



CBS BLUEFINS SWIM CLUB

Hard off the Block Invitational

February 20th – 21st, 2026

CBS Recreation Complex

LOCATION

CBS Recreation Complex
Stoney Hill Park
Conception Bay South, NL

POOL

25 meters, 4 Lanes

SANCTION

Swimming Newfoundland and Labrador
Swim Canada

MEET MANAGER

Mike Ball
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OFFICIALS

Please contact
Alicia Penney
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NOTES

- **Due to severe allergies please ask your team members not to bring products containing nuts to this facility.**
- All entries must be received by the Meet Manager no later than **THURSDAY February 12th @ 7:00pm**. Late entries cannot be assured acceptance or seeding. A \$100.00 penalty will be applied to all late entries.
- Entries are to be submitted via REMS online procedures
- SNC Warm-Up procedures will be observed.
- Swimmers must be members in good standing with SNC/SNL.
- As per Swim Canada General Rule C51.1.4 A swimmer's age shall be the first day of the meet.
- SNL requires that all coaches be in good standing with the CSCA, NLSCA and SNC.
- An Administration Desk will be present for all sessions, however It is the responsibility of individual swimmers to make their assigned events/heats/lane assignments. Makeup swims will not be permitted.

EVENTS & SEEDING

All events will be Time Final and Time Seeded running slowest to fastest. Meet Management reserves the right to combine heats and/or adjust the schedule of events when numbers/session lengths warrant (coaches will be notified).

Exhibition swims may be permitted at the discretion of meet management.

RELAYS

Relays may be added once final entries have been received and session length reviewed. Coaches will be contacted regarding the possibility of relay events.

ENTRIES

- Entry fees are \$50.00/swimmer. Payment to the CBS Bluefins is due prior to competition.
- Coaches will receive an entry report for review by Saturday February 14th
- Scratches must be made in writing to the meet manager at least 30 minutes prior to the start of the session. However, if at all possible, please provide these scratches the session before the race.
- There will be no refund for scratches received after 6:00 pm Monday February 16th
- There will be a coaches meeting before the start of the first session on Friday February 20th
- Psych Sheets/Session Report will be made available to the coaches by email by Wednesday February 18th

ENTRY LIMITS

Swimmers shall compete in up to 5 individual events

AGE GROUPS

Age groups for this competition will be as follows,

10&Under
11-12

AWARDS

Top Achiever awards will be given to the top 3 individual swimmers per age group/gender with highest AQUA point total of the five individual events.

SCHEDULE OF EVENTS

Friday February 20 th	Saturday February 21 st
Warm-Up: 4:30pm	Warm-Up: 8:00am
Officials Meeting: 5:20pm	Officials Meeting: 8:50am
Session Start: 5:50pm	Session Start: 9:20am
12 & UNDER	12 & UNDER
50 Free 100 Breast 200 Back 100 Fly 200 Free 50 Back 400 IM	100 Free 200 IM 200 Breast 50 Fly 100 Back 200 Fly 50 Breast 400 Free

WARM-UP SCHEDULE

Listed warm-up times are approximate, the Finalized Warm-Up Schedule will be distributed to coaches once final entries have been received and session length reviewed

FACILITY INFORMATION

ON DECK ACCESS

Only participating swimmers and registered coaches plus officials are permitted on deck. Meet Management and Referees reserve the right to request a coach to produce coaching credentials. Failure to produce credentials may result in the coach being asked to leave the pool deck.

PARA-SWIMMERS

Para-swimmers must be classified as per Swim Canada with their names reflecting their classification. Para-swimmers will swim in able-body events and will be scored as such.

DECK ENTRIES (C 3.7.5)

Deck entries may be requested 30 minutes prior to start of the session.

Deck entries will be accepted based on the availability of empty lanes only and at the discretion of Meet Management.

Deck entries are exhibition swims only in accordance with Rule C 3.7.5

RESULTS

Results will be posted on the deck and in the Pool Viewing area throughout the session.

Results will be uploaded to Meet Mobile after the conclusion of the session.

If the results fail to upload, a copy will be posted on the CBS Bluefins website (cbsbluefins.ca)

Food and refreshments will be provided to coaches and officials prior to and during each session. Please note that food is uncontrolled with respect to allergies and dietary needs. Canteen services may be available upstairs in the Pool Viewing area.



COMPETITION WARM-UP SAFETY PROCEDURES

For all Swimming Canada sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a controlled manner, entering from a start or turn end only and from a standing or sitting position.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- 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.
- When leaving sprint lanes, swimmers must be cautious and aware of their surroundings. If crossing into other lanes, they must ensure they do not interfere with ongoing sprint activity, pace work or para designated lanes.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- 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 only be placed in the competition pool when warm-ups take place.

PARA-SWIMMER NOTIFICATION:

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.



- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

EQUIPMENT:

- Only 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:

- 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 next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

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

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- 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 in helping 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.

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.”