

REGINA OPTIMIST DOLPHINS SWIM CLUB

PRESENTS

MICHELLE MOORE

INVITATIONAL

May 26 – 28th, 2017



Hosted by REGINA OPTIMIST
DOLPHINS | 
SWIM CLUB | **RODS**

Lawson Aquatic Centre
Regina, Saskatchewan



SUPPORTED BY:



**Regina Optimist Dolphins Swim Cub
Michelle Moore Invitational
May 26-28, 2017
Sanction # 19990**

Meet Manager: Giselle Marcotte
Marchuk@sasktel.net
1-306-520-4376

Co-Meet Manager: LeeAnn Forsythe
leeann.neil@sasktel.net
1-306-527-9067

Meet Entries:
LeeAnn Forsythe
leeann.neil@sasktel.net
1-306-527-9067

Location:
Lawson Aquatic Centre, 1717 Elphinstone St., Regina, SK, S4P 3C8

Facility:
Long Course: One - 50 metre, 8-lane competition pool
One -18, metre warm-up/cool- down pool
Non-turbulent lane markers and Omega Electronic timing and plungers
HY-TEK Meet Management Software

Please bring indoor shoes (spectators included) to wear on the pool deck, as no outdoor footwear is permitted on the pool deck at this facility.

Eligibility:
Entries will only be accepted for age group & varsity swimmers who are currently registered in the Swimming Canada registration database, and have a Swimming Canada Registration ID number which is 9 digits beginning with 129..., unless the swimmer is registered with and representing a foreign FINA affiliated federation.

PARA swimmers who are registered with a FINA or IPC affiliate are eligible to compete and will be seeded according to their entry time.

Swimmers must be a minimum of seven years of age as of the 1st day of the competition

Age Group placement will be determined by using the age of the swimmer on Friday, May 26th 2017.

Meet Format:

4 sessions

There are no qualifying times.

All events will be timed finals.

The 800FR and 1500FR events will be limited to the 32 fastest entries, male and female.

ALL INDIVIDUAL EVENTS will swim fastest to slowest, senior seeded.

Relay events will swim in the following age categories:

Female: 10 & Under, 11-12, 13-14, 15 & Over

Male: 11 & Under, 12-13, 14-15, 16 & Over

Mixed relays will swim in the following age categories: 12 & Under, 13&14 and 15 & Over

Males and females will compete separately except for the mixed relays.

Entries:

All entry times must be in long course metres or short course metres. **Converted times will not be accepted.** Entry times are encouraged. However, NTs' will be accepted.

All entries are to be submitted via the Swim Canada entries site

www.swimming.ca/Meetlist.aspx by **11:59pm (EST) Tuesday May 16th, 2017.**

Classification numbers for PARA swimmers must accompany entries.

A swimmer may swim a maximum of 7 individual events plus relays.

Meet Management may limit entries in order to adhere to session lengths.

Entry Fees:

\$20.00 Per individual swimmer entered in the meet

\$10.00 Per event

\$15.00 Per relay team

\$30.00 Per event and relay for Deck Entry** for individual events and relay events.

**Deck entries will be allowed at the discretion of the Meet Manager and the Clerk of Course if the swimmer is already entered in the meet. Deck entries must be submitted to the Clerk of Course no later than forty-five (45) minutes prior to the start of the session in which the event is to be held. Deck entries will require a payment of \$30.00/individual and relay. Deck entries will be classified as exhibition swims as per SNC rule CSW 3.6.5

Cheques made payable to the **Regina Optimist Dolphins Swim Club.**

Please do not mail entry fees. Bring them to the meet and submit to the office. Payment must be received prior to the team competing. The cheque amount is determined from the entry file at the entry deadline. There will be no refunds of entry fees for scratches after the entry deadline.

Refund:

Meet Management is not obligated to refund entry fees after the entry deadline date.

Competition:

All current Swimming Canada rules will be in effect or followed unless a specific rule has been modified in this meet package.

The FINA Start shall be used for all events as per SNC rule SW4.

Except for Backstroke events, swimmers will remain in the water at the completion of their swim to allow the next heat to get under way. Swimmers will stay to the side of their respective lane against the lane rope.

Relays:

Relay events will swim in the following age categories:

Female: 10 & Under, 11-12, 13-14, 15 & Over

Male: 11 & Under, 12-13, 14-15, 16 & Over

MIXED RELAYS must be composed of 2 females and 2 males.

Mixed relays will swim in the following age categories: 12 & Under, 13&14 and 15 & over.

Relay cards are available at the clerk of course table and are to be submitted to the clerk of course no later than **30 minutes prior to the start of the session** the relay event is to be held.

