



Vancouver Pacific Swim Club
3214 West 10th Ave. Vancouver B.C V6K 2L2
Phone: 736-0411 Fax: 736-0477 Email: vpsscswim@telus.net

VPSC “Dash for Cash”
Sanctioned by SwimBC: #13684
One Day – \$3,500 CASH

Date: Saturday January 26th, 2013
Location: UBC Aquatic Centre
6121 University Boulevard, Vancouver, BC
Ph: (604)-822-4522
8 Lane, 25m Competition Pool
1 lane in outdoor pool available for swim down during competition
Electronic Timing

Session 1

Warmup: 9:00-9:50 AM
Competition: 10:00 AM-1:00 PM

Session 2

Warmup: 2:00-2:50 PM
Competition: 3:00-6:00 PM

Meet Manager: Sandy Lockhart
sandy@vancouverpacific.ca
778-988-3037

Entry Fee: \$10/event + \$9 for Swim BC Provincial Team Splash Fee and UBC facility fee

Prizes: Over \$3,500 in cash awarded

Entries:

- Entry deadline: Noon, Friday January 18th
- Only proven SC entry times will be accepted
- Preliminary psych sheet to notify swimmers and clubs as to who has qualified in events will be published on Friday January 18th after the entry deadline.
- Scratches and changes will be accepted until noon, Monday January 21st.
- Final psych sheet with entrants and alternates will be published by Tuesday.
- Meet entries are to be uploaded onto the SNC meet entry website
- Full payment must be received prior to the meet.

Meet Rules:

- Late and Deck Entries may be permitted to fill empty lanes in the first heat only. These entries will be assessed at 200% of the stated meet fees.
Late entries are eligible for cash prizes.
- Preliminary scratch deadline is January 21st, 2013 at Noon. No refunds for scratches after this deadline.
- SNC Warm-up procedures will be in effect. The current SNC swimsuit policy will be adhered to.
- To receive prize money teams must have paid entry fees and late scratch penalty fines.

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Scratches:

Scratches will follow the current Swim BC scratch rule with the following interpretations:

- We will define “30 minutes following the completion of morning preliminaries” to mean 30 minutes following the final heat of the Open Men’s 100m IM.
- The late scratch deadline will not exist. Due to the tight timeline the late scratch deadline would be before the early scratch deadline.

Event Entry Notes:

- For seeding purposes the 100 IM will be entered with the swimmer’s 200 IM time
- Maximum meet size is 220; team entering the 220th swimmer will be the last team accepted.

Format:

50 Free and 100 IM – heats and finals

- No entry standard in these events. Heats will be swum in the morning session and top 8 will swim in the afternoon session final

400 Free and 400 IM – timed final

- Only top 8 proven entry times will be accepted. Open age group only, but any age may enter the “Open” category
- 400 Free swum in the morning session and 400 IM in the afternoon session

Stroke 100’s and 200’s – timed final

- Only top 8 proven entries will be accepted in each of the age groups
- Three age groups, 12&U, 14&U and Open. Any age may enter the open category
- 100’s swum in the morning session
- 200’s swum in the afternoon session

Prize Money:

100 IM, 400 IM and 50 Free

12 & Under:	1 st place \$40	14 & Under:	1 st place \$50	Open:	1 st place \$70
	2 nd place \$20		2 nd place \$20		2 nd place \$30
					3 rd place \$10

Stroke 100’s and 200’s

12 & Under:	1 st place \$30	14 & Under:	1 st place \$40	Open:	1 st place \$50
	2 nd place \$10		2 nd place \$10		2 nd place \$20
					3 rd place \$10

400 Free:

Leader at 100m \$10
Leader at 200m \$20
Leader at 300m \$30
Leader at 400m \$40

Wire to wire win \$20 bonus (Total \$120 for wire to wire win)

Swimmers have up to 1 hour following the conclusion of the competition to claim the prize money.

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Event List

Saturday AM January 26th

GIRLS	AGE	EVENTS	BOYS
1	12 & Under	50 Free	2
3	14 & Under	50 Free	4
5	Open	50 Free	6
7	Open	400 Free	8
9	12 & Under	100 Back	10
11	14 & Under	100 Back	12
13	Open	100 Back	14
15	12 & Under	100 Breast	16
17	14 & Under	100 Breast	18
19	Open	100 Breast	20
21	12 & Under	100 Fly	22
23	14 & Under	100 Fly	24
25	Open	100 Fly	26
27	12 & Under	100 Free	28
29	14 & Under	100 Free	30
31	Open	100 Free	32
33	12 & Under	100 IM	34
35	14 & Under	100 IM	36
37	Open	100 IM	38

Event #'s 1-6 and 33-38 will be circle seeded.

Saturday PM January 26th

GIRLS	AGE	EVENTS	BOYS
1	12 & Under	50 Free FINAL	2
3	14 & Under	50 Free FINAL	4
5	Open	50 Free FINAL	6
39	Open	400 IM	40
41	12 & Under	200 Free	42
43	14 & Under	200 Free	44
45	Open	200 Free	46
47	12 & Under	200 Fly	48
49	14 & Under	200 Fly	50
51	Open	200 Fly	52
53	12 & Under	200 Breast	54
55	14 & Under	200 Breast	56
57	Open	200 Breast	58
59	12 & Under	200 Back	60
61	14 & Under	200 Back	62
63	Open	200 Back	64
33	12 & Under	100 IM FINAL	34
35	14 & Under	100 IM FINAL	36
37	Open	100 IM FINAL	38

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**SWIMMING/NATATION CANADA
RISK MANAGEMENT / WARM-UP PROCEDURES**

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

Revision 6 01/10/2009 APP D-1

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