

DATE: March 8-9, 2014

HOSTED BY: UVic-Pacific Coast Swimming

LOCATION: Saanich Commonwealth Place

POOL SPECS: 8-lane x 50m meter competition pool
 Adjacent dive tank/warm-up/cool-down pool

Meet Manager: Mac MacDonald
meets@pacificcoastswimming.com

Meet Referee: Margaret Penning

Entries: meets@pacificcoastswimming.com

WARM UP AND START TIMES:

Saturday, March 8, 2014:

PRELIMS: Warm-Up: 9:00 – 10:30am
 Competition: 10:30am – 1:30pm*

FINALS: Warm-Up: 4:00 – 5:20 pm
 Competition: 5:30pm – 7:30pm*

Sunday, March 9, 2014:

PRELIMS: Warm-Up: 8:00 – 9:20am
 Competition: 9:30am – 12:30pm*

FINALS: Warm-Up: ~2hrs. after completion of prelims
 Competition: 1hr. after start of warm-up

***Note: Session completion times are approximate.**

ELIGIBILITY:

- 1) All swimmers must be registered with a Swim BC, SNC, USA Swimming or other FINA recognized club.
- 2) Ages are based on the age of the swimmer as of March 8, 2014.
- 3) **Qualifying Times are the 2013-2014 Swim BC Senior/Open AAA short course or long course standards. (Do not convert entry times; LCM entries will be converted by meet management)**
- 4) Qualifying period is from September 1, 2012, to the entry deadline.
- 5) There is no limit on the number of qualified events a swimmer may enter

ENTRY DEADLINE:

The entry deadline is **9:00 pm Wednesday, February 27, 2014.**

Meet management has the discretion to either accept or deny entries submitted after the entry deadline.
 Late entries, if accepted, will be invoiced at 200% of the stated entry fees.

NON-QUALIFIED SWIMS:

Entries not meeting the qualifying standard will be accepted under the following structure:

- ONE qualifying entry - FIVE non-qualified entries
- TWO qualifying entries – FOUR non-qualified entries
- THREE qualifying entries – THREE non-qualified entries
- etc.

Swimmers may choose any event for their non-qualified entries, **except the 800/1500 Freestyle events.**

SPECIAL MEET RULES:

- 1) This meet will follow applicable SNC and Swim BC rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
- 2) The 800 (W) and 1500 Freestyle (M) will be conducted as Timed Finals. The fastest heat will swim in the finals session. The slower heats will be swum at the end of preliminaries, fastest to slowest.
- 3) For all 50, 100, 200, 400m events with 20 or more entrants, there will be "A", "B", and "C" finals, with the Top 4 in the "A" final; 5th-12th in the "B" final; and 13th-20th in the "C" final.
 - a) Order will be C, B, A
 - b) For events with fewer than 20 entrants, there will be only a "B" final and "A" final.
- 4) There will be a positive check-in for the 800m and 1500m Freestyles. **Deadline will be start of the prelims session.** Swimmers who fail to show or complete their swim after positive check-in will be subject to same penalties as late scratch from finals (See "Scratches" section)
- 5) The fastest four heats in the 400 Free and 400 IM will be swum in the event order as presented. The slower heats of the 400 Free and 400 IM will be swum after the completion of the respective day's heats.
 - a) The slower heats of the 400 Free and 400 IM will run fastest to slowest alternating women's / men's heats.
- 6) Any act of theft, vandalism or similar action will result in disciplinary measures up to and including disqualification from the meet.
- 7) Entries in 50 Fly, 50 Back, 50 Breast will not count toward a swimmer's allotment of non-qualified swims. There are no qualifying times for these events, but entry times do have to be valid times.
- 8) "NT" entries will not be accepted in individual events. All individual event entries must be valid times swum at sanctioned competitions.
- 9) **Warm-up:** SNC's warm-up procedures will be in effect. No diving into pool until sprint lanes are announced approx. 30 minutes prior to the conclusion of warm-up.
- 10) A **coaches meeting** will be held if deemed necessary.
- 11) **CHANGES** - should it become necessary to change warm-up and or starting times, coaches will be notified as soon as possible.
- 12) Deck Entries will be accepted to fill empty lanes only at a cost of \$15.00/entry. All Deck entry requests must be submitted to the Meet Manager / Clerk of Course with payment for that deck

entry.

