

**START TIMES:**

Date	Morning			Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout	Warm-ups	Finals	Estimated Timeout
Friday, April 28, 2017	8:30 am	9:30 am	2:30 pm	5:00 pm	6:00 pm	8:30 pm
Saturday, April 29, 2017	7:30 am	8:30 am	1:00 pm	4:30 pm	5:30 pm	8:00 pm
Sunday, April 30, 2017	7:30 am	8:30 am	1:30 pm	3:30 pm (EST)	4:30 pm	6:30 pm

**LOCATION:**

Saanich Commonwealth Place  
4636 Elk Lake Drive,  
Victoria, BC, V8Z 5M1

**POOL AND FACILITIES:**

- 8-lane, 50m competition pool (to run double-ended).
- 4-lane 25-metre dive tank for warm-up/warm-down.
- Ares-Omega electronic timing, touch pads and scoreboard.
- Café and fitness store on site.

**MEET MANAGER:**

Rob Crisp  
Email: [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

**ELIGIBILITY:**

1. Swimmers must be registered with Swim BC or other FINA-related organizations.
2. Age group is determined by age of swimmer on April 28, 2017.
3. To assist with building accurate timeouts, NTs will not be accepted for entries. Please include Swim Canada validated LC times, SC times or, at a minimum, practice times for all entries where swimmers have NTs in their event.
4. Relay event entries must include entry times for seeding and for building accurate timeouts.
5. Swimmers from Pacific Coast Swimming may be entered in events with empty lanes.

**GENERAL INFORMATION:**

1. This meet is designed to enable teams to bring competitive swimmers of all ages to a Heats and Finals long course event.
2. The following minimum entry times must be met: for 400m events = 8:00.00; for 800m Free = 14:00.00; and for 1500 Free = 27:00.00.
3. For Heats & Finals events, Heats will be senior-seeded, swimming slowest to fastest, all age groups combined.
4. Coaches are asked to notify meet management of any events in which they want their swimmers to swim "older" than their chronological age.

5. This is not a para sanctioned meet. Para swimmers are welcome to compete and classification numbers must accompany entries.

6. Teams requesting official splits must make this request to the Clerk of Course before the start of the session and must provide their own timers.
7. Meet Management reserves the right to limit/alter the meet to fit timelines such as limit entries, double-lane events, and/or reschedule slower heats to the end of the session on the day the event is swum. Affected teams will be notified as soon as possible of the changes.

**ENTRY INFORMATION:**

1. The 15th Annual PCS Wavemaker swim meet is an Open-Invitational meet.
2. Entries must be uploaded to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx> prior to the entry deadline. Foreign teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list.
3. **ENTRY DEADLINE: Thursday, April 20 at 12:00PM.**
4. Entries mailed/ emailed to Meet Management will not be accepted.
5. **ENTRY LIMITS:**
  - a. This meet is limited to 400 swimmers. Teams will be notified if entries cannot be accepted.
  - b. Individual entries are limited to 8 events per swimmer.
6. Deck entries will be accepted up until 60 minutes prior to the start of racing and will be allowed for filling empty lanes only. No new Heats will be created.
7. Entries received after the entry deadline may be accepted at the discretion of Meet Management and will be treated as deck entries. Deck entries will be exhibition swims, only, and will not qualify swimmers for Finals or awards.
8. Deck entries will be billed to the club at the end of the meet.
9. Entries must show swimmers' ages, or swimmers will be entered in the Open category.
10. **ENTRY FEES:** \$9.00 per individual event; \$12.50 per relay; \$9.00 surcharge per swimmer (includes \$5.00 SCP Facility

Improvement Fee and \$4.00 Swim BC Provincial Team Splash Fee). Deck entries are \$12 for individual events and \$15 for Relays.

11. Entry fees are due at the beginning of the meet prior to warmup. Please make cheques for the total amount including all individual and relay entries as well as Swim BC and SCP facility fees, payable to **Pacific Coast Swimmers and Parents Association (PCSPA)**.

