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|  | **Meet Rules:**1. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or
	* + 1. in-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
2. Swim BC competition warmup safety procedures will be in effect at this meet.
3. All events will be swum as timed finals, mixed gender, senior seeded.
4. Given events are mixed gender, Swim BC / Swimming Canada record breaking performances will not be ratified as new records.
5. Meet Manager reserves right to double lane longer distances to meet time restraints.
6. Swimmers are allowed to race in swimwear of their choice at Swim BC sanctioned competitions. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed buoyancy or endurance.
7. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

**Entries:**1. Entries will be limited to 200 swimmers per session.
2. Mixed relays should make all efforts for equal gender representation; however, minimum requirement is to have both boys and girls on each relay team.
3. Teams entering all sessions of the meet will be given priority.
4. Reservations can be made by emailing meetmanager@duncanstingrays.com with the estimated number of swimmers attending the competition. Entries will be accepted on a first come first serve basis. Meet Manager will confirm by email those teams whose reservation are accepted.
5. Swimmers are limited to a max of 8 individual events (2Xdistance on Friday & 6 on Saturday) and 2 relays.
6. Meet Management reserves the right to limit the # of heats in any event to maintain reasonable timelines. Teams will be notified if entries can’t be accepted after the entry deadline.
7. Deck Entries will be accepted to fill empty lanes only.
	1. $15 per event, payment due at submission
	2. New swimmers will be added to the meet upon proof of SNC Registration, including:
		1. Full Name
		2. Date of Birth
		3. SNC ID

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| **SESSION 1:** **Friday, December 13, 2024*****Competition Pool Only*** |
| **WU 4:00-4:35****Racing: 4:40pm – 8:00pm** |
| EVENT # | EVENT |
| 1 | 400 Freestyle\* |
| 2 | 400 Individual Medley\* |
| 3 | 800 Freestyle\* |
| 4 | 1500 Freestyle\* |
| *\*max 2 heats per event with priority given to lesser experienced racers. Scratch order will be: SNC qualified > Prov QTs > Div QTs > etc.* *All efforts will be made to accommodate all entrants. Affected Teams will be notified shortly after the deadline for an alternative* |
| **SESSION 2:** **Saturday, December 14, 2024****Full Facility** |
| **Warm Up: 9:00am – 9:35am****Racing: 9:40am – 1:30pm** |
| **EVENT #** | **Description** |
| 5 | 200 Individual Medley |
| 6 | 100 Backstroke |
| 7 | 50 Butterfly |
| 8 | 200 Butterfly |
| 9 | 50 Freestyle |
| 10 | 100 Breaststroke |
| 11 | 4X50 Mixed Medley Relay |
| **SESSION 3:** **Saturday, December 14, 2024****Full Facility** |
| **Warm Up: 3:00pm – 3:35pm****Racing: 3:40 – 7:30pm** |
| **EVENT #** | **Description** |
| 12 | 4X50 Freestyle Relay |
| 13 | 200 Breaststroke |
| 14 | 100 Freestyle |
| 15 | 50 Backstroke |
| 16 | 200 Backstroke |
| 17 | 100 Butterfly |
| 18 | 50 Breaststroke |
| 19 | 200 Freestyle |

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| **Meet Referee:****Meet Managers:****MM email:****Venue:** | Brian BikadiKendra Stiwich & Pierre Grahammeetmanager@duncanstingrays.comCowichan Aquatic Centre2653 James St, Duncan BC, V9L2X5**Friday:** 8 x 25m Competition PoolNo Access to Wave Pool**Saturday:**8 x 25m Competition Pool3 x 25m Wave Pool**All Sessions:** Timing SystemFri: stopwatchesSat: Colorado electronic touch pads + display |
| **Safe Sport Statement:**Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.Swim BC provides a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both open, observable, and interruptible to others.The swim meet will be operating in a public facility, and we cannot allocate swimmer only washrooms. However, we request that volunteers, coaches, and officials avail of the washrooms located in the lobby at Cowichan Aquatic Centre and the Family Change Area located directly off the pool deck. All participants in this event are reminded that they are bound by Swim BC’s Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.**Eligibility:**1. All swimmers must be registered with a Swimming Canada/Swim BC or other World Aquatics affiliated organization.
2. Age groups are based on the age of the swimmer as of December 13, 2024.
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| **Entry Fees:**1. $11.00 per individual event
2. No charge for relay events
3. $5.00 per swimmer Swim BC Competition Surcharge
4. Payment can be made by:
	1. cheque payable to: Duncan Swim Team
	2. EMT to admin@duncanstingrays.com

**Entries Deadline:** 1. As the Swimming Canada online entry system is not currently available, entries for this meet will be done as follows:
	1. ? entries deadline?
	2. Entry files must be emailed directly to meetmanager@duncanstingrays.com
	3. Entries may only be submitted for swimmers whose registration has been initiated by their club in the new REMS database.
	4. All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth, and gender.
2. Scratch deadline with refund is Thursday, December 12, 2024 at 7pm.
3. Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive a refund of meet fees. There will be no other refunds after scratch deadline.
4. Teams requiring excessive attention after the scratch deadline will be charged $5 admin fee per swimmer change. Please verify your entries before submitting.

**Awards:** 1. Age groups for results: 8&U, 9/10, 11/12, 13/14, 15&O
2. All events will have ribbons 1st through 8th place.
3. Heat Winners eligible for prize at prize table

**Officials:**DST gratefully appreciates assistance from visiting Teams. Please go to <https://www.duncanstingrays.com/event/dst-winter-break-invitational/job-signup> to secure your seat on deck and be eligible for the Officials’ Gift Card Raffle.Snacks will be provided to all volunteers.A meet Canteen will be available in the front lobby of the CAC. |