Deck entries are not eligible for prize money or finals consideration – they are swims for time only.

- 13) Relays are timed finals with all heats swum during finals.
- 14) There will be no time trials.

ENTRY FEES:

Entry fees are **\$8.00 per swimmer** and **\$10 per relay entry**.
There is also a **\$4.00/swimmer** SwimBC Provincial Team Splash fee and **\$5.00/swimmer** Saanich Commonwealth Place Facility Enhancement fee.

Late entries can be accepted/rejected at the discretion of the meet management.

Entries must be submitted to the SNC meet website.

Cheques are to be made payable to **UVPCS** or **UVic-Pacific Coast Swimming**.

SCORING & AWARDS:

No Team Scoring

BC Open Prize Money: Offered in all "Olympic" events

- 1) First place: \$100
- 2) Second place: \$50
- 3) Third place: \$20

An additional \$1600 in prize money will be awarded to the Top5 world-ranked swimmers, as ranked against the 2012-2013 FINA World Rankings (rankings list that will be used: <http://goo.gl/kEti4l>) as follows:

- 1st - \$600
- 2nd - \$400
- 3rd - \$300
- 4th - \$200
- 5th - \$100

****Prize monies are available to swimmers from any SNC or other FINA-affiliated program.**

BCAAP RECIPIENTS

All BCAAP recipients are required to attend **all** Senior Circuit meet(s), including BC Open, unless a viable rationale is presented in writing to, and approved by, the Swim BC Executive Director no later than one week prior to the entry due date.

PARA-SWIMMING

- 1) There will be no dedicated Para-swimming events at this meet.

Relays

- 1) Relays are limited to two relay entries per club, per event.
- 2) Relays will run as timed finals at the end of each final session, seeded by proved entry times.

SCRATCHES – PLEASE READ CAREFULLY

- 3) There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
- 4) For all finals sessions, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
- 5) The initial scratch deadline for finals each night will be 30 minutes following the completion of morning preliminaries, excluding any 800/1500 or "overflow" heats
- 6) The last scratch deadline for finals will be 30 minutes prior to the start of the finals session. Both the clerk of course and the coach of the alternate swimmer must be notified of the scratch by the coach of the scratching swimmer prior to this deadline.
- 7) Late scratches (as defined above) from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day. In addition, no other member of the offending swimmer's team shall compete in a final until the \$20 penalty has been paid.



www.team-aquatic.com



SATURDAY HEATS – MARCH 8, 2014 Warm Up: 9:00am – 10:20am; Start: 10:30am Anticipated Time out: 12:30pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
2	200 Free	3
4	50 Fly	5
6	100 Breast	7
8	200 Fly	9
10	50 Free	11
12	100 Back	13
14	400 IM	15
	M 1500 Free (slower heats)	1
SATURDAY FINALS – MARCH 8, 2014 Warm Up: 4:00pm – 5:20pm; Start: 5:30 pm Anticipated Time out: 7:30 pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
2	M 1500 Free (fastest heat)	1
4	200 Free	3
6	50 Fly	5
8	100 Breast	7
10	200 Fly	9
12	50 Free	11
14	100 Back	13
16	400 IM	15
	4x50 Free Relay	17
SUNDAY HEATS – MARCH 9, 2014 Warm Up: 8:20am – 9:20 am; Start: 9:30 am Anticipated Time out: 12 noon		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
19	200 Breast	20
21	100 Fly	22
23	400 Free	24
25	50 Breast	26
27	200 Back	28
29	100 Free	30
31	200 IM	32
33	50 Back	34
	W 800 Free (slower heats)	18
SUNDAY FINALS – MARCH 9, 2014 Warm Up: 2hrs. after conclusion of prelims; Start: 1hr. later Anticipated Time out: 6:00 pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
18	W 800 Free (fastest heat)	
19	200 Breast	20
21	100 Fly	22
23	400 Free	24
25	50 Breast	26
27	200 Back	28
29	100 Free	30
31	200 IM	32
33	50 Back	34
35	4x50 Medley Relay	36



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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