



**2018 St. Margaret's Bay Breakers Fun Meet**  
**St. Margaret's Centre Outdoor Pool, St. Margaret's Bay, NS**  
**Saturday, August 11<sup>th</sup>, 2018**

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**Host:**

St. Margaret's Bay Breakers

**Location:**

St. Margaret's Centre Outdoor Pool  
12 Westwood Blvd, Upper Tantallon, NS B4Z 1H3

**Meet Manager:**

Shane Audette  
smbbofficials@gmail.com

**Head Official:**

Mike Moyles  
mmoyles@eastlink.ca

**Facilities:**

4 lane, 25 metre pool.

**Facility Rules:**

There are indoor washroom facilities. On site you will find a canteen with a variety of food and refreshments. Pizza and pancakes will also be available.

**Meet Start Time:**

Warm-ups will begin at 7:30 am with a meet start time of 9:00 am.

**Parking:**

Parking is available immediately adjacent to the pool.

**Entries:**

Deadline for entries is **Wednesday, August 8th, 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 Head Official: [mmoyles@eastlink.ca](mailto:mmoyles@eastlink.ca) by **Wednesday, August 8<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>-10<sup>th</sup> place for individual events.

**Seating:**

There will be seating inside fenced area and along the outside of fenced area.

## 2018 St. Margaret's Bay Breakers Fun Meet Order of Events

Warm-Ups: 7:30am			Meet Start: 9:00am	
Girls Events	Age Group	Event	Age Group	Boys Events
100	Open	Participation Mixed 25m Freestyle	Open	100
1	10 & Under	25m Freestyle	10 & Under	2
3	11-12	50m Freestyle	11-12	4
5	13-14	50m Freestyle	13-14	6
7	15 & Over	100m Freestyle	15 & Over	8
101	Open	Participation Mixed 25m Breaststroke	Open	101
9	10 & Under	25m Breaststroke	10 & Under	10
11	11-12	50m Breaststroke	11-12	12
13	13-14	50m Breaststroke	13-14	14
15	15 & Over	100m Breaststroke	15 & Over	16
17	10 & Under	Mixed 100m Medley Relay	10 & Under	17
18	11 & Over	Mixed 200m Medley Relay	11 & Over	18
Lunch Break				
102	Open	Participation Mixed 25m Backstroke	Open	102
19	10 & Under	25m Backstroke	10 & Under	20
21	11-12	50m Backstroke	11-12	22
23	13-14	50m Backstroke	13-14	24
25	15 & Over	100m Backstroke	15 & Over	26
103	Open	Participation Mixed 25m Butterfly	Open	103
27	10 & Under	25m Butterfly	10 & Under	28
29	11-12	50m Butterfly	11-12	30
31	13-14	50m Butterfly	13-14	32
33	15 & Over	50m Butterfly	15 & Over	34
35	10 & Under	Mixed 100m Freestyle Relay	10 & Under	35
36	11 & Over	Mixed 200m Freestyle 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:**

**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.”**