



**2018 Bridgewater Barracudas Invitational Meet**  
**O'Regan's Subaru Outdoor Pool, Bridgewater, NS**  
**Saturday, July 21<sup>st</sup>, 2018**

**Host:**

Bridgewater Barracudas

**Location:**

O'Regan's Subaru Outdoor Pool  
154 Jubilee Road, Bridgewater, NS B4V 0A5

**Meet Manager:**

Byron Butt  
bbutt@ssrsb.ca

**Head Official:**

Ian Culbert  
iculbert@eastlink.ca

**Facilities:**

6 lane, 25 metre pool.

**Facility Rules:**

Pool restrooms are restricted to officials, coaches and first aid use only. Portapotties will be available for all others.

**Meet Start Time:**

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

**Parking:**

Parking in the pool parking lot is restricted to Swim Nova Scotia personnel, officials, and Meet personnel. Ample parking should be available on the streets surrounding the pool. Please take note of the parking signage, restrictions, and private parking, etc. **Please do not park in the restricted/reserved areas in the Desbrisay Museum parking lot.**

**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 hitek format, if your club does not own hitek 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: [iculbert@eastlink.ca](mailto:iculbert@eastlink.ca) 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.

**Awards:**

Ribbons will be awarded for 1<sup>st</sup>-3<sup>rd</sup> place for individual events. Best time ribbons will be awarded for the 50m kick only.

**Seating:**

There will be come and go seating, bleachers on one side of the pool. There is also standing room at two sides of the pool. Personal tents may be set up in the large field behind the Desbrisay Museum.

## 2018 Bridgewater Barracudas 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 Backstroke	13-14	2
3	15 & Over	50m Backstroke	15 & Over	4
101	Open	Participation Mixed 25m Freestyle	Open	101
5	10 & Under	25m Freestyle	10 & Under	6
7	11-12	50m Freestyle	11-12	8
9	13-14	50m Freestyle	13-14	10
11	15 & Over	50m Freestyle	15 & Over	12
102	12 & Under	Mixed 50m Kick	12 & Under	102
13	11 & Over	400m Freestyle	11 & Over	14
Lunch Break				
103	Open	Participation Mixed 25m Breaststroke	Open	103
15	10 & Under	25m Breaststroke	10 & Under	16
17	11-12	50m Breaststroke	11-12	18
19	13-14	100m Breaststroke	13-14	20
21	15 & Over	100m Breaststroke	15 & Over	22
104	Open	Participation Mixed 100m Individual Medley	Open	104
23	10 & Under	100m Freestyle	10 & Under	24
25	10 & Under	200m Freestyle	10 & Under	26
27	11 & Over	200m Freestyle	11 & Over	28
29	13-14	100m Butterfly	13-14	30
31	15 & Over	100m Butterfly	15 & Over	32
33	10 & Under	100m Medley Relay	10 & Under	34
35	11 & Over	200m Medley Relay	11 & Over	36

**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.”**