

**Canby Swim Club, Inc.
PO Box 21
Canby, OR 97013
503-266-2761**

To: Coaches
From: Dee Anna Smith, Meet Director-Canby Swim Club
Date: December 18, 2010
RE: **7th Annual Canby Valentine's Invitational**

February 14, 2010

Attached, please find your information packet for the **CANBY VALENTINE'S INVITATIONAL** hosted by the **Canby Swim Club**.

Please note that relays may be eliminated to ensure completion of the meet by 2:00 PM.

We look forward to seeing you at the **Canby Valentine's Invitational!**

If you have any questions, contact the Meet Director at (503) 651-1543 or by email at deemarie1964@yahoo.com

PAYMENT MUST ACCOMPANY HARD COPY ENTRIES.

Canby Swim Club, Inc.
PO Box 21
Canby, OR 97013
503-266-2761

7th Annual Canby Valentines Invitational
ABC Single Session Timed Finals
Canby, Oregon
February 14, 2010

HELD UNDER SANCTION OF USA SWIMMING

Sanction No. TBD

Host/Sponsor: **Canby Swim Club (The GATORS)**

Location: Canby Swim Center
1150 S. Ivy
Canby, OR 97013
Pool Phone: 503-266-2761

Eligibility: Swimmers must be currently registered with US Swimming (US Masters for Masters Animal). NO ON DECK REGISTRATION SHALL BE PERMITTED.

Entries: Submit YARD TIMES ONLY (for seeding) e-mail and on hardcopy or on Hytek disc. Include the following statement signed and dated by the submitting Coach or Team Representative:

"I have read the meet information and attest that all swimmers entered are members of United States Swimming, Inc."

See the follow-on sections for complete meet entry requirements and information.

Entry Address: Canby Valentine's Invitational Meet Entries
Attn: DeeAnna Smith - Meet Director
PO Box 21
Canby, OR 97013
deemarie1964@yahoo.com

Entry Deadline: E-Mail entries must be received by **Friday, January 29**, with hard copies and fee payment received before the meet.

Entry Fees: \$3.00 OSI Surcharge per swimmer
\$2.00 OSI Splash Fee per individual event.
\$8.00 OSI Splash Fee per relay

Fee payment must accompany entries. Make checks payable to **CANBY SWIM CLUB** and **enclose one check** for your entire team. **Entries will not be finalized without payment.** Adds and extra relays will be reconciled after the meet.

Entry Limit: Maximum entry limit 4 events + relays per swimmer.
Relays will be limited or cancelled as required to conclude the meet by 2:00 PM.
EVENTS MAY BE COMBINED OR RUN CONCURRENTLY TO EXPEDITE COMPLETION.
8 & Under events will be held to the 4 Hour limit, all other events are considered **OPEN** (even for 12 & Under swimmers) and will be restricted to the meet timeline.

No Coach Present: For unattached swimmers, or swimmers whose coach is not attending the meet, ***it is the swimmers responsibility to arrange for a certified coach to be responsible for the swimmer.*** This must be done **BEFORE** the swimmer may enter the water for warm-ups or competition. Please see the Meet Director or the Meet Referee if assistance is needed, upon arrival at the meet.

Event Numbers: **Sunday February 14th 8:00 AM Warm-Ups-9:00 AM Start**

Girls#	Event	Boys#
1	OPEN 200 IM	2
3	8 & UNDER 25 FREE	4
5	OPEN 100 BREAST	6
7	OPEN 50 BACK	8
9	OPEN 200 FLY	10
11	8 & UNDER 25 BREAST	12
13	OPEN 100 BACK	14
15	OPEN 50 FLY	16
17	OPEN 200 FREE	18
19	8 & UNDER 25 BACK	20
21	OPEN 100 FLY	22
23	OPEN 50 FREE	24
25	OPEN 200 BREAST	26
27	8 & UNDER 25 FLY	28
29	OPEN 100 FREE	30
31	OPEN 50 BREAST	32
33	OPEN 200 BACK	34
35	OPEN 100 IM	36
37	OPEN 400 IM	38
39	OPEN 500 FREE	40

EVENTS MAY BE COMBINED OR RUN CONCURRENTLY TO EXPEDITE MEET COMPLETION

BULLPEN PROVIDED FOR 8 & U INDIVIDUAL EVENTS

8 & U events will conclude within 4 Hours of the first 8 & U event:

8 & U 25 Yard Free: Shallow end starts will be in the water

Check-in: Coaches are asked to advise the Hy-tek operator of any scratches.

Schedules:
8:00 AM Warm-ups
8:15 AM Officials Meeting
8:45 AM Coaches Meeting
9:00 AM Meet Starts

Rules: Current US Swimming, Oregon Swimming Inc. rules will govern this meet.

