



Twelfth Annual Wavemaker LC Invitational Swim Meet  
 University of Victoria – Pacific Coast Swimming Association  
 Live Results at <http://results.pacificcoastswimming.com>  
 Webstreaming of Finals at <http://pacificcoastswimming.com>

## TWELFTH ANNUAL WAVEMAKER LONG COURSE INVITATIONAL

April 24-26, 2015 at Saanich Commonwealth Place  
 4636 Elk Lake Drive Victoria BC CANADA V8Z 5M1  
 Sanctioned by Swim BC: #16936

### POOL AND FACILITIES

8-lane, 50m competition pool (to run double-ended). Ares-Omega electronic timing, touch pads & scoreboard. Separate warm-up pool: four short-course lanes in dive tank.

### ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations. Age is determined on April 24, 2015.

### GENERAL INFORMATION

- This meet is designed to enable teams to bring competitive swimmers of all ages to a **heats and finals long course event**.
- The following are minimum entry times for each event: 1:00.00 for 50m events; 2:00.00 for 100m events; 4:00.00 for 200m events; 8:00.00 for 400m events; and 14:00.00 for 800m events. **NTs will not be accepted.**
- The meet will run under Swim BC & SNC rules, including warm-up procedures, scoring, scratch, one-start & swimsuit rules.
- For heats & finals events, heats will be senior-seeded, swimming slowest to fastest, all age groups combined.
- For **50m & 100m** individual events with 16 or more starters per age group, finals will swim in age groups 10 & under, 11 & under, 12 & under, 14 & under, and Open. However, where there are fewer than 16 starters *per* age group, meet management will aggregate age groups to swim finals as 10 & under, 12 & under, 14 & under, and Open.
- For **200m individual events**, finals will swim in age groups 10 & under, 12 & under, 14 & under, and Open.
- There will be no consolation finals.
- Coaches are asked to notify meet management of any events in which they want their swimmers to swim "older" than their chronological age.
- Swimmers may enter either the 800 or 1500 Freestyle event, but not both. All 400m, 800m and 1500m events will swim as timed finals, fastest to slowest (800m/1500m only), during heats. Slower heats (heats 4 and above) in the 400-800-1500 Free will be double-laned. In addition, overflow heats for the 800/1500 may swim on Sunday at the conclusion of heats. For the 400m events, the top-8 entries for each gender in age groups 12 & under, 14 & under, and Open will swim during finals. For the 800m and 1500m events, the top-8 entries for each gender across all age groups will swim during finals on Friday. **Positive check-in required for both heats and finals for the 400/800/1500m events.**
- Relays will swim in age groups 10 & under, 12 & under, 14 & under, and Open and are timed finals. All relays will swim during finals sessions (as listed in the order of events) in the evening; please submit entry times with relays.
- Deck entries will be accepted to fill empty lanes only; proof of registration must accompany deck entries for any swimmer not already in the meet.
- Scratch deadline for heats is 30 minutes prior to the start. For finals, the initial deadline is 30 minutes from the conclusion of heats on the day the final is to swim. The final deadline is 30 minutes prior to the start of finals.
- Floret ribbons will be awarded to 1st to 3rd place finishers in each age group for individual events and 1st to 3rd place relays. Individual events 4th through 8th will receive ribbons. Magic number prizes and prizes for the best Hawaiian attire will also be awarded.

### ENTRIES

Entries (including foreign entries) must be uploaded **by April 15, 2015** to: <https://www.swimming.ca/meetlist.aspx>. Entries mailed or emailed directly to meet manager will not be accepted.

Meet Manager: Dan Sawchuk

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

- Entries are \$8.00 *per* individual event; \$10.00 *per* relay. In addition, Saanich Commonwealth Place requires a \$5.00 *per*

swimmer Facility Improvement Fee and there is a \$4.00/swimmers SwimBC Provincial Team Splash fee as well.

- 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)**.
- No refunds of fees for scratched events received after midnight, April 21<sup>st</sup>, 2015 except with a medical certificate.
- This meet is limited to 400 swimmers. Teams will be notified if entries cannot be accepted.

