



# 2020 NRST Spring Sprint April 18-19, 2020

Sanctioned by SWIM BC: #35325

**Location:** Nanaimo Aquatic Centre  
741 Third St, Nanaimo BC, V9R 7B2

**Referee:** Don Irwin

**Meet Manager:** Elisa and Jeremy Orton

**MM Email:** [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)

#### **Pool Features:**

- 8 lane - 50m competition pool.
- Colorado electronic timing, touch pads and scoreboard.
- Coffee shop and Swim Shop available on site.

#### **Meet Rules:**

1. All Swim BC and Swimming Canada rules, including warm-up procedures, scoring and one start rule will be in effect.
2. **Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.**
3. The current Swimming Canada swimsuit rule will be observed.
4. All events will be swum as times finals, mixed gender, slowest to fastest.
5. Being mixed-gender, Swim BC/Swimming Canada record breaking performances will not be ratified as new records.
6. Age groups will be: 10 & Under, 11-12, 13-14 and 15 & Over.
7. Maximum events each swimmer can swim is 8, no more than 3 per session.
8. Meet management reserves the right to limit the number of heats in 400m events if estimated time outs are exceeded.

#### **Eligibility:**

1. All swimmers must be registered properly with Swim Canada/Swim BC, or other FINA affiliated organizations.
2. Swimmer's age is determined on the first day of the meet. Swimmers entered in 200m and 400m events must have minimum time standard in those events (see table page 3).

3. Meet Manager reserves the right to include swimmers from the host team who do not meet required time standard in an event.

#### **Entries:**

1. Entries will be limited to 300 swimmers, the team entering the 300th swimmer will be accepted.
2. Reservations can be made by emailing the Meet Manager ([meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)) with the estimated number of swimmers attending the meet. Entries will be accepted on a first come first serve basis. The Meet Manager will confirm by email those teams whose reservations are accepted.
3. Teams attending all three sessions of the meet will be given priority.
4. Please respect other teams wishing to attend by giving an accurate estimate of the number of swimmers wishing to attend.
5. NO deck entries will be accepted.

#### **Awards:**

1. Placement cards will be issued to all swimmers.

#### **Entry Fees:**

\$9.75 per individual event.

\$4.00 per swimmer Swim BC Provincial Splash Fee.

Fees must be paid prior to the start of the meet. Please make cheques payable to NRST.

#### **Entry Deadlines:**

1. **Deadline for upload of entries** to the SNC meet listings website (<http://meetlist.notlong.com>) is **Thursday April 9, 2020.**
2. **Scratch deadline** with refund is **Tuesday April 14, 2020 at 7pm.**
3. Swimmers who scratch from the meet for medical reasons must submit a medical certificate in order to receive a refund of meet fees. There will be no other refunds made after the scratch deadline.



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SESSION TIMES			
SESSION 1 SATURDAY AM April 18		SESSION 2 SATURDAY PM April 18	
Warm-up:	8:00am – 8:50am	Warm-up	3:45pm-4:25pm
Start:	9:00am	Start:	4:45pm
Projected completion:	2:00 pm	Projected completion:	8:00pm
SESSION 3 SUNDAY AM April 19			
Warm-up:	8:00am – 8:50am		
Start:	9:00am		
Projected completion:	2:00pm		

SESSION 1 SATURDAY AM	
Event	
1	100 Free
2	50 Fly
3	100 Back
4	200 Breast
5	200 IM

SESSION 2 SATURDAY PM	
Event	
6	100 Fly
7	50 Breast
8	200 Back
9	50 Free

SESSION 3 SUNDAY AM	
Event	
10	200 Free
11	50 Back
12	200 Fly
13	100 Breast
14	400 Free



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## 2020 NRST SPRING SPRINT TIME STANDARDS

SHORT COURSE				GIRLS	LONG COURSE			
10&U	11-12	13-14	15&O	Event	10&U	11-12	13-14	15&O
03:09.4	03:01.3	02:41.9	02:34.3	200 Free	03:13.2	03:04.9	02:45.2	02:37.4
06:43.1	06:22.8	05:45.2	05:25.0	400 Free	06:51.2	06:30.5	05:52.1	05:31.5
03:33.5	03:19.2	03:03.5	02:53.1	200 Back	03:37.8	03:23.2	03:07.1	02:56.5
03:59.5	03:51.8	03:26.8	03:20.9	200 Breast	04:04.3	03:56.4	03:31.0	03:25.0
03:53.5	03:37.5	03:13.2	03:03.6	200 Fly	03:58.1	03:41.9	03:17.1	03:07.3
03:56.2	03:38.3	03:03.9	02:54.0	200 IM	04:00.9	03:42.7	03:07.6	02:57.5
07:34.1	07:02.3	06:28.7	06:11.8	400 IM	07:43.2	07:10.7	06:36.5	06:19.2
SHORT COURSE				BOYS	LONG COURSE			
10&U	11-12	13-14	15&O	Event	10&U	11-12	13-14	15&O
03:11.6	03:02.7	02:34.0	02:28.2	200 Free	03:15.4	03:06.3	02:37.0	02:31.2
06:49.3	06:29.1	05:38.6	05:11.2	400 Free	06:57.5	06:36.9	05:45.4	05:17.4
03:37.5	03:26.8	02:54.8	02:42.5	200 Back	03:41.9	03:31.0	02:58.3	02:45.8
04:07.7	03:55.3	03:20.5	03:05.6	200 Breast	04:12.7	04:00.0	03:24.5	03:09.3
03:55.2	03:53.8	03:13.2	02:48.9	200 Fly	03:59.9	03:58.5	03:17.1	02:52.3
03:43.4	03:30.0	03:10.8	02:45.3	200 IM	03:47.9	03:34.2	03:14.6	02:48.6
07:34.2	07:23.2	06:28.6	05:43.3	400 IM	07:43.2	07:32.0	06:36.3	05:50.1

## Event Photography and Videography Notice

A reminder to participants; Under NO circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, OR in locker rooms, bathrooms, or any other dressing area.



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## COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool 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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

### 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 may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.

September 26, 2016

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- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

#### 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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

#### 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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."