



January 20, 2013
UVIC-PCS January Time Trial (SC)
 Sanctioned by Swim BC as Class II Time Trial: #13943

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

POOL AND FACILITIES

Saanich Commonwealth Place, Victoria

8-lane, 25m competition pool.

ELIGIBILITY

This is a dual meet involving swimmers registered in a SwimBC competitive category from UVPCS and the UVIC Varsity Swim Team. Swimmers will be registered with Swim BC or other FINA-related organizations. This time trial is limited to a maximum of 49 swimmers.

GENERAL INFORMATION

All events are timed finals.

All applicable SNC and SwimBC rules will be observed.

COACHES - ENTRIES

Please upload entries onto the PCS SCP pool computer by January 19, 2013.

	WARM-UPS	START	TIMEOUT
	11:30 am	12:00 pm	2:30 pm
Women Event Number	EVENT ORDER		Men Event Number
1	1500 Freestyle		2
3	800 Freestyle		4
5	200 IM		6
7	200 Freestyle		8
9	100 Backstroke		10
11	100 Breaststroke		12
13	200 Butterfly		14
15	50 Freestyle		16
	15 MINUTE BREAK		
17	200 Backstroke		18
19	100 Freestyle		20
21	200 Breaststroke		22
23	100 Butterfly		24
25	400 Freestyle		26
27	50 Backstroke		28
29	50 Breaststroke		30
31	50 Butterfly		32



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

Revision 6 01/10/2009 APP D-

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