



2007 Swim BC Club of the Year

April 14, 2013  
**Sunday Race Day Series**

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

UVIC McKinnon Pool, Victoria

**POOL AND FACILITIES**

6-lane, 25m competition pool.  
 Manual timing  
 Warm-up pool – two short-course lanes in dive tank.

**ELIGIBILITY**

This is a time trial for competitive swimmers in PCS C, D and Lightning Fast groups. Swimmers must be registered with Swim BC or other FINA-related organizations. Swimmer age is determined on April 14, 2013.

Note: For swimmers registered as "Non-competitive", this will constitute their one permitted competitive opportunity, and they would have to upgrade to "Competitive" registration category prior to entering their next meet or time trial.

**GENERAL INFORMATION**

All events are timed finals.  
 SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.  
 All applicable SNC/Swim BC rules will be followed.

**ENTRY FEE**

A \$10.00 per swimmer entry fee is being charged to cover the costs of pool rental.

	WARM-UPS	START	TIMEOUT
	8:00 AM	8:30 AM	11:00 AM
Girls	EVENT ORDER		Boys
1	50 Freestyle		2
3	25 Freestyle		4
5	100 Butterfly		6
7	100 Individual Medley		8
9	50 Backstroke		10
11	25 Backstroke		12
13	100 Breaststroke		14
15	50 Butterfly		16
17	25 Butterfly		18
19	100 Freestyle		20
21	200 Individual Medley		22
23	50 Breaststroke		24
25	25 Breaststroke		26
27	100 Backstroke		28
29	200 Freestyle		30
31	400 Freestyle		32
33	400 IM		34



**SWIMMING/NATATION CANADA  
RISK MANAGEMENT / WARM-UP PROCEDURES 2009**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

*"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)*

**GENERAL WARM-UP RULES:**

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

**SPECIFIC/SPRINT WARM-UP PERIOD:**

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

**EQUIPMENT:**

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

*SNC Board Approved July 2, 2005*

*Revision 6 01/10/2009 APP D-1*