



January 11, 2015
PCS Blue Gold Time Trial (SC)
 Sanctioned by Swim BC

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

POOL AND FACILITIES

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

ELIGIBILITY

This is a time trial for competitive swimmers in PCS B groups. Swimmers must be registered with Swim BC or other FINA-related organizations. Swimmer age is determined on January 4, 2015. This time trial is limited to a maximum of 49 swimmers.

GENERAL INFORMATION

This is a Class I time trial – thus Provincial and/or National records will be recognized. Three separate timing devices will be used.

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

ENTRY FEE

A \$10.00 per swimmer entry fee may be charged to cover the costs of meet sanctioning and pool rental.

	WARM-UPS	START	TIMEOUT
	1:00 pm	1:30 pm	4:00 pm
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Women	EVENT ORDER		Men
Event Number			Event Number
1	800 Freestyle Relay		2
3	400 IM		4
5	400 Freestyle		6
7	400 Freestyle Relay		8
9	800 Freestyle		10
11	1500 Freestyle		12
13	400 Medley Relay		14
15	200 Backstroke		16
17	200 Breaststroke		18
19	200 Butterfly		20
21	200 Freestyle		22

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."

