

**SWIM BC**  
**2013 OCTOBER CIRCUIT SHORT COURSE**  
**October 26, 2013**  
**Sanctioned by SwimBC: #14866**

Hosted by the University of Victoria – Pacific Coast Swimming Association  
Live results at <http://results.pacificcoastswimming.com>

**LOCATION**

Saanich Commonwealth Place  
4636 Elk Lake Road  
Victoria, BC, V8Z 5M1

**FACILITY**

8 lanes – **25m** competition pool  
25m warm-up pool also available  
Concession and fitness store on site.

**RULES**

All rules and regulations as *per* **FINA** and **SNC**, as outlined in the SNC Rulebook. The **FINA** one start rule and SNC warm-up rules will be in effect. The current SNC swimsuit rule shall be observed as well.

**ELIGIBILITY**

Swimmers appropriately registered with Swim BC or other FINA affiliated organizations.

**QUALIFYING PERIOD**

Times achieved after September 1, 2012.

**QUALIFYING STANDARDS**

Swim BC 2013-2014 15&U 'AAA' LCM or SCM standards;  
DO NOT SUBMIT CONVERTED TIMES.  
All SCM entries will be converted by meet management.

Being that there are no time standards for 50 Fly, 50 Back, 50 Breast and 100IM, swimmers qualified for the meet may enter these events without them counting against their "bonus" event total.

**BCAAP RECIPIENTS**

All BCAAP recipients are required to attend all Senior Circuit meets (including BC Senior Championships) unless a viable rationale is presented and approved by the Executive Director of Swim BC.

**ENTRIES**

Submit entries via the Swimming Canada meet site at [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx). For questions regarding receipt of entries, please email: [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com).

**MEET SIZE**

The meet will be limited to a maximum of 300 swimmers.

**AWARDS**

No awards at this meet.

**FORMAT**

This is an open event – no age groups. All events are timed finals, senior-seeded, slowest to fastest.

**ENTRIES**

The following entry limits will be in place:

- 50m/100m/200m events – **no limit**
- 400m events – **24 entries**

Alternate lists will be maintained and alternates will be added as scratches are received. Teams will be notified as soon as possible of alternate additions.

Over-limit entries may be swum at the conclusion of the session, time-permitting.

"NT" entries will not be accepted in individual events.

All individual event entry times must be valid times swum in sanctioned competitions.

**SCRATCHES**

Scratches should be submitted as soon as possible. This includes scratches for swimmers in alternate positions. If lanes become available, we expect the highest ranked alternate to be able to swim.

**ENTRY LIMIT PER SWIMMER:**

No limit for entries that meet qualifying standards.

**BONUS EVENTS**

All swimmers with at least one qualifying entry will be permitted to enter up to four "Olympic" events, plus any/all of 50 Fly, 50 Back, 50 Breast, 100IM.

**FEES**

Individual Events: \$7.50 per entry

Relay Events: \$9.00 per entry

SCP Facility enhancement fee; \$5.00 per athlete

Swim BC Provincial Team Fee: \$4.00 per athlete

Fees payable to **Pacific Coast Swimmers and Parents Association (PCSPA)** are due no later than 11:30am on Saturday, October 26.

**ENTRY DEADLINE**

Initial Entries: **Friday, October 18, 2013.**

Psych listing will be available shortly following the deadline at <http://www.pacificcoastswimming.com>.

**MEET MANAGER**

Ryan Clouston

Email [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

**SWIM BC CONTACT**

Mike Flegel, Program Director, Swim BC

Telephone: 250-898-9008

Email [mike@swimbc.ca](mailto:mike@swimbc.ca)



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**Event List**

<b>Saturday, October 26 2013</b> Warm-ups 11:00am – 12:00pm Start 12:10pm Anticipated Timeout: 5:30pm		
<u>Women's Event number</u>	<u>Event</u>	<u>Men's Event number</u>
1	200 F.R.	2
3	400 Free	4
5	200 Breast	6
7	100 Free	8
9	50 Fly	10
11	100 IM	12
13	200 Back	14
15	100 Fly	16
17	50 Breast	18
19	200 IM	20
21	100 Back	22
23	50 Free	24
25	200 Fly	26
27	100 Breast	28
29	50 Back	30
31	200 Free	32
33	400 IM	34
35	200 M.R.	36

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Supplies**



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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

Revision 6 01/10/2009 APP D-1

