

## START TIMES:

Date	Heats			Finals		
	Warm-ups	Start	Estimated Timeout	Warm-Ups	Start	Estimated Timeout
February 22	10:00 am	11:00 am	2:00 pm	5:00 pm	6:00 pm	8:00 pm
February 23	8:00 am	9:00 am	12:00 pm	2:00 pm	3:00 pm	5:00 pm

## LOCATION:

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

## POOL AND FACILITIES:

- Eight-lane, 50m competition pool.
- Four-lane, 25m dive tank for warm-up/warm-down.
- Ares-Omega electronic timing, touch pads and scoreboard.
- Café and fitness store on site.
- **Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.**

## MEET MANAGER:

Ian Mattock  
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 the age of swimmer on February 22, 2019.
3. Age groups for this meet are 15&U, and 16&O.
4. 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.
5. All swimmers qualified to race at the Swim BC Age-Group Championships are **de-qualified** from racing at this competition as per the Swim BC Championship Meet Blackout Period policy and will not be allowed to compete at this meet.

## GENERAL INFORMATION:

1. This meet to enables teams to bring competitive swimmers of all ages to a Prelims and Finals long course event.
2. For Prelims & Finals events, Prelims will be senior-seeded, swimming slowest to fastest, all age groups combined.

3. There will be a consolation 'B' Finals in 15&U and 16&O events that have 24 or more entries, at the start of warm-ups on February 22<sup>nd</sup>, 2019.
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. Para swimmers are welcome to compete, and classification numbers must accompany entries. This is not a para sanctioned meet.
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 1<sup>st</sup> Annual Ostara swim meet is a Closed-Invitational meet.
2. Entries must be uploaded to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx> prior to the entry deadline.
3. Foreign teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list.
4. **ENTRY DEADLINE: Friday, February 15, 2019 at 12:00PM.**
5. Entries mailed/emailed to Meet Management will not be accepted.
6. **ENTRY LIMITS:** This meet is limited to 200 swimmers.
  - a. Teams will be notified if entries cannot be accepted.
  - b. Individuals are not restricted in number of entries
7. Entries received after the entry deadline may be accepted at the discretion of Meet Management and will be treated as Deck Entries.
8. Entries must show swimmer's ages, or swimmers will be entered in the Open Category.
9. Deck entries will be accepted up until 60 minutes prior to the start of racing and will be allowed for filing empty lanes only. No new heats will be created.
10. Deck entries will be exhibition swims only and will not qualify for Finals.

11. Deck entries must be paid in cash in advance of the swimmer being able to race in that event.
12. **ENTRY FEES:** \$10.00 per individual event; \$9.00 surcharge per swimmer (includes \$5.00 SCP Facility Improvement Fee and \$4.00 Swim BC Provincial Team Splash Fee). Deck entries are \$15 for individual events.
13. Entry fees are due at the beginning of the meet prior to warm-up. 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 Swimmer's and Parents' Association (PCSPA)**.

**SCRATCH RULES:**

1. Final scratch deadline without financial penalty is Monday February 18<sup>th</sup> at 12:00PM. All scratches and changes to entries must be emailed to the Meet Manger at [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com).
2. Initial scratch deadline for Finals will be:
  - a. **Friday**, 30 minutes from the conclusion of the 100 Fly.
  - b. **Saturday**, 30 minutes from the conclusion of the 50 Breast.

**EVENT ORDER:**

Friday		
Women		Men
1	400 Free	2
3	200 Back	4
5	100 Breast	6
7	50 Free	8
9	200 Fly	10
11	50 Back	12
13	200 IM	14
15	100 Fly	16
17	800 Free	18

Saturday		
Women		Men
19	400 IM	20
21	100 Free	22
23	200 Breast	24
25	100 Back	26
27	50 Fly	28
29	200 Free	30
31	50 Breast	32
33	1500 Free	34

# 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 warmup 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.”**