Scratches Procedure:

All scratches must be submitted on official scratch cards provided by the Clerk of Course.

Emailed scratches will be accepted prior to the coaches meeting.

Scratches should be emailed to rods@reginadolphins.com.

Emailed scratches WILL NOT be accepted following the Coaches Meeting held 4:00pm, Friday, May 26th, 2017.

Deadline for Scratches:

Friday Session: Friday, May 26th, 2017, 4:00 pm.

Saturday and Sunday Sessions: 30 minutes prior to the start of the respective session.

Protests:

As per SNC Rule CGR 9.2.3.1

Coaches Meeting:

Friday, May 26th, 2017 at 4:00pm

Official Splits:

As per SNC Swimming Rule CSW 13.3.1.1 - Meet Management requires that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event must advise the Referee and Meet Management prior to the commencement of the event in question. Official Split requests must be submitted to the Meet Manager **minimum of 30 minutes prior to that event commencing.**

The Official Split Request Form is available through Meet Management or by downloading from the Swim Sask site at: <http://www.swimsask.ca/officials/meet-hosting.html>
Such official split shall then be reported as a separate event in the meet results.

Awards:

Medal Top 3: Top male and female in each category and for:
Each stroke in the 50, 100 and 200m
Distance Event 400, 800 and 1500m
IM event 200, 400m

Ribbons for 4th to 8th place for Female 10 & Under, Male 11 & Under
Each stroke in the 50, 100 and 200m
Distance Event 400, 800 and 1500m
IM event 200, 400m

Award Age Group Categories:

Female: 10 & Under, 11-12, 13-14, 15 & Over
Male: 11 & under, 12-13, 14-15, 16 & Over

Results:

Results will be posted on the Swimming Canada web site.

Live results @ Meet Mobile and <http://www.reginadolphins.com>

Female: 10 & Under, 11-12, 13-14, 15 & Over

Male: 11 & Under, 12-13, 14-15, 16 & Over

Relays

Female: 10 & Under, 11-12, 13-14, 15 & Over

Male: 11 & Under, 12-13, 14-15, 16 & Over

Mixed relays

12 & Under, 13-14, 15 & Over

General Information:

Any changes to the meet format will be provided to the coaches at the Coaches Meeting.
Teams are expected to keep the areas they use clean and tidy.

The Lawson Aquatic Centre and the Regina Optimist Dolphins Swim Club will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure their personal belongings are stored in a secure manner.

Visiting teams are responsible for the conduct of their swimmers. Inappropriate behaviour at the pool or, where applicable at a billets residence, may result in disciplinary action by meet management.

The Regina Optimist Dolphins reserve the right to sell merchandise on the pool deck.

Glass containers and breakables are not allowed on the pool deck. Sunflower seeds with shells are not allowed on the pool deck.

Deck changing is not be allowed as per Swim Saskatchewan policy.

SCHEDULE OF EVENTS

Female	Events	Male
Friday, May 26th		
Session 1		
Warm-up: 4:00pm		Start: 5:00pm
1	200 Backstroke	2
3	50 Freestyle	4
5	200 Breastroke	6
7	W 800 Freestyle	
	M 1500 Freestyle	8
Saturday, May 27th		
Session 2		
Warm-up: 7:30 am		Start: 8:30 am
100	4 x 100 MR (Mixed)	101
9	200 Freestyle	10
11	50 Butterfly	12
13	100 Backstroke	14
15	400 IM	16
17	50 Breastroke	18
102	4 x 100 FR	103
Saturday, May 27th		
Session 3		
Warm-up: 3:30pm		Start: 4:30pm
104	4 x 100 FR (Mixed)	105
19	200IM	20
21	50 Backstroke	22
23	100 Butterfly	24
25	400 Freestyle	26
106	4 x 100 MR	107
Sunday, May 28th		
Session 4		
Warm-up: 7:30 am		Start: 8:30am
27	100 Freestyle	28
29	200 Butterfly	30
31	100 Breastroke	32
33	W 1500 Freestyle	
	M 800 Freestyle	34

Program times may be changed at the discretion of Meet Management. All participating clubs will be notified of any changes to the program. Coaches will be notified prior to the meet of any changes to the specifications of this meet package, unless such changes can be dealt with at the commencement of the meet without disadvantage to the swimmer.



COMPETITION WARM-UP SAFETY PROCEDURES

September 26, 2016

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.



COMPETITION WARM-UP SAFETY PROCEDURES

September 26, 2016

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst into an empty pool at the start of a warm-up is not the same as diving headfirst into a crowded lane. Judgement 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.
- 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 pool when pre-competition warm-ups are scheduled.
- 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.

Judgement, 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.”