



Tenth Annual Wavemaker LC Invitational Swim Meet
 University of Victoria – Pacific Coast Swimming Association
 Live Results at <http://results.pacificcoastswimming.com>
 Live Webstreaming at <http://pacificcoastswimming.com>

TENTH ANNUAL WAVEMAKER LONG COURSE INVITATIONAL

April 26-28, 2013 at Saanich Commonwealth Place
 4636 Elk Lake Drive Victoria BC CANADA V8Z 5M1
 Sanctioned by Swim BC: #13488

POOL AND FACILITIES

8-lane, 50m competition pool. Ares-Omega electronic timing, touch pads & scoreboard. Separate warm-up pool: four short-course lanes in dive tank. Coffee shop available on site.

RaceTek Video Analysis will be available at this meet.

ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations. Swimmer age is determined on April 26, 2013.

GENERAL INFORMATION

- This meet is designed to enable teams to bring competitive swimmers of all ages to a **heats and finals long course event**. A 200IM time of 4:00.00 or faster is required for entry.
- The meet will run under Swim BC & SNC rules, including SNC warm-up procedures, scoring, one-start & swimsuit rules.
- For heats & finals events, heats will be senior-seeded, swimming slowest to fastest, all age groups combined.
- For 50m & 100m individual events with 16 or more starters *per* age group, finals will swim in age groups 10 & under, 11 & under, 12 & under, 14 & under, and 15 & over. However, where there are fewer than 16 starters *per* age group, meet management may aggregate age groups to swim finals as 10 & under, 12 & under, 14 & under, and 15 & over. For 200m individual events, finals will swim in age groups 10 & under, 12 & under, 14 & under, and 15 & over.
- There will be no consolation finals.
- Swimmers may swim up age groups in one or more events. If so, coaches are asked to notify meet management of competitors' names, events & swim-up age categories.
- PCS reserves the right to limit entries, double-lane and/or reschedule slower heats for the 400, 800 & 1500 events.
- Swimmers may enter either the 800 or 1500 Freestyle event, but not both.
- All 400m, 800m and 1500m events will swim as timed finals, fastest to slowest, during heats. For the 400m events, the top-8 entries for each gender in age groups 12 & under, 14 & under, and 15 & over will swim during finals. For the 800m and 1500m events, the top-8 entries for each gender across all age groups will swim during finals on Friday. Positive check-in required for both heats and finals for all three events.
- Relays will swim in age groups 10 & under, 12 & under, 14 & under, and 15 & over and are timed finals. All relays will swim during finals sessions (as listed in the order of events) in the evening; please submit entry times with relays.
- Initial scratch deadline for finals is 30 minutes from the conclusion of heats on the day the final is to swim; last scratch deadline is 30 minutes prior to start of finals session. SwimBC scratch rules and associated penalties are in effect.
- Floret ribbons will be awarded to 1st to 3rd place finishers in each age group for individual events and 1st to 3rd place relays. Individual events 4th through 8th will receive ribbons. Floret ribbons will also be awarded to the broken 400 IM winners, combining each of the 100m events.

ENTRIES

Entries (including foreign entries) must be uploaded prior to the entry deadline to the Swimming Canada website at <https://www.swimming.ca/meetlist.aspx>. Entries mailed or emailed directly to meet manager will not be accepted.

Send entry reports and fees reports to:
 Margaret Penning, Meets Director

Email: meets@pacificcoastswimming.com

- Final entries must be uploaded by **April 17, 2013**.
- Entries are \$8.00 *per* individual event; \$9.00 *per* relay.

- In addition, Saanich Commonwealth Place requires a \$5.00 *per* swimmer Facility Improvement Fee and Swim BC requires a \$4.00 *per* swimmer Splash Fee which supports the Provincial Team initiative.
- 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)**.
- No refunds of fees for scratched events after the entry deadline except with a medical certificate.
- This meet is limited to 400 swimmers. Teams will be notified if entries cannot be accepted.

START TIMES		
FRIDAY		
Heats	Warm-ups	9:00AM
	Start	10:00 AM
	Approximate Timeout	2:30 PM
Finals	Warm-ups	5:00 PM
	Start	6:00 PM
	Approximate Timeout	8:30 PM
SATURDAY		
Heats	Warm-ups	8:00 AM
	Start	9:00 AM
	Approximate Timeout	1:00 PM
Finals	Warm-ups	4:00 PM
	Start	5:00 PM
	Approximate Timeout	7:30 PM
SUNDAY		
Heats	Warm-ups	7:30 AM
	Start	8:30 AM
	Approximate Timeout	1:30 PM
Finals	Warm-ups	3:30 PM
	Start	4:30 PM
	Approximate Timeout	6:30 PM

EVENT ORDER		
FRIDAY		
Women		Men
1	4x100 Free Relay	2
3	200 IM	4
5	50 Breaststroke	6
7	200 Backstroke	8
9	100 Freestyle	10
11	800 Freestyle	12
13	1500 Freestyle	14
SATURDAY		
Women		Men
15	4x50 Free Relay	16
17	200 Butterfly	18
19	50 Backstroke	20
21	400 IM	22
23	100 Breaststroke	24
25	50 Butterfly	26
27	200 Freestyle	28
29	4x50 Medley Relay	30
SUNDAY		
Women		Men
31	400 Freestyle	32
33	50 Freestyle	34
35	200 Breaststroke	36
37	100 Backstroke	38
39	100 Butterfly	40



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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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	2011-12 rate: \$89.00/night 1-4 people until May 1, 2012; \$109/night after May 1, 2012; 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	\$82/night 1-4 people until May 31, 2013; \$102/night after June 1, 2013. 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	\$115.00/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; \$99/night suites until April 30/13; \$109-\$119/night standard room; \$129 suite after May 1/13