



**BC OPEN WATER SWIMMING CHAMPIONSHIPS**  
**MONDAY, JULY 11, 2016**  
**THETIS LAKE PARK – VICTORIA, BC**



**SANCTIONED BY SWIM BC:** #19649

**DATE:** Monday, July 11, 2016

**HOSTED BY:** Swim BC and TYEE Swim Club

**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:** Upinder Riarh ([upinderps@hotmail.com](mailto:upinderps@hotmail.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 11, 2016
- **In accordance with Swimming Canada's Open Water Swimming rules, the minimum age to compete in this event is 11 years as of July 11, 2016** (see [SNC Open Water Rules](#)).
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Minimum Entry Standards (SC or LC):		
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 **\$30.00 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 [mm@tyeeaquaticclub.com](mailto:mm@tyeeaquaticclub.com) prior to the entry deadline.
- 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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**ENTRY DEADLINE:** The entry deadline is **Friday, JULY 8, 2016**

Race organizers have the discretion to accept entries up to 8:00am on race morning at a late entry fee of \$40.

**AWARDS:**

Individual Awards:

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

**Registrations and warm-up:**

- All competitors **MUST** sign in at the registration tent at Thetis Lake by **9:00am** on Monday July 11<sup>th</sup> and then sign out after the race, 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:**

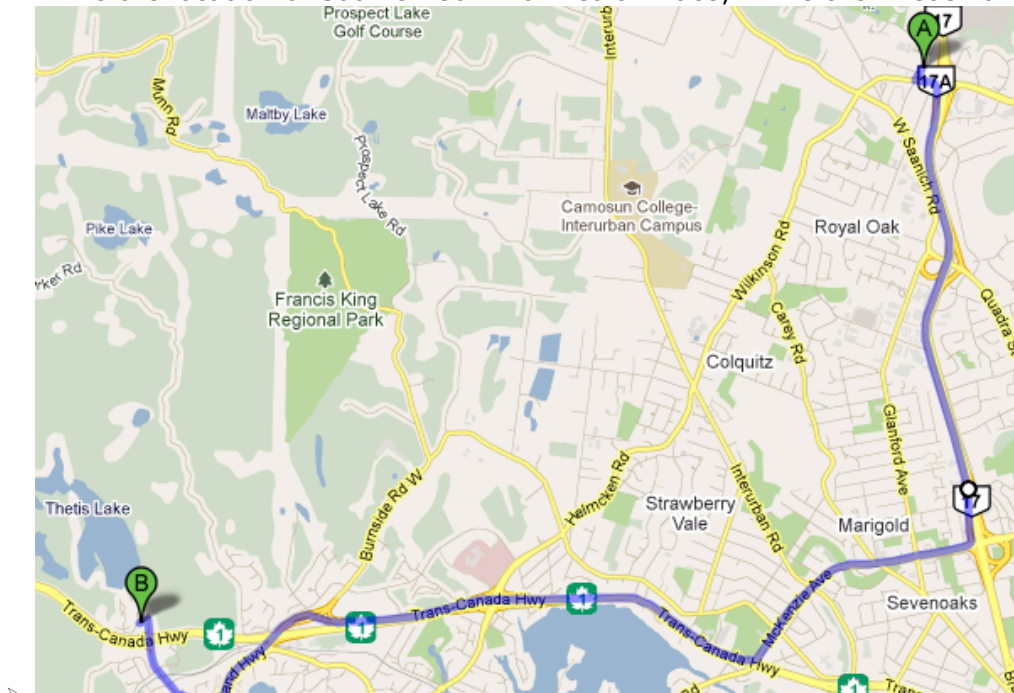
- A mandatory pre-race briefing will be held for all competitors at 9:15am
- Competitors will receive their **mandatory** numbered competition cap

**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.

**Directions:**

- "A" is the location of Saanich Commonwealth Place; "B" is the Thetis Lake parking lot.

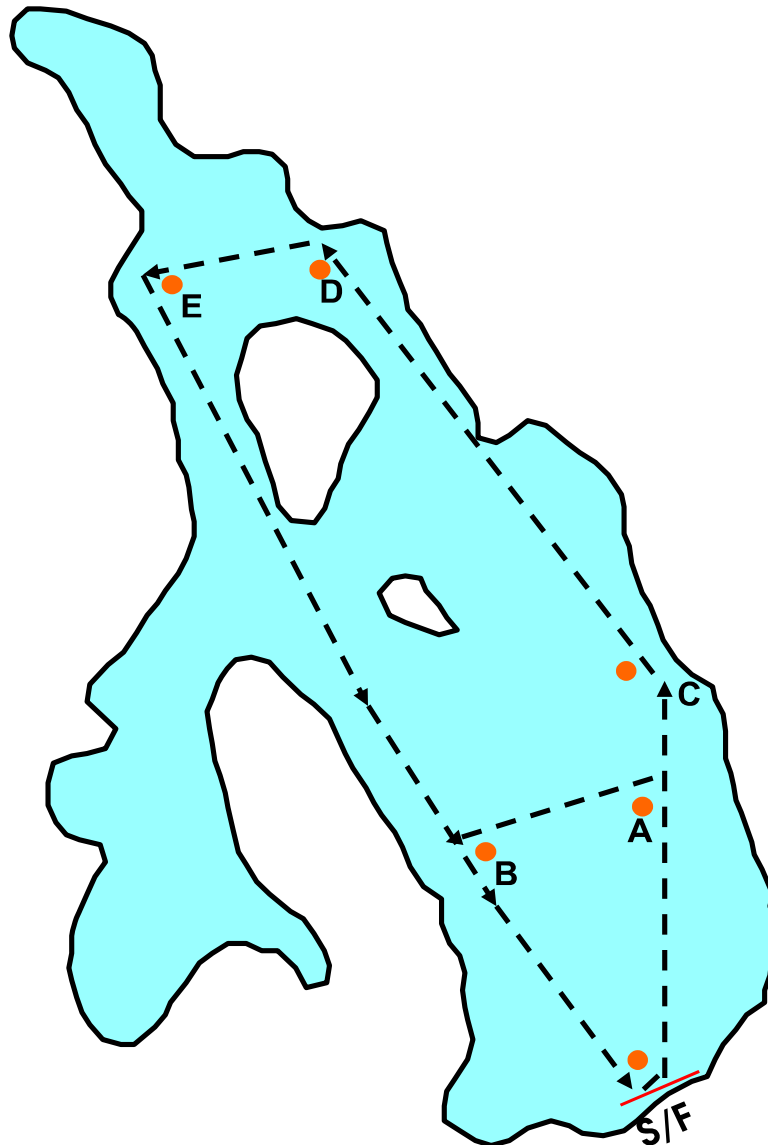




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**BC Open Water Swimming Championships: Course Map**



**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)**