

14th ANNUAL MIDSUMMER MADNESS SHORT COURSE INVITATIONAL July 24-26, 2026

Hosted by UVIC-Pacific Coast Swimming
Sanctioned by SWIM BC: # 64191

Pacific Coast Swimming would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the lək' wəŋən peoples and W SÁNEĆ peoples.

SAFESPORT

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' and 'observable' to others.

Swimmer only washrooms are designated for the team change rooms at the East Pool start end. All other washrooms in Saanich Commonwealth Place are designated for public use including for volunteers, coaches, officials. Public washrooms are located on the pool deck at the West Pool start end, SCP lobby, café, and library.

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.

Deck changes are explicitly prohibited.

LOCATION

Saanich Commonwealth Place 4636 Elk Lake Drive, Victoria BC, V8Z 5M1	SCM 8 lanes, 25m pool Quantum-Omega electronic timing, touch pads and scoreboard Separate warm-up area available during the meet.
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SESSION TIMES

	<u>Warm-Ups</u>	<u>Prelims</u>		<u>Warm-Ups</u>	<u>Finals</u>
		<u>Competition</u>			<u>Competition</u>
Friday, July 24	NA	NA		2:00pm - 2:50 pm	3:00pm - 6:00 pm
Saturday, July 25	8:00am - 8:50am	9:00am - 1:30pm		4:00pm - 4:50pm	5:00pm - 7:30pm
Sunday, July 26	7:30am - 8:20am	8:30am - 1:00pm		3:00pm - 3:50pm	4:00pm - 6:00pm

CONTACTS

Meet Manager: Ian Mattock, Doreen Meldrum
Meet Referee: Mac MacDonald
Entries: Ian Mattock meets@pacificcoastswimming.com

ENTRY INFORMATION

All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.

The meet will be limited to 400 swimmers; the team entering the 400th swimmer will be accepted.
Swimmers are limited to entering **8 individual events**.

Deadline for upload of entries to the SNC meet listings website is **July 17th by 11:59pm**

Entries must be submitted through the Swimming Canada website by the entry deadline.
Entries may only be submitted for swimmers whose registration is ACTIVE in the REMS database.
Entry times are to be submitted in SC meters established to a hundredth of a second. LC times converted by HyTek's Team Manager or Team Unify will be accepted.

Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth, and SNC registration number.

We acknowledge the financial support of the Province of British Columbia.

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Individual Entry Fees: \$13.50
Relay Entry Fees: \$16.50
Swim BC Competition Surcharge: \$5.00
Deck Entry Fees: \$25.00

Please make cheques for the total amount, including all individual, relay, Swim BC, and SCP Facility fees, payable to **Pacific Coast Swimmers' and Parents Association (PCSPA)**.

Entry fees can also be paid via e-transfer to payments@pacificcoastswimming.com

Scratches received prior Tuesday, July 21 at 12:00 noon will not incur Meet Fees.

- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
- The scratch deadline for finals is 30minutes following the conclusion of:
 - Saturday: Event 18 (Men's 200 Butterfly); and
 - Sunday: Event 36 (Men's 50 Free).
- The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - For finals, email scratches will not be accepted.

MEET FORMAT

Age Groups

- Age groups for events will be set as 12&U and Open.
 - Open category allows for swimmers to swim up age groups in one or more events.
 - If swimmers are swimming up in age group, coaches are asked to notify meet management of competitors' names, events and swim-up categories.
- Age groups for awards will be 12&U, 13-14, and 15&O.

50's, 100's, and 200's of Stroke

- Heats and Finals for all events of distance 50, 100, and 200m. Finals will be allocated as follows:
 - 12 & U A & B final if there is 24+
 - Open age Group
 - 13/14 A & B final if there is 24+
 - 15 & O final - A Only

400's

- 400 freestyle and 400 Individual Medley are swum as timed finals with fastest 8 entries per gender, regardless of age group, swimming in the finals session in the afternoon.
- Positive check-in is required for all 400's on the morning of the day the event is to be swum. Positive check-in must be completed 30minutes after the start of warm-up.

Distance Events (800 and 1500 Freestyle)

- All distance swims will take place in the Friday afternoon session.
- **Athletes are required to provide their own timers for distance events.**
- 800 and 1500 will be swum as timed finals, fastest to slowest, alternating genders, and event duration.
- Positive check-in by email to meets@pacificcoastswimming.com is required by Thursday July 23rd at 6:00 pm for all distance events. This is so that heat sheets can be sent in advance and allow athletes to arrive at the pool at a reasonable time before their race.

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MEET RULES

This meet will be conducted under Swimming Canada rules and regulations.
Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

- 1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
- 2. Visual hand signals given by the starter/referee

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

All photography/videography must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. *Note: The full details on the Swim BC Event Photography and Video Policy can be found [here](#).*

During events only one (1) swimmer per lane is permitted.

Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both ends or from deep end only)

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

AWARDS

Individual Events - A Victors Mug will be awarded to 1st place individual finishers, and ribbons will be awarded to 2nd and 3rd place finishers in individual events in 12&U and 13-14 age groups. 15&O awards will consist of a Victor's Mug for 1st place (no ribbons awarded in 15&O age group)

High Point Awards - High-point aggregate awards will be awarded to the top female and male athletes from each age group (12&U 13-14, 15&O). High point awards are based on the top 6 events for each athlete. Points will be awarded to the top 16 finishers (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1).

* Awards are based on the points and placings of the events entered (i.e. points and placings from Open category will not be transferred to the 12&U age group for athletes who are swimming-up in age).

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<u>Girls 12&U Event #</u>	<u>Girls Open Event #</u>	<u>Event List</u>	<u>Boys 12&U Event #</u>	<u>Boys Open Event #</u>
Friday				
1		1500 Freestyle	2	
3		800 Freestyle	4	
Saturday				
5		12&U - 4x50 Medley Relay (swim during finals)	6	
7		13-14 - 4x50 Medley Relay (swim during finals)	8	
9		15&O - 4x50 Medley Relay (swim during finals)	10	
11		400 Freestyle	12	
13	15	50 Butterfly	14	16
17	19	100 Backstroke	18	20
21	23	200 Breaststroke	22	24
25	27	100 Freestyle	26	28
29	31	50 Backstroke	30	32
33	35	200 IM	34	36
37	39	200 Butterfly	38	40
Sunday				
41		12&U - 4x50 Freestyle Relay (swim during finals)	42	
43		13-14 - 4x50 Freestyle Relay (swim during finals)	44	
45		15&O - 4x50 Freestyle Relay (swim during finals)	46	
47		400IM	48	
49	51	100 Breaststroke	50	52
53	55	200 Freestyle	54	56
57	59	100 Butterfly	58	60
61	63	50 Breaststroke	62	64
65	67	200 Backstroke	66	68
69	71	50 Freestyle	70	72

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COMPETITION WARM-UP SAFETY PROCEDURES

For all Swim BC 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 cautious 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.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe 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.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- 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.

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.

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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 are 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 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.

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.

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.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:
"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."