Note: The no recall rule will be in effect. Swimmers will receive whistle commands to stand behind the blocks, and to step on the blocks or to step in the pool at which time the referee will signal to the starter to tell the swimmers to take their mark.

Scoring: No scoring will be kept.

Awards: No awards will be given.

Meet Referee: TBA

Meet Director: Dee Anna Smith
Ph: 503-651-1543
E-mail: *deemarie1964@yahoo.com*

Officials: We always appreciate the help of certified officials from other clubs. If you will be attending this meet, please notify the Meet Referee or the Meet Director DeeAnna Smith. Meets are subject to **SANCTION INELIGIBILITY** without the proper number of Officials.

Hospitality: A hospitality suite will be provided for Officials and Coaches. An ample supply of snack selections will be available throughout the meet.

Timers: Each team will be given lane timing assignments and **MUST SUPPLY TIMERS.** Please have your team parents sign up on the timing sign-up sheets located behind the starting blocks. A lack of lane timers will cause delay at the very least. **Each swimmer MUST SUPPLY one WATCH TIMER and a COUNTER for the 500's and longer events.**

Safety: Current Oregon Swimming Safety Guidelines and Warm-up Procedures will be in effect and strictly enforced. SEE ENCLOSURE

Facility: Indoor, 25yards long, 6 lanes. Non-turbulent lane lines. Pool depth is 3.5 to 10 feet. The starting blocks are located at the deep end. Facility is accessible to adaptive swimmers. Colorado IV Electronic Timing System. Open pool deck areas available for swimmers, coaches and officials only.

Restrictions: TOBACCO PRODUCTS OF ANY KIND, ALCOHOLIC BEVERAGES AND GLASS CONTAINERS ARE NOT ALLOWED IN THE SWIMMING VENUE.

Concessions: An ample assortment of refreshments will be available for purchase throughout the meet. Foods will include nutritious hot items as well as breads, fruits, snacks, water, and sports drinks.

UNATTACHED SWIMMERS FORM

PLEASE COMPLETE THIS FORM FOR ALL UNATTACHED SWIMMERS PARTICIPATING

MEET: _____ DATE: _____

	NAME	AGE	SWIMMING WITH (CLUB)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			

SECTION IX – SAFETY GUIDELINES AND WARM-UP PROCEDURES

A. WARM-UP PROCEDURES

1. GENERAL WARM-UP (First 30-45 minutes)
 - (a) NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
 - (b) No sprinting (racing starts) allowed during this general warm-up session.
 - (c) All lanes to be used for general warm-ups.
2. SPECIFIC WARM-UPS (lasts 30-45 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UPS
6 LANE	1 & 6	2 & 5	3 & 4
8 LANE	1 & 8	2 & 7	3,4,5, & 6
9 LANE	1 & 9	2 & 8	3,4,5,6, & 7
10 LANE	1 & 10	2 & 9	3,4,5,6,7, & 8

- (a) Push/Pace Lanes- Push off one or two lengths from the starting end.
Circle swimming only. No diving or backstroke starts.
- (b) Racing Starts – Only designated lanes for racing starts from the blocks or for Backstroke starts at specified times.
- (c) General Warm-up Lanes- NO DIVING or BACKSTROKE STARTS. Circle swimming only.

B. SAFETY GUIDELINES

1. COACHES RESPONSIBILITIES
 - (a) Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 - (b) Coaches shall actively supervise their swimmers at meets and at all practices.
2. HOST TEAM RESPONSIBILITIES
 - (a) Marshalling
 - (1) A minimum of (4) Marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
 - (2) Marshals shall be current members of United States Swimming.
 - (3) Marshals shall have the authority to remove any swimmer who is in violation of safety guidelines or warm-up procedures.
 - (4) For continuous warm up pools, lifeguards from the host facility may serve as marshals, IF;
 - (aa) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
 - (bb) The host club provides a marshal to supervise the activities of the guards.
 - (b) Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-ups.
 - (c) Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
 - (d) The following statement shall appear in the meet information:” Oregon Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet.”
 - (e) An announcer shall be on duty for the entire warm-up session to announce lane and /or time changes and to assist with the conduct of the warm-up.
 - (f) Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators or officials shall be removed or clearly marked.
3. MISCELLANEOUS
 - (a) Use of hand paddles and other training devices during warm-ups is at the meet referee’s discretion.
 - (b) Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step on the block if there is a backstroke waiting to start.
 - (c) Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
 - (d) Warm-up procedures shall be enforced for any breaks scheduled during the meet.
 - (e) Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.

NOTE: Host clubs may, with the consent of the Meet Director and/or the Meet Referee, modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other factors, so long as safety considerations are not compromised. Any such changes shall be announced, and/or posted prominently in the pool area.

ADOPTED: October 1986

REVISED: November 12, 1992