

**START TIMES:**

Date	Morning			Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout	Warm-ups	Finals	Estimated Timeout
Friday, April 26, 2019	8:00 am	9:00 am	2:00 pm	5:00 pm	6:00 pm	8:30 pm
Saturday, April 27, 2019	8:00 am	9:00 am	2:00 pm	5:00 pm	6:00 pm	8:30 pm
Sunday, April 28, 2019	7:30 am	8:30 am	1:30 pm	3:30 pm (EST)	4:30 pm	7:00 pm

**LOCATION:**

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

**POOL AND FACILITIES:**

- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
- 8-lane, 50m competition pool (to run double-ended).
- 4-lane 25-metre dive tank for warm-up/warm-down.
- Ares-Omega electronic timing, touchpads and scoreboard.
- Café and fitness store on site.

**MEET MANAGER:**

Jeff Stevens  
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 26, 2019.
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. Hawaiian theme.
2. This meet enables teams to bring competitive swimmers of all ages to a **Prelims and Finals long course event**.
3. The following minimum entry times must be met for:
  - a. 400m events – 12&U 8:00.00, 14&U 6:00.00, and 15&O 5:30.00;
  - b. 800m Free – 12&U 14:00.00, 14&U 12:00.00 and 15&O 11:00.00; and

- c. 1500 Free – 12&U 24:00.00, 14&U 22:00.00 and 15&O 20:00.00.
4. For Prelims & Finals events, Prelims will be senior-seeded, swimming slowest to fastest, all age groups combined.
  5. Coaches are asked to notify meet management of any events in which they want their swimmers to swim “older” than their chronological age.
  6. Para swimmers are welcome to compete and classification numbers must accompany entries. This is not a para sanctioned meet.
  7. 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.
  8. 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 16th Annual PCS Wavemaker 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. 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: Friday, April 19 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. Entries received after the entry deadline may be accepted at the discretion of Meet Management and will be treated as deck entries.
7. Entries must show swimmers' ages, or swimmers will be entered in the Open category.

- 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.
- Deck entries will be exhibition swims, only, and will not qualify swimmers for Finals or awards.
- Deck entries must be paid in cash in advance of the swimmer being able to race in that event.
- ENTRY FEES:** \$9.50 per individual event; \$14.00 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 \$15 for individual events and \$20 for Relays.
- 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:

- Final scratch deadline without financial penalty is **Monday, April 22 at 12:00PM**. All scratches and changes to entries must be emailed to the Meet Manager at [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com).
- Scratch deadline for Prelims are 30 minutes prior to the start of racing.
- Initial scratch deadlines for Finals are:
  - Friday - 30 minutes from the conclusion of the 100M Freestyle (Event 10); and
  - Saturday/ Sunday - 30 minutes from the conclusion of Prelims.
- The final scratch deadline is 30 minutes prior to the start of Finals.

#### EVENTS:

##### Individual Events

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

##### 400 Events

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

- Positive check-in** is required for top-8 entries for Finals with check-in being 9am on the day the event is swum.

##### 800 and 1500 Free Events

- These events are timed finals.
- Heats will be swum fastest to slowest.
- Slower heats (heats 4 and above) may be double-laned.
- Overflow heats may swim on Sunday at the conclusion of Prelims.
- Swimmers may enter either the 800 Free or the 1500 Free but not both.
- The top-8 entries for each gender across all age groups (12&U, 14&U, and Open) will swim during Finals on Friday.
- Positive check-in** is required for Prelims and Finals with check-in being 9am on the day the event is swum.

##### Relay Events

- ALERT:** New relay event – **Board Shorts Relay**
  - Age groups are 12&U, 14&U, and Open
  - Teams limited to 2 relays per age-group/ gender
  - Board shorts for Boys are long shorts
- Age groups for non-Board Shorts relays are 10&U, 12&U, 14&U, and Open.
- Relays are timed finals.
- Teams limited to 3 relays per team per age-group/ gender for non-Board Shorts relays.
- Swimmers may swim up in Relay events but may not swim on more than one Relay team per age group.
- Deadline for Relay entries will be:
  - Board Shorts Relay at noon on Friday, April 26;**
  - 4x50 F.R. at 7:30pm on Friday, April 26;**
  - 4x50 M.R. at noon on Saturday, April 27; and**
  - 4x100 F.R. at 7:00pm on Saturday, April 27.**
- Deadline for Relay name changes is 45 minutes prior to the start of the session in which the Relay will be swum.