#### SCRATCH RULES:

1. Final scratch deadline without financial penalty is Sunday, April 23rd at 12:00PM. All scratches and changes to entries must be emailed to the Meet Manager at [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com).
2. Scratch deadline for Heats is 30 minutes prior to the start of racing.
3. Initial scratch deadlines for Finals are:
  - a. Friday - 30 minutes from the conclusion of the 100M Freestyle (Events 9 & 10); and
  - b. Saturday/ Sunday - 30 minutes from the conclusion of heats.
4. The final scratch deadline is 30 minutes prior to the start of Finals.

#### EVENTS:

##### Individual Events

1. 50 Fly, 50 Back and 50 Breast are timed final events during preliminary sessions. 50 Free will swim as Heats and Finals.
2. For 50m & 100m individual events, age groups for seeding Finals for this meet are:
  - a. 10&U, 11&U, 12&U, 14&U, and Open where there are 16 or more starters per age group; and
  - b. 10&U, 12&U (combined 11&U, 12&U), 14&U, and Open where there are fewer than 16 starters per age group.
3. For 200m individual events Finals will swim in age groups of 10&U, 12&U, 14&U, and Open.
4. There will be no consolation Finals.

##### 400 Free Events

1. These events are timed finals.
2. The top-8 entries for each gender in age groups 12&U, 14&U, and Open will swim during Finals.

##### 800 and 1500 Free Events

1. These events are timed finals.
2. Heats will be swum fastest to slowest.
3. Slower heats (heats 4 and above) may be double-laned.
4. Overflow heats may swim on Sunday at the conclusion of Heats.
5. Swimmers may enter either the 800 Free or the 1500 Free but not both.

6. The top-8 entries for each gender across all age groups (12&U, 14&U, and Open) will swim during Finals on Friday.
7. **Positive check-in** is required for Heats and Finals with check-in being 9am on the day the event is swum.

#### Relay Events

1. Age groups for relays are 10&U, 12&U, 14&U, and Open.
2. Relays are timed finals.
3. Relays will swim in Sessions as follows:
  - a. 4x50 F.R. at the start of Saturday Prelims;
  - b. 4x50 M.R. at the start of Saturday Finals; and
  - c. 4x100 F.R. at the end of Sunday Prelims.
4. There are no relays for Finals on Sunday.
5. Teams are limited to three relays per team per age-group and gender.
6. Swimmers may swim up in Relay events but may not swim on more than one Relay team per age group.
7. Deadline for Relay entries will be:
  - a. 4x50 F.R. at **7:30pm on Friday, April 28<sup>th</sup>**;
  - b. 4x50 M.R. at **noon on Saturday, April 29<sup>th</sup>**; and
  - c. 4x100 F.R. at **7:00pm on Saturday, April 29<sup>th</sup>**.
8. Deadline for Relay name changes is 45 minutes prior to the start of the session in which the Relay will be swum.

#### MEET RULES:

1. The meet will run under Swim BC & SNC rules, including warm-up procedures, scratch, and FINA one-start rule.
2. Dive lanes (2) will be open in each competition pool 20 minutes prior to the end of warm-up. There will be no pace lanes designated for warm-ups.
3. Current Swimming Canada swimsuit rule will be in effect.

#### AWARDS:

1. Floret ribbons will be awarded to 1st through 3rd place finishers in each age group for individual events and relays.
2. Ribbons will be awarded to 4th through 8th place finishers in each age group for individual events
3. There is no team scoring for this meet

**EVENT LIST:**

Friday, April 28, 2017		
SESSION	WARM-UPS	COMPETITION
Prelims	8:30 - 9:20am	9:30 - 2:30pm
Finals	5:00 - 5:50pm	6:00 - 8:30pm

GIRLS	BOYS	AGE GROUP	EVENT
1	2	ALL	200 I.M.
3	4	ALL	50 BREAST
5	6	ALL	200 BACK
7	8	ALL	100 FREE
9	10	ALL	800 FREE
11	12	ALL	1500 FREE

Saturday, April 29, 2017		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30 - 8:20am	8:30 - 1:00pm
Finals	4:30 - 5:20pm	5:30 - 8:00pm

