



**SWIM BC  
2016 JANUARY SENIOR CIRCUIT  
LONG COURSE  
SATURDAY, JANUARY 16, 2016 – GUILDFORD RECREATION CENTRE  
Sanctioned by SwimBC: #18949**

**TIMELINE**

Warm-Up: 11am to noon

Racing: 12:10pm – (approx.) 5:00pm

**LOCATION**

Guildford Recreation Centre

15105 105<sup>th</sup> Ave.

Surrey, BC 604-502-6360

**FACILITY**

8 lanes – **50m** competition pool

Warm-up space available

**MEET MANAGER**

Amanda Bickell

Email : [vice-president@surreyknights.com](mailto:vice-president@surreyknights.com)

Phone : 604-996-0084

**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 STANDARDS**

Swim BC 2015-2016 16&O 'AAA' LCM or SCM standards;

Entry standard for Para swimmers is 2015-2016 Para-AAA time standard with same bonus event entry limits.

DO NOT SUBMIT CONVERTED TIMES.

All SCM 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

[meetmanager@surreyknights.com](mailto:meetmanager@surreyknights.com)

**MEET SIZE**

The meet will be limited to a maximum of 300 swimmers.

**FORMAT**

All events are timed finals, senior-seeded, slowest to fastest. Para-swimmers will be integrated into able-body heats.

No awards will be presented.

**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 provable entry times are submitted.

**FEES**

\$10.00 per individual or relay entry

Swim BC Provincial Team Splash Fee: \$4.00 per swimmer

Facility fee:

Fees payable to **SKSC** are due no later than 11:30am on Saturday, January 16, 2016.

**ENTRY DEADLINE**

All entries must be received no later than

**Friday, January 8, 2016, 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

<b>Saturday, January 16, 2016</b> Warm-ups 11:00am – 12:00pm Start 12:10pm Anticipated Timeout: 5:30pm		
<u>Women's Event number</u>	<u>Event</u>	<u>Men's Event number</u>
101	4x100 Mixed F.R.*	101
3	400 IM	4
5	200 Free	6
7	50 Back	8
9	100 Breast	10
11	200 Fly	12
13	50 Free	14
15	100 Back	16
17	200 IM	18
19	50 Breast	20
21	100 Fly	22
23	200 Back	24
25	100 Free	26
27	200 Breast	28
29	50 Fly	30
31	400 Free	32
102	Mixed 4x100 M.R.*	102

*\*Relay entries can be all men, all women, or men/women.*

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June 27, 2014



**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.”**