



SWIM BC OPEN WATER SWIMMING CHAMPIONSHIPS
MONDAY, JULY 6, 2015
THETIS LAKE REGIONAL PARK - VICTORIA, BC



SANCTIONED BY SWIM BC: #17963

DATE: Monday, July 6, 2015
HOSTED BY: Swim BC
LOCATION: Thetis Lake (just outside Victoria)
COURSE SPECS: Age 11-12 1.0 KM
 Age 13-14* 2.0 KM
 Age 15&Over 5.0 KM

***NOTE: 14-year-old swimmers have the option of entering the 15&O 5km race.**

Thetis Lake is a small lake in Thetis Lake Regional Park, just outside Victoria on Hwy 1. The water temperature is expected to be around 20-21C at the time of the race.

EVENT MANAGER: Martin Gurrin (headcoach@tyeeaquaticclub.com)

GENERAL RULES:

- All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club
- Swimmers not already registered with one of the aforementioned organizations **MUST** obtain a SwimBC "Limited Event" membership at a cost of \$16
 - Registrations are accepted at the race site up to one hour prior to race start
- No wetsuits will be allowed for the sanctioned competition, but there may be additional "exhibition-only" races which would allow wetsuits.
- Age groups are based on the age of the swimmer as of July 6, 2015
- **In accordance with Swimming Canada's Open Water Swimming rules, the minimum age to compete in this event is 11 years as of July 6, 2015**

Recommended Entry Standards		
WOMEN (800)	EVENT	MEN (1500)
12:30	11-12	24:00.00
11:30	13-14	22:00.00
11:00	15&O	20:30.00

- Entry fees are **\$27.00 per competitor** which includes the Swim BC splash fee of \$4.00 per swimmer
- Please provide team contact person name and phone number with the entries
- **Entry Fees and any race-day registration fees must be paid prior to the competition**
- Fees payable to: **"TYEE AQUATIC CLUB"** and are non-refundable as of the entry deadline
- Entries are to be submitted on [Swimming Canada's meet listings website](#)
- Entries are to be uploaded via the Swimming Canada online entry system at
 - Swimmers not affiliated with a Swim BC club may enter via email to mike@swimbc.ca prior to the entry deadline.

ENTRY DEADLINE: The entry deadline is **FRIDAY, JULY 3, 2015**

Race organizers have the discretion to accept entries up to 8:00am on race morning at a late entry fee of \$35.

- In the event that the organizers and race officials deem the conditions to be unsafe, the race may be canceled. Given that the host will have incurred expenses prior to the event, 50% of the entry fee plus 100% of the SwimBC splash fee will be refunded should the race be cancelled.



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AWARDS:

Individual Awards:

- Gold, Silver & Bronze medals for 1st, 2nd & 3rd places in each age group (11-12, 13-14, 15&O) and gender.

Registrations and warm-up:

- All competitors **MUST** sign on at the registration tent at Thetis Lake by **9:00am** on Monday July 6th, and then also sign out after they exit the water, whether they finish or not, prior to leaving the venue
 - No refunds will be available for no-shows or late arrivals
- The race course will be available for warm-up from 8:30 to 9:00am
- Events will be started in waves based on age group.
- The first wave is scheduled to go at 9:30am, with all waves underway by 9:45am.

