

TWELFTH ANNUAL PCS XMAS CRACKER INVITATIONAL SC SWIM MEET

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



December 5-7, 2014
 Saanich Commonwealth Place
 4636 Elk Lake Drive
 Victoria BC CANADA V8Z 5M1
 Sanctioned by Swim BC: #16917



START TIMES

| Date | Morning | | | Afternoon | | |
|----------------------------|----------|---------------|-------------------|-----------|---------|-------------------|
| | Warm-ups | Preliminaries | Estimated Timeout | Warm-ups | Finals | Estimated Timeout |
| Friday, December 5, 2014 | 8:00 am | 9:00 am | 1:30 pm | 4:30 pm | 5:30 pm | 8:30 pm |
| Saturday, December 6, 2014 | 8:00 am | 9:00 am | 1:30 pm | 4:30 pm | 5:30 pm | 8:30 pm |
| Sunday, December 7, 2014 | 8:00 am | 9:00 am | 1:30 pm | 4:00 pm | 5:00 pm | 8:00 pm |

POOL AND FACILITIES

2-3 25m pools Ares-Omega electronic timing, touch pads and scoreboard.
 4-6 25m lanes available for warm-up & warm-down in teach pool (heats) or dive tank (heats or finals).
 Coffee shop available on site.

ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations.
 Swimmer age is determined on December 6, 2014.

GENERAL INFORMATION

- This meet is designed to enable teams to bring competitive swimmers representing all ages and all levels to a heats and finals event. The meet will be limited to a maximum of 800 swimmers.
- The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring and the one-start rule.
- The current SNC swimsuit rule will also be in effect.
- Individual entries are limited to 9 events *per* swimmer.
- Heats will swim in two-three pools, slowest to fastest, all age groups combined. Pool assignment will be based on team.
- 50 Fly, 50 Back and 50 Breast are timed final events during preliminary sessions. 50 Free will swim as heats and finals.
- Finals for all events except 800 & 1500 Freestyle will swim in one pool and in age groups: 12 & under, 14 & under and Senior. In addition, there will be a consolation 'B' final in 12&U and 14&U events that have 40 or more entries as well as Senior age group events that have 20 or more entries.
- PCS reserves the right to limit entries (to 3 heats), double-lane and/or reschedule slower heats for 400m events. **Teams please use the applicable BC A-standard as a cut-off when considering entries for 400 Freestyle and 400 IM.**
- Entries will be limited for 800 and 1500 Freestyle events. These events are timed finals. There will be two morning heats for each event, swimming fastest to slowest. The top 8 entries for each gender in age groups 12 & under, 14 & under and Senior (age groups may swim together given number of entries) will swim at the end of Friday and Sunday finals sessions. *Positive check-in required for both heats and finals participants.*

- 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.
- Teams are limited to three relays *per* team *per* age-group and gender, however only two are eligible for scoring. Relays are timed finals and will swim at the beginning of Friday and Saturday afternoon finals sessions. No Sunday relays.
- 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.
- Awards: Seasonal prizes will be distributed among top-3 finals performances by random draw. Special prizes will be awarded to the broken 200 IM winners produced by combining 50m events. Best time prizes will also be awarded by draw (3 female, 3 male).

ENTRIES

Entries must be uploaded prior to the entry deadline to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx>. This includes foreign teams who should upload their entry files through this process as well using the "Out of Country" option in the Province drop down list. Entries mailed or emailed to meet management will not be accepted.
 Meet Manager - Nirad Chaudhari and Mac MacDonald at meets@pacificcoastswimming.com
 Send entry reports and queries to:
 Margaret Penning
 Email: meets@pacificcoastswimming.com

- Final entries must be uploaded by Thursday, **November 27, 2014**.
- Entries are \$7.50 *per* individual event; \$10.00 *per* relay. In addition, Saanich Commonwealth Place requires a \$5.00 *per* swimmer Facility Improvement Fee and Swim BC requires a \$4.00 *per* swimmer Provincial Team Splash Fee.
- 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)**.
- Entries must show swimmers' ages, or swimmers will be entered in the Senior category.
- Final scratch deadline without financial penalty - December 2, 2014.

EVENT ORDER

| Friday | | |
|--------|------------------|-----|
| Women | | Men |
| 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 |

| Saturday | | |
|----------|----------------|-----|
| Women | | Men |
| 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 |

| Sunday | | |
|--------|------------|-----|
| Women | | Men |
| 27 | 400 IM | 28 |
| 29 | 100 Fly | 30 |
| 31 | 50 Free | 32 |
| 33 | 100 Back | 34 |
| 35 | 200 Breast | 36 |
| 37 | 800 Free | 38 |

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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."