



## CBS BLUEFINS SWIM CLUB

2023-2024

### CBS Bluefins **BLUE** vs **GOLD** Time Trial #1

#### LOCATION

CBS Recreation Complex  
Rideouts Road  
CBS, NL

#### POOL

4 Lane, 25 Meters

#### DATE

Sunday November 12<sup>th</sup>

#### MEET MANAGER

Mike Ball ([mikecball@outlook.com](mailto:mikecball@outlook.com))

#### OFFICIALS

Denise Pitts ([dpitts@nl.rogers.com](mailto:dpitts@nl.rogers.com))

#### ENTRY DEADLINE

Thursday November 9<sup>th</sup>

#### WARM UP

6:00-6:25am

#### SESSION

6:30am-8:30am

#### EVENTS

- All events will be Time Finals
- SNC Rules will govern this meet
- FINA "One Start" Rule in effect

#### ENTRY LIMITS

Swimmers may swim up to 3 events

#### ORDER OF EVENTS

##### SUNDAY NOVEMBER 12<sup>th</sup>

200 Free

50 Back

100 Breast

50 Fly

100 Free

100 Back

50 Breast

100 Fly

400 Free

400 IM

200 Back

200 Breast

200 Fly

50 Free

200 IM



## **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 or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warm-up environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

### **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 national events 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 national events or senior competitions.