

October Distance Meet

October 12th-13th, 2024

Sanctioned by Swim BC: #24002

Land Acknowledgement Pacific Coast Swimming would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the lək' ʷəŋən peoples and W SÁNEĆ peoples.

Safe Sport All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.
Deck Changes are explicitly prohibited.
Adult only washrooms (volunteers, coaches, officials) available at the upstairs lobby.
Swimmer only washrooms available at the deck level.

<u>Session Times:</u>	<u>Saturday – Oct 12</u>	<u>Sunday – Oct 13</u>
Warm Up:	12:00-12:50pm	Warm Up: 8:00-8:50am
Start:	1:00pm	Start: 9:00am
Projected Finish:	5:30pm	Projected Finish: 1:00pm

<u>Meet Manager:</u>	Ian Mattock	meets@pacificcoastswimming.com
<u>Meet Referee:</u>	Mac MacDonald	lairdmac@telus.net

Location: Saanich Commonwealth Place
3636 Elk Lake Rd
Victoria, BC

Pool Set Up:

- SCM
- 8 lanes, 25m competition pool
- Omega-Quantum electronic timing, touch pads, scoreboard
- Separate 25m warm-up area available during the meet

Eligibility: All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

Max Number of Participants: The meet will be limited to 150 swimmers; the team entering the 151st swimmer will be accepted.

Entries: Swimmers may swim a maximum of 3 events

Entry Deadline: Deadline for upload of entries to the SNC meet listings website is **Tuesday October 8th by 9:00pm.**

In the event that the Swimming Canada Online System is unavailable, please send the meet entry file directly to meets@pacificcoastswimming.com.

Entry Fees: Individual Entry Fees: \$30
Swim BC Competition Surcharge: \$5.00

Meet Format: This is a senior focused timed-finals distance meet. There are no qualifying standards. Coaches, please use discretion when entering swimmers.

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Meet Rules:

1. This meet will be conducted under Swimming Canada rules and regulations.
2. Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1
4. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
5. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 1. Non-verbal instruction provided by a *support person
 2. Hand signals given by the starter/referee
 3. An external strobe light

** Note that the support person must show a status of "Registered" as support staff in the Swimming Canada registration system.*

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.
6. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
Note: The full details on the Swim BC Event Photography and Video Policy can be found [here](#)
7. Deck entries will be allowed at the discretion of meet management. No new heats will be created. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.
8. During events only one (1) swimmer per lane is permitted.

Scratches:

Scratches received prior Thursday October 10th will not incur Meet Fees.

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.

Scoring

There is no team scoring or awards.

Event List
Saturday Events

Women's Event Number	Event	Men's Event Number
1	400 IM	2
3	800 Free	4

Sunday Events

Women's Event Number	Event	Men's Event Number
5	400 Free	6
7	1500 Free	8

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 or announcement and visible through on deck signage.
- Swim BC recommends that, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

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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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

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