday, July 14th, 2018

Host:

Windsor Bluefins

Location:

Hants Aquatic Centre
306 Stannus Street, Windsor, NS B0N2T0

The most direct route. Take Hwy 101, Exit 6 to Downtown Windsor, turn left on Stannus Street (3rd street on the left) this street is not well marked but Royal Bank Building is on the corner as you turn down this street. Continue down Stannus St. and after the first 4-way intersection you will find the pool on the right.

Meet Manager:

Michelle Bregante
michelle.bregante@gmail.com

Head Official:

Sue Jackson
suejack01@yahoo.com

Facilities:

6-lane, 25m heated pool.

A canteen will be available onsite serving breakfast and lunch, as well as Artistic Sole and Aqua Dome will be selling swim gear.

Facility Rules:

Change rooms, showers, flush toilets are located inside the pool house, men to the left and ladies to the right. **This is a smoke free facility. Pets are not permitted in the bleacher area.** There is a playground adjacent to the pool. Please use at your own risk.

Meet Start Time:

Warm-ups will begin at 7:15 am with a meet start time of 9:00 am.

Parking:

We do have parking available in the front of the pool house and in the adjacent parking lot at the

Community Centre across the street, and along Stannus street. We ask that you respect the homes in the area and not block driveways and we also ask anyone travelling in RV's to park on the street or in the Community centre parking lot. We ask you to adhere to our parking requests as we would like to ensure the safety of all attending should we need to have emergency personnel enter the pool ground area.

Entries:

Deadline for entries is **Wednesday, July 11th, 2018 @ 5:00 pm.**

Entries must be e-mailed to 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 Head Official: suejack01@yahoo.com by **Wednesday, July 11th, 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 30th 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.

Awards:

Ribbons will be awarded for 1st-6th place for individual events.

Seating:

We will have **come and go** seating in the bleacher area. There is ample seating in this area. We are requesting that no coolers, chairs or personal belongings are left in this area. Please do not stand at the fence in front of the bleachers during races. There will be garbage and recycle bags tied to the fences in various locations.

2018 Windsor Bluefins Invitational Meet Order of Events

Warm-Ups: 7:15am			Meet Start: 9:00am	
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
Lunch Break				
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."