



**February 8, 2015**  
**UVIC-SFU Dual Time Trial (SC)**  
 Sanctioned by Swim BC as a Class II Time Trial: #17513

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

**POOL AND FACILITIES**

**Saanich Commonwealth Place, Victoria**  
 8-lane, 25m competition pool.

**ELIGIBILITY**

This is a dual meet involving competitive swimmers from PCS, the UVIC Varsity Swim Team and SFU Varsity Swim Team. Swimmers must be registered with Swim BC or other FINA-related organizations. This time trial is limited to a maximum of 49 swimmers.

**GENERAL INFORMATION**

All events are timed finals. Swimmers can enter a maximum of 3 individual events. Events will be scored as follows: 11, 4, 2, 0 for relays and 9, 4, 3, 2, 1, 0 for individual events.

**COACHES - ENTRIES**

Please upload entries onto the PCS SCP pool computer by February 6, 2015.

	<b>WARM-UPS</b>	<b>START</b>	<b>TIMEOUT</b>
	3:00 pm	4:00 pm	6:00 pm
<b>Women</b>	<b>EVENT ORDER</b>	<b>Men</b>	<b>Event Number</b>
1	200 Medley Relay	2	
3	800 Freestyle	4	
5	200 Freestyle	6	
7	100 Butterfly	8	
9	100 Backstroke	10	
11	400 IM	12	
13	50 Freestyle	14	
	<b>15 MINUTE BREAK</b>		
15	200 Butterfly	16	
17	200 Backstroke	18	
19	100 Freestyle	20	
21	100 Breaststroke	22	
23	400 Freestyle	24	
25	200 IM	26	
	<b>15 MINUTE BREAK</b>		
27	200 Breaststroke	28	
29	200 Freestyle Relay	30	



## **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.

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.”**