



**SWIM BC  
2017 JUNE SENIOR CIRCUIT #3  
LONG COURSE**

**SATURDAY, JUNE 24, 2017 – City Centre Aquatic Complex  
Sanctioned by Swim BC: #21225**

**TIMELINE**

Warm-Up: 11am to noon

Racing: 12:10pm – (approx.) 5:00pm

**LOCATION**

City Centre Aquatic Complex  
1210 Pinetree Way, Coquitlam, BC V3B 7T8

**FACILITY**

8 lanes – **50m** competition pool  
Warm-up space available

**MEET MANAGER**

Ron Froh  
rfroh@gmail.com

**RULES**

All applicable SNC and Swim BC 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 2016-2017 16&O 'AAA' LCM or SCM standards;  
Entry standard for Para swimmers is 2016-2017 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 ronfroh@gmail.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  
Fees payable to **Hyack Swim Club** are due no later than 11:30am on Saturday, June 24, 2017

**ENTRY DEADLINE**

All entries must be received no later than

**Thursday, June 15, 2017, at 9:00pm.**

Psych listing will be available shortly following the deadline.

**SWIM BC CONTACT**

Carrie Matheson - Program Director, Swim BC  
Telephone: 604-898-9100  
Email [carrie@swimbc.ca](mailto:carrie@swimbc.ca)



### Event List

<b>Saturday, June 24, 2017</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
<i>*Relay entries can be all men, all women, or men/women.</i>		

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## 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."**