START TIMES		
<b>FRIDAY</b>		
<b>Heats</b>	Warm-ups	8:30AM
	Start	9:30 AM
	Approximate Timeout	2:30 PM
<b>Finals</b>	Warm-ups	5:00 PM
	Start	6:00 PM
	Approximate Timeout	8:30 PM
<b>SATURDAY</b>		
<b>Heats</b>	Warm-ups	7:30 AM
	Start	8:30 AM
	Approximate Timeout	1:00 PM
<b>Finals</b>	Warm-ups	4:30 PM
	Start	5:30 PM
	Approximate Timeout	8:00 PM
<b>SUNDAY</b>		
<b>Heats</b>	Warm-ups	7:30 AM
	Start	8:30 AM
	Approximate Timeout	1:30 PM
<b>Finals</b>	Warm-ups	2 hrs after heats
	Start	1 hr after warm-up
	Approximate Timeout	6:30 PM

EVENT ORDER		
<b>FRIDAY</b>		
<b>Women</b>		<b>Men</b>
1	4x100 Free Relay	2
3	200 IM	4
5	50 Breaststroke	6
7	200 Backstroke	8
9	100 Freestyle	10
11	800 Freestyle	12
13	1500 Freestyle	14
<b>SATURDAY</b>		
<b>Women</b>		<b>Men</b>
15	4x50 Free Relay	16
17	200 Butterfly	18
19	50 Backstroke	20
21	400 IM	22
23	100 Breaststroke	24
25	50 Butterfly	26
27	200 Freestyle	28
29	4x50 Medley Relay	30
<b>SUNDAY</b>		
<b>Women</b>		<b>Men</b>
31	400 Freestyle	32
33	50 Freestyle	34
35	200 Breaststroke	36
37	100 Backstroke	38
39	100 Butterfly	40

Telephone 1-250-727-9243

Web <http://www.pacificcoastswimming.com/>



## 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 removed 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.

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



## TWELFTH ANNUAL WAVEMAKER LONG COURSE INVITATIONAL

<b>HOWARD JOHNSON HOTEL AND SUITES AT ELK LAKE</b>	
Address	4670 Elk Lake Drive, Victoria BC V8Z 5M2
Distance to Pool	5 minute walk
Phone	1-250-704-4656
Toll Free	1-866-300-4656
Email	<a href="mailto:suites@hojovictoria.ca">suites@hojovictoria.ca</a>
Website	<a href="http://www.hojovictoria.ca/">http://www.hojovictoria.ca/</a>
Restaurant	On-site
Sports Team Rate	\$94.00/night 1-4 people until May 1, 2015; \$114-\$144/night after May 1, 2014; kitchen suites add \$30.00
<b>ACCENT INN</b>	
Address	3233 Maple Street, Victoria BC V8X 4Y9
Distance to Pool	10 minute drive
Phone	1-250-475-7500
Toll Free	1-800-663-0298
Email	<a href="mailto:accent@accentinns.com">accent@accentinns.com</a>
Website	<a href="http://www.accentinns.com/victoria">http://www.accentinns.com/victoria</a>
Restaurant	<a href="#">On-site</a>
Sports Team Rate	\$92/night 1-4 people until May 31, 2015; \$112/night after June 1, 2015. Kitchen suites add \$10.00
<b>HOTEL GRAND PACIFIC</b>	
Address	463 Belleville Street, Victoria BC
Distance to Pool	15 minute drive
Toll Free	1-800-663-7550
Reservations	<a href="mailto:reserve@hotelgrandpacific.com">reserve@hotelgrandpacific.com</a>
Website	<a href="http://www.hotelgrandpacific.com">www.hotelgrandpacific.com</a>
Restaurant	<a href="#">On-site</a>
Sports Team Rate	\$TBD/night (Ask for Wavemaker Invitational Rate)
<b>SANDMAN INN</b>	
Address	2852 Douglas Street, Victoria BC V8T 4M5
Distance to Pool	15 minute drive
Phone	(250) 388-0788
Toll Free	1-800-726-3626 (1-800-sandman)
Email	<a href="mailto:llarsen@sandman.ca">llarsen@sandman.ca</a>
Website	<a href="http://www.sandmanhotels.com/en/hotels/bc/victoria.php">http://www.sandmanhotels.com/en/hotels/bc/victoria.php</a>
Restaurant	On-site
Sport Team Rate	\$79/night standard room until April 30/14; \$109/night standard room after May 1/14