

# ELEVENTH ANNUAL PCS XMAS CRACKER INVITATIONAL SC SWIM MEET



Live results at <http://results.pacificcoastswimming.com>

December 7-9, 2012  
 Saanich Commonwealth Place  
 4636 Elk Lake Drive  
 Victoria BC CANADA V8Z 5M1  
 Sanctioned by Swim BC: #13485



## START TIMES

Date	Morning			Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout	Warm-ups	Finals	Estimated Timeout
Friday, December 7, 2012	7:30 am	8:30 am	1:30 pm	4:30 pm	5:30 pm	8:30 pm
Saturday, December 8, 2012	7:30 am	8:30 am	1:30 pm	4:30 pm	5:30 pm	8:30 pm
Sunday, December 9, 2012	7:30 am	8:30 am	1:30 pm	4:00 pm	5:00 pm	8:00 pm

## POOL AND FACILITIES

Eight lanes with central bulkhead for two short-course pools  
 Ares-Omega electronic timing, touch pads and scoreboard.  
 Six short-course lanes available for warm-up & warm-down in dive tank.  
 Coffee shop available on site.

## ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations.  
 Swimmer age is determined on December 7, 2012.

## GENERAL INFORMATION

- This meet is designed to enable teams to bring competitive swimmers representing all ages and all levels to a heats and finals event. The meet will be limited to a maximum of 650 swimmers.
- The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring and the one-start rule.
- The current SNC swimsuit rule will also be in effect.
- Individual entries are limited to 9 events *per* swimmer.
- Heats will swim in two pools, slowest to fastest, all age groups combined. Pool assignment may be based on team.
- 50 Fly, 50 Back and 50 Breast are timed final events during preliminary sessions. 50 Free will swim as heats and finals.
- Finals for all events except 800 & 1500 Freestyle will swim in one pool and in age groups: 12 & under, 14 & under and Senior. In addition, there will be a single consolation final for the Senior age group.
- Meet management may limit entries, double-lane and/or reschedule slower heats for 400m events. *We suggest teams use the applicable BC A-standard as a cut-off when considering entries for 400 Freestyle and 400 IM.*
- Entries will be limited for 800 and 1500 Freestyle events. These events are timed finals. There will be two morning heats for each event, swimming fastest to slowest. Finals for these events only will swim in two pools, and consist of the top-8 entries for each gender in age groups 12 & under, 14 & under and Senior (age groups may swim together given number of entries). These will take place at the end of Friday and Sunday finals sessions. *Positive check-in required for both heats and finals participants.*

- Teams will be notified as soon as possible after the entry deadline if there are changes to the distance events, or if changes in team entries are required.
- Teams are limited to three relays *per* team *per* age-group and gender, however only two are eligible for scoring. Relays are timed finals and will swim at the beginning of Friday and Saturday afternoon finals sessions. No Sunday relays.
- The Swim BC scratch rule will be in effect. Initial scratch deadline for finals is 30 minutes from the conclusion of heats on the day the final is to swim. Last opportunity to scratch is 30 minutes prior to start of applicable finals session.
- Awards: Seasonal prizes will be distributed among top-3 finals performances by random draw. Special prizes will be awarded to the broken 200 IM winners produced by combining 50m events. Best time prizes will also be awarded by draw (3 female, 3 male).

## ENTRIES

Entries for all clubs, *including foreign teams*, must be uploaded prior to the entry deadline to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx>.  
 Entries mailed or emailed to meet management will not be accepted.

Send entry reports and fees reports to:

Margaret Penning  
 Phone: 1-250-656-7359  
 Email: [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

- Final entries must be uploaded by Tuesday, **November 27, 2012**.
- Entries are \$7.50 *per* individual event; \$8.00 *per* relay.
- Note that Saanich Commonwealth Place requires a \$5.00 *per* swimmer Facility Improvement Fee and Swim BC requires a \$4.00 *per* swimmer Provincial Team Splash Fee.
- Please make cheques for the total amount, including all individual and relay entries, *and* Swim BC 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 Senior category.
- No refunds of fees for scratched events after the entry deadline except with a medical certificate.

## EVENT ORDER

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

University of Victoria – Pacific Coast Swimming Association  
 1-250-727-9243

<http://www.pacificcoastswimming.com/>

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## SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

*"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)*

### GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

### SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005

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