



2007 Swim BC Club of the Year

SIXTH ANNUAL MIDSUMMER MADNESS SHORT COURSE INVITATIONAL

AUGUST 1-2, 2015
Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria BC CANADA V8Z 5M1
Sanctioned by SwimBC: #16920

START TIMES

| Date | Heats | | | Finals | | |
|------------|----------|---------|-------------------|----------|----------|-------------------|
| | Warm-ups | Start | Estimated Timeout | Warm-ups | Start | Estimated Timeout |
| 2015-08-01 | 8:00 am | 9:00 am | 1:30 pm | 4:00 pm | 5:00 pm | 7:30 pm |
| 2015-08-02 | 7:30 am | 8:30 am | 1:00 pm | ~3:00 pm | ~4:00 pm | ~6:00 pm |

POOL AND FACILITIES

Eight-lane, 25m competition pool.
 Ares-Omega electronic timing, touch pads and scoreboard.
 Separate warm-up pool – four short-course lanes in dive tank.
 Coffee shop – the Aquaterra Café – available.

ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations. Note that in order to compete at this meet, Swim BC sessional and novice registrants must upgrade to competitive status. Swimmer age is determined on August 1, 2015.

GENERAL INFORMATION

- This meet is designed to enable swimmers of all ages and levels to attend a midsummer short course heats and finals event.
- The meet will run under SwimBC and SNC rules: SNC warm-up procedures will be in effect; scoring will be as per SNC rules.
- There is no entry standard for this meet.
- As per the SwimBC Technical Guide, coaches are asked to exercise discretion in choosing events for 10 & under swimmers so that that deck time, excluding warm-up, does not exceed 4 hours per session.
- For individual events other than the 800 and 1500 freestyle, heats will swim slowest to fastest, all age groups combined.
- Finals will swim in age groups 12 & under, and 13 & over.
- There will be consolation finals in 50, 100 and 200m events.
- Swimmers may swim up age groups in one or more events. If so, coaches are asked to notify meet management of competitors' names, events and swim-up age categories.
- 800 and 1500 Freestyle events will swim as timed finals, fastest to slowest, all age groups combined. The fastest heat of each event, both female and male, will swim in finals, as the final event in the session.
- Relays will swim in age groups 12 & under, and 13 & over, and are timed finals. All relays will swim at the beginning of finals in the evening; please submit entry times with relays.
- Scratch deadline for finals is 30 minutes from the conclusion of heats on the day the final is to swim.

- A special prize will be awarded to 1st place finishers, and Ribbons will be awarded to 2nd and 3rd place finishers in both individual and relay events in all age groups.
- Sunday's Finals session's warmup will begin approximately 2 hours following the end of the morning session, with the finals session beginning an hour later.

ENTRIES

Entries must be uploaded prior to the entry deadline to the Swimming Canada website at <http://www.swimmeet.ca/>. Entries sent directly to the Meet Director cannot be accepted. Please note that this also means we will not be able to accept mailed entries.

Meet Manager: Ryan Clouston

Email: meets@pacificcoastswimming.com

- Final entries must be uploaded by Friday, **July 24, 2015**.
- Entries are \$8.00 per individual event; \$10.00 per relay. Final scratch deadline without financial penalty: July 29, 2015.
- Note that, in addition to individual and relay event fees, Saanich Commonwealth Place requires a \$5.00 per swimmer Facility Improvement Fee and SwimBC requires a \$4.00 per swimmer Provincial Team Splash Fee to support SwimBC's Provincial Team and Regional Camp Initiatives.
- Please make cheques for the total amount, including all individual and relay entries, and SwimBC and SCP facility fees, payable to **Pacific Coast Swimmers and Parents Association (PCSPA)**.
- Entries must show swimmers' ages, or swimmers will be entered in the Open age category.
- No refunds of fees for scratched events after the entry deadline except with a medical certificate. This meet is limited to 350 swimmers. Teams will be notified if entries cannot be accepted.

| Saturday | | | Sunday | | |
|----------|-------------------|-----|--------|------------------|-----|
| Women | | Men | Women | | Men |
| 1 | 4x50 Medley Relay | 2 | 21 | 4x50 Free Relay | 22 |
| 3 | 400 Freestyle | 4 | 23 | 400 IM | 24 |
| 5 | 50 Butterfly | 6 | 25 | 100 Breaststroke | 26 |
| 7 | 100 Backstroke | 8 | 27 | 200 Freestyle | 28 |
| 9 | 200 Breaststroke | 10 | 29 | 100 Butterfly | 30 |
| 11 | 100 Freestyle | 12 | 31 | 50 Breaststroke | 32 |
| 13 | 50 Backstroke | 14 | 33 | 200 Backstroke | 34 |
| 15 | 200 IM | 16 | 35 | 50 Freestyle | 36 |
| 17 | 200 Butterfly | 18 | 37 | 800 Freestyle | 38 |
| 19 | 1500 Freestyle | 20 | | | |



SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

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 tank and when applicable, similarly situated in designated warm-up tanks 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.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion. The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.



**FIFTH ANNUAL MIDSUMMER
MADNESS SHORT COURSE
INVITATIONAL**

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| HOWARD JOHNSON HOTEL AND SUITES AT ELK LAKE | |
| Address | 4670 Elk Lake Drive, Victoria BC V8Z 5M2 |
| Distance to Pool | 5 minute walk |
| Phone | 1-250-704-4656 |
| Toll Free | 1-866-300-4656 |
| Email | suites@hojovictoria.ca |
| Website | http://www.hojovictoria.ca/ |
| Restaurant | On-site |
| Sports Team Rate | 2013-14 rate: \$94.00/night 1-4 people until May 1, 2014; \$114-\$134/night after May 1, 2014; kitchen suites add \$30.00 |
| ACCENT INN | |
| Address | 3233 Maple Street, Victoria BC V8X 4Y9 |
| Distance to Pool | 10 minute drive |
| Phone | 1-250-475-7500 |
| Toll Free | 1-800-663-0298 |
| Email | accent@accentinns.com |
| Website | http://www.accentinns.com/victoria |
| Restaurant | On-site |
| Sports Team Rate | \$92/night 1-4 people until May 31, 2014; \$112/night after June 1, 2014. Kitchen suites add \$10.00 |
| HOTEL GRAND PACIFIC | |
| Address | 463 Belleville Street, Victoria BC |
| Distance to Pool | 15 minute drive |
| Toll Free | 1-800-663-7550 |
| Reservations | reserve@hotelgrandpacific.com |
| Website | www.hotelgrandpacific.com |
| Restaurant | On-site |
| Sports Team Rate | \$TBD/night (Ask for Wavemaker Invitational Rate) |
| SANDMAN INN | |
| Address | 2852 Douglas Street, Victoria BC V8T 4M5 |
| Distance to Pool | 15 minute drive |
| Phone | (250) 388-0788 |
| Toll Free | 1-800-726-3626 (1-800-sandman) |
| Email | llarsen@sandman.ca |
| Website | http://www.sandmanhotels.com/en/hotels/bc/victoria.php |
| Restaurant | On-site |
| Sport Team Rate | \$79/night standard room until April 30/14; \$109/night standard room after May 1/14 |