



Poseidon's Chilled to the Bone Invitational

October 27-October 29, 2023

Location: Carbonear Swimming Pool
63 Valley Road, Carbonear, NL

Pool: 6 Lanes, 25m., Colorado Timing System

Sanction: Swimming Newfoundland and Labrador

Meet Manager: Amy Slade

Email: amyrose87@hotmail.com Phone: (709) 597-6487

Officials: Please contact Poseidon Executive
poseidonswimclub2021@gmail.com

Referee: Eric Rose

Officials Meeting: There will be an officials meeting 30 minutes to the start of each session, in the back meeting area of the facility. Attendance is mandatory.

Friday PM, October 27th, 2023 - 4:30pm

Saturday AM, October 28th, 2023 - 8:30am

Saturday PM, October 28th, 2023 - 4:30pm

Sunday AM, October 29th, 2023 - 8:30am

Assistance with officiating by qualified people from each club is always appreciated. All officials are to wear black pants and black footwear. Level 1 officials are required to wear white shirts, all other officials are to wear red shirts.

Officials designated as safety Marshall, are required to check-in 15 minutes prior to warmup.

SNL POLICY STATES: Clubs participating in sanctioned meets shall be required to provide officials for each session. As a minimum club registering:

- 5 swimmers or less, 1 official per session
- 6 to 20 swimmers, 2 officials per session
- Over 21 swimmers, 3 officials per session

The meet manager or designate shall be responsible that there are sufficient officials, exceptions to this standard are St. Pierre and Labrador.

ENTRY DEADLINE: The meet manager must be able to view all entries no later than 6 pm, Friday October 20th, 2023. All late team entries will incur a \$100 penalty, with no exceptions, made payable to Poseidon Swim Club (receipt of entries will be confirmed with SNC system). Entry fees are \$50 per swimmer, payable via cheque, or etransfer poseidonswimclub2021@gmail.com

ENTRY LIMITATIONS: Limited to 7 swims per swimmer; meet manager reserves the right to move events, and/or limit the number of heats in order to run the meet in the time allotted. Where the number of heats is limited, fastest swimmers by age group will given priority. Relay events will be limited to a maximum of two teams per age group for each swim club in attendance, age groups are as follows, 12 and under, 13-14yo, and 15 and over.

SCRATCHES: Scratches will be accepted up to 45 minutes prior to the start of each session. Coaches are asked to use scratch sheets, which will be available at the meet manager's desk. Please fill in swimmers name, event number, heat and lane.

ELIGIBILITY: This is an open invitational meet.

- Opened to all registered swimmers and in good standing with SNC/SNL. Each swimmer is eligible to participate in a maximum of two relays total.
- Coaches also must be in good standing with NLSCA, CSCA, SNC/SNL.

SCHEDULE OF EVENTS:

| | | | |
|--------------------------------|----------------------------------|----------------------------------|--------------------------------|
| Session 1 Friday PM | Session 2 Saturday AM | Session 3 Saturday PM | Session 4 Sunday AM |
|--------------------------------|----------------------------------|----------------------------------|--------------------------------|

| Tentative warmup 430pm | Tentative warmup 830am | Tentative warmup 430pm | Tentative warmup 830am |
|------------------------|------------------------|------------------------|------------------------|
| 800 Free | 100 IM | 100 Free | 100 Fly |
| 50 Free | 50 Back | 50 Fly | 50 Breast |
| 100 Breast | 200 Free | 200 Back | 100 Back |
| 200 IM | 200 Fly | 400 IM | 200 Breast |
| *****200 Free relay | | *****200 medley relay | 400 free |

*** relay swims

Warmups will run for 55 minutes, a warmup schedule will be provided in advance.

- GENERAL:
- Due to severe allergies, please refrain from bringing nuts into the facility.
 - Heat sheets will be provided to coaches Wednesday, October 25th
 - Swimming Canada Warm-up competition safety procedures will be in effect at this meet



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.



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. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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. Meet Management may designate a Para swimmer lane for warm-up when necessary.

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."