



**SWIM BC**  
**2014 OCTOBER SENIOR CIRCUIT**  
**SHORT COURSE**  
**SATURDAY, OCTOBER 25, 2014**  
Sanctioned by SwimBC: #16883

**TIMELINE**

Warm-Up: 11am to noon

Racing: 12:10pm – (approx.) 5:00pm

**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.

**MEET MANAGER**

Margaret Penning

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

**RULES**

All applicable SNC and SwimBC rules will be observed.  
SNC warm-up rules will be in effect.  
The current SNC swimsuit rule will be observed as well.

**ELIGIBILITY**

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

**QUALIFYING PERIOD**

Times achieved after January 1, 2013.

**QUALIFYING STANDARDS**

Swim BC 2014-2015 16&O 'AAA' LCM or SCM standards;  
DO NOT SUBMIT CONVERTED TIMES.  
All LCM entries will be converted by meet management.

**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.

**FORMAT**

This is an open event – no age groups. All events are timed finals, senior-seeded, slowest to fastest.  
No awards will be presented. No team scoring.

**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.

**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 SIX events, provided valid entry times are submitted.

**FEES**

Events: \$8.00 per individual or relay entry  
Swim BC Provincial Team Fee: \$4.00 per athlete  
SCP Facility Enhancement Fee: \$5.00 per athlete

Fees payable to **UVPCS** are due no later than 11:30am on Saturday, October 25, 2014.

**ENTRY DEADLINE**

All entries must be received no later than **Friday, October 17, 2014, at 9:00pm.**

Psych listing will be available shortly following the deadline.

**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

Saturday, October 25, 2014		
Warm-ups 11:00am – 12:00pm		
Start 12:10pm		
Anticipated Timeout: 5:00pm		
Women's Event number	Event	Men's Event number
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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**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."**