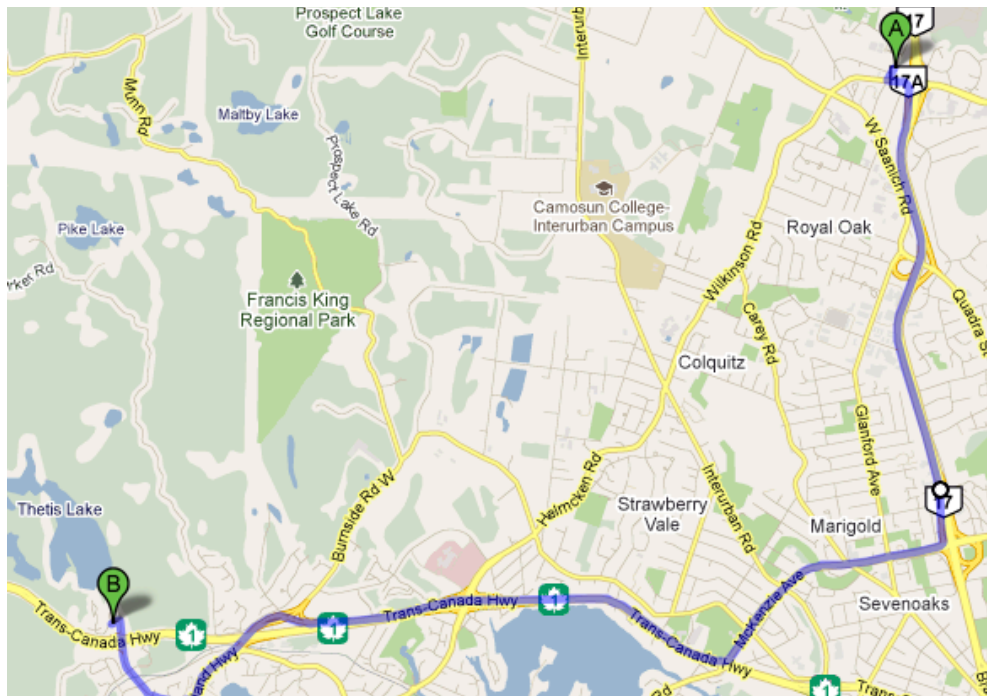
Pre-Race Briefing:

- A mandatory pre-race briefing will be held for all competitors at 9:15am
- Competitors will receive their **mandatory** numbered competition cap

Safety Craft:

- Race organizers will have a number of safety crafts and personnel available throughout the race course, as per the SwimBC Open Water Safety Guidelines. No individual escort craft are permitted.

Map to Race Course from Saanich Commonwealth Place (A)

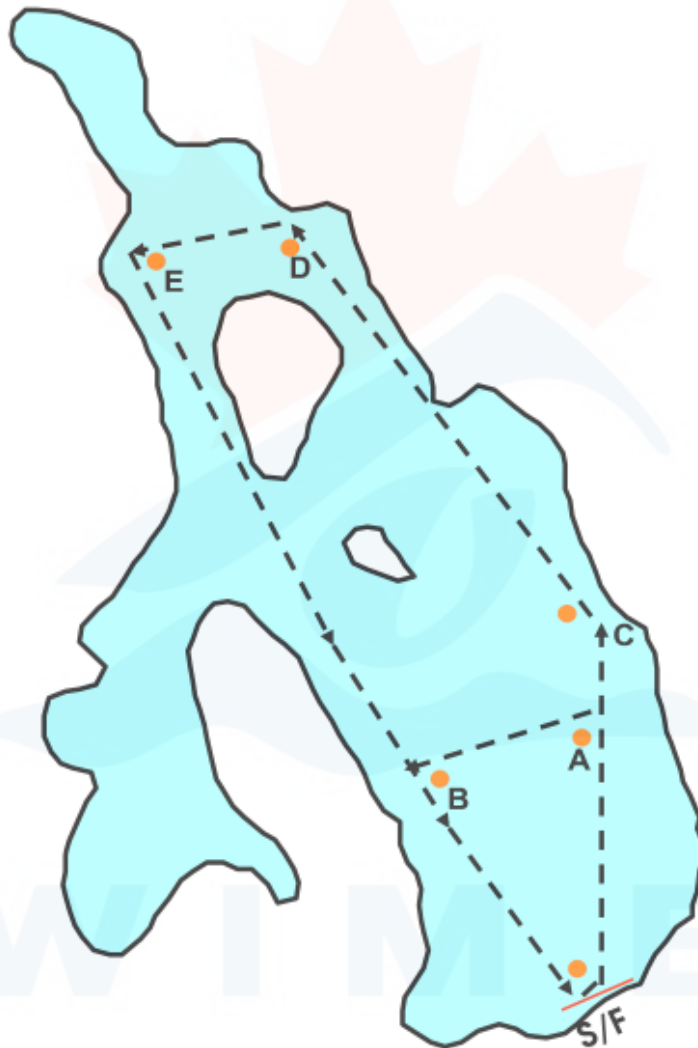




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Course Layout:



Course Description:

(S/F is the start/finish area near the beach)

1000m: Two 500m loops

2 x S/F → A → B → SF

2000m: One 500m loop, plus one 1500m loop

S/F → A → B → SF plus S/F → A → C → D → E → B → S/F

5000m: One 500m loop, plus three 1500m loops

S/F → A → B → SF plus 3 x (S/F → A → C → D → E → B → S/F)