GIRLS	BOYS	AGE GROUP	EVENT
13	14	10&U	4x50 F.R. <sup>1</sup>
15	16	12&U	4x50 F.R. <sup>1</sup>
17	18	14&U	4x50 F.R. <sup>1</sup>
19	20	OPEN	4x50 F.R. <sup>1</sup>
21	22	ALL	200 FLY
23	24	ALL	50 BACK
25	26	ALL	400 I.M.
27	28	ALL	100 BREAST
29	30	ALL	50 FLY
31	32	ALL	200 FREE
33	34	10&U	4x50 M.R. <sup>2</sup>
35	36	12&U	4x50 M.R. <sup>2</sup>
37	38	14&U	4x50 M.R. <sup>2</sup>
39	40	OPEN	4x50 M.R. <sup>2</sup>

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Sunday, April 30, 2017		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30 - 8:20am	8:30 - 1:00pm
Finals	3:30 - 4:20pm (estimated)	4:30 - 6:00pm

GIRLS	BOYS	AGE GROUP	EVENT
41	42	ALL	400 Free
43	44	ALL	50 Free
45	46	ALL	200 Breast
47	48	ALL	100 Back
49	50	ALL	100 Fly
51	52	10&U	4x100 F.R. <sup>3</sup>
53	54	12&U	4x100 F.R. <sup>3</sup>
55	56	14&U	4x100 F.R. <sup>3</sup>
57	58	OPEN	4x100 F.R. <sup>3</sup>

<sup>1</sup> Swum at start of Saturday Prelims

<sup>2</sup> Swum at start of Saturday Finals

<sup>3</sup> Swum at end of Sunday Prelims

<b>HOWARD JOHNSON HOTEL AND SUITES AT ELK LAKE</b>	
Address	4670 Elk Lake Drive, Victoria BC V8Z 5M2
Distance to Pool	5 minute walk
Phone	1-250-704-4656
Toll Free	1-866-300-4656
Email	<a href="mailto:suites@hojovictoria.ca">suites@hojovictoria.ca</a>
Website	<a href="http://www.hojovictoria.ca/">http://www.hojovictoria.ca/</a>
Restaurant	On-site Standard 1 or 2 queen beds \$119 Junior suites \$119 One bedroom suites \$139 Kitchen Suites \$149
<b>ACCENT INN</b>	
Address	3233 Maple Street, Victoria BC V8X 4Y9
Distance to Pool	10 minute drive
Phone	1-250-475-7500
Toll Free	1-800-663-0298
Email	<a href="mailto:accent@accentinns.com">accent@accentinns.com</a>
Website	<a href="http://www.accentinns.com/victoria">http://www.accentinns.com/victoria</a>
Restaurant	On-site April 28-30, 2017 Standard 2 queen beds (1-4 Persons): \$99 plus tax Above with kitchenette (1-4 Persons): \$109 plus tax Group #5177590
<b>HOTEL GRAND PACIFIC</b>	
Address	463 Belleville Street, Victoria BC
Distance to Pool	15 minute drive
Toll Free	1-800-663-7550
Reservations	<a href="mailto:reserve@hotelgrandpacific.com">reserve@hotelgrandpacific.com</a>
Website	<a href="http://www.hotelgrandpacific.com">www.hotelgrandpacific.com</a>
Restaurant	On-site April 26-28, 2017 Wavemaker \$149*all rates are quoted single/double occupancy plus applicable taxes 16.15% for our standard rooms with residential-view.
<b>SANDMAN INN</b>	
Address	2852 Douglas Street, Victoria BC V8T 4M5
Distance to Pool	15 minute drive
Phone	(250) 388-0788
Toll Free	1-800-726-3626 (1-800-sandman)
Email	<a href="mailto:llarsen@sandman.ca">llarsen@sandman.ca</a>
Website	<a href="http://www.sandmanhotels.com/en/hotels/bc/victoria.php">http://www.sandmanhotels.com/en/hotels/bc/victoria.php</a>
Restaurant	On-site



## COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool 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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

### VIOLATIONS:

*It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.



- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

**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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

**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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**