

## THIRTEENTH ANNUAL PCS XMAS CRACKER INVITATIONAL SC SWIM MEET

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

**December 4-6, 2015**

Saanich Commonwealth Place  
4636 Elk Lake Drive, Victoria BC V8Z5M1  
Sanctioned by SwimBC #

### START TIMES

Date	Morning			Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout	Warm-ups	Finals	Estimated Timeout
Friday, December 4, 2015	7:30 am	9:00 am	2:00 pm	4:30 pm	5:30 pm	8:30 pm
Saturday, December 5, 2015	7:30 am	9:00 am	2:00 pm	4:30 pm	5:30 pm	8:30 pm
Sunday, December 6, 2015	7:30 am	9:00 am	2:00 pm	4:00 pm	5:00 pm	8:00 pm

#### POOL AND FACILITIES:

- Two 25-metre, 8 lane competition pools separated by a bulk-head.
- A 25-metre dive tank for warm-up/warm-down.
- Ares-Omega electronic timing, touch pads and scoreboard.
- Café on site.

#### GENERAL INFORMATION:

1. This meet is designed to enable teams to bring competitive swimmers representing all ages and all levels to a heats and finals event.
2. Heats will swim in two pools, slowest to fastest, all age groups combined. Pool assignment will be based on team.
3. Finals for all events except 800 & 1500 Freestyle will swim in one pool and in age groups: 12&U, 13&14 and 15&O.
4. Entries will be limited for 800 and 1500 Freestyle events.
5. Para swimmers are welcome to compete. Classification numbers must accompany entries.
6. PCS reserves the right to limit/alter the meet to fit time lines such as limit entries, double-lane and/or reschedule slower heats.

#### ELIGIBILITY:

1. Swimmers must be registered with Swim BC or other FINA-related organizations.
2. Age group is determined by age of swimmer on December 4, 2015.
3. Age groups for this meet are 12&U, 13&14 and 15&O.
4. **Teams please use the applicable BC A-standard as a cut-off when considering entries for 400 Freestyle, 800 Freestyle, 1500 Freestyle and 400 IM. Entered times will be validated with the SCN database.**

#### MEET RULES:

1. The meet will run under Swim BC and Swimming Canada rules, including Swimming Canada warm-up procedures, scoring and the FINA one-start rule.
2. Current Swimming Canada swimsuit rule will be in effect.

#### AWARDS:

1. Seasonal prizes will be distributed among top-3 finals performances by random draw.
2. Special prizes will be awarded to the broken 200 IM winners produced by combining 50m events.
3. Best time prizes will also be awarded by draw (3 female, 3 male).

#### ENTRY INFORMATION:

1. Final entries must be uploaded to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx> prior to the entry deadline. Foreign teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list.
2. **ENTRY DEADLINE: Mon, Nov 23 at 12:00PM.**
3. Entries mailed or emailed to meet management will not be accepted.
4. **ENTRY LIMITS:** The total number of swimmers attending the meet will be limited to 600. Individual entries are limited to 9

events per swimmer. Meet Management reserves the right to limit entries to ensure reasonable session lengths.

5. **ENTRY FEES:** \$8.50 per individual event; \$12.00 per relay; \$9.00 surcharge per swimmer (includes \$5.00 SCP Facility Improvement Fee and \$4.00 Swim BC Provincial Team Splash Fee). Deck entries are \$12 & \$15 for Relays.
6. 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).**
7. Entries must show swimmers' ages, or swimmers will be entered in the 15&O category.
8. After entry deadline has passed, entries will be treated as deck entries, deck entries are exhibition swims and don't qualify for finals.
9. Deck entries will be billed to the club at the end of the meet.

#### EVENTS:

##### Individual Events

1. 50 Fly, 50 Back and 50 Breast are timed final events during preliminary sessions. 50 Free will swim as heats and finals.
2. Finals for all events except 800 & 1500 Freestyle will swim in one pool and in age groups: 12&U, 13&14 and 15&O.
3. In addition, there will be a consolation 'B' final in 12&U and 13-14 events that have 40 or more entries as well as 15&O events that have 20 or more entries.

##### 800 and 1500 Free Events

1. These events are timed finals.
2. There will be two morning heats for each event, swimming fastest to slowest.
3. The top 8 entries for each gender in age groups 12&U, 13-14 and 15&O will swim at the end of Friday and Sunday finals sessions.
4. **Positive check-in required for both heats and finals participants.**
5. Age groups may swim together given number of entries.
6. 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.

##### Relay Events

1. Relays are timed finals and will swim at the beginning of Friday and Saturday afternoon finals sessions. No Sunday relays.
2. Teams are limited to three relays *per team per* age-group and gender, however only two are eligible for scoring.

##### SCRATCH RULES:

1. Final scratch deadline without financial penalty is **Sun, Nov 29 at 12:00PM**
2. 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.

**Meet Managers:** Nirad Chaudhari and Mac MacDonald  
[meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

**Send entry reports and queries to:**  
Mac Macdonald  
[meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

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**EVENT LIST**

<b>Friday</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	50 Fly	2
3	200 Free	4
5	50 Back	6
7	200 IM	8
9	50 Breast	10
11	1500 Free	12
13	200 Medley Relay	14

<b>Saturday</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
15	400 Free	16
17	100 Breast	18
19	200 Back	20
21	100 Free	22
23	200 Fly	24
25	200 Free Relay	26

<b>Sunday</b>		
<b>Girls</b>	<b>Event</b>	<b>Boys</b>
27	400 IM	28
29	100 Fly	30
31	50 Free	32
33	100 Back	34
35	200 Breast	36
37	800 Free	38

## **SWIMMING CANADA**

### **COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

#### **GENERAL WARM-UP:**

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank 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 either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

#### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

#### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

#### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

#### **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**