##### MEET RULES:

- The meet will run under Swim BC & SNC rules, including warm-up procedures, scratch, and FINA one-start rule.
- 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.
- Current Swimming Canada swimsuit rule will be in effect.

##### AWARDS:

- 400IM winners receive a large Hawaiian pizza.
- Floret ribbons will be awarded to 1st through 3rd place finishers in each age group for individual events and relays.
- Ribbons will be awarded to 4th through 8th place finishers in each age group for individual events.
- There is no team scoring for this meet.

**EVENT LIST:**

Friday, April 26, 2017		
SESSION	WARM-UPS	COMPETITION
Prelims	8:00 – 8:50am	9:00 - 2:00pm
Finals	5:00 - 5:50pm	6:00 - 8:30pm

GIRLS	BOYS	AGE GROUP	EVENT
1	2	12&U	BOARD SHORT RELAY (4X50) <sup>1</sup>
3	4	14&U	BOARD SHORT RELAY (4X50) <sup>1</sup>
5	6	OPEN	BOARD SHORT RELAY (4X50) <sup>1</sup>
7	8	ALL	200 I.M.
9	10	ALL	50 BREAST
11	12	ALL	200 BACK
13	14	ALL	100 FREE
15	16	ALL	800 FREE
17	18	ALL	1500 FREE

<sup>1</sup> Swum at start of Friday Finals

Sunday, April 28, 2017		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30 - 8:20am	8:30 - 1:30pm
Finals	3:30 - 4:20pm (estimated)	4:30 - 6:30pm

GIRLS	BOYS	AGE GROUP	EVENT
47	48	ALL	400 Free
49	50	ALL	50 Free
51	52	ALL	200 Breast
53	54	ALL	100 Back
55	56	ALL	100 Fly
57	58	10&U	4x100 M.R. <sup>4</sup>
59	60	12&U	4x100 M.R. <sup>4</sup>
61	62	14&U	4x100 M.R. <sup>4</sup>
63	64	OPEN	4x100 M.R. <sup>4</sup>

Saturday, April 27, 2017		
SESSION	WARM-UPS	COMPETITION
Prelims	8:00 - 8:50am	9:00 - 2:00pm
Finals	5:00 - 5:50pm	6:00 - 8:30pm

GIRLS	BOYS	AGE GROUP	EVENT
19	20	10&U	4x50 F.R. <sup>2</sup>
21	22	12&U	4x50 F.R. <sup>2</sup>
23	24	14&U	4x50 F.R. <sup>2</sup>
25	26	OPEN	4x50 F.R. <sup>2</sup>
27	28	ALL	200 FLY
29	30	ALL	50 BACK
31	32	ALL	400 I.M.
33	34	ALL	100 BREAST
35	36	ALL	50 FLY
37	38	ALL	200 FREE
39	40	10&U	4x50 M.R. <sup>3</sup>
41	42	12&U	4x50 M.R. <sup>3</sup>
43	44	14&U	4x50 M.R. <sup>3</sup>
45	46	OPEN	4x50 M.R. <sup>3</sup>

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

<sup>3</sup> Swum at start of Saturday Finals

<sup>4</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
Please contact hotel for rates.	

<b>ACCENT INN</b>	
Address	3110 Douglas 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:dprice@accentinns.com">dprice@accentinns.com</a>
Website	<a href="http://www.accentinns.com/victoria">http://www.accentinns.com/victoria</a>
Restaurant	On-site
April 26-28, 2018 Rates: \$115 - \$135 (for bookings of 4 or more rooms) Remember ask for the Pacific Coast Swimming rate (code 5542458)	

<b>Hotel Zed</b>	
Address	3233 Maple Street, Victoria BC V8Z 3K4
Distance to Pool	10 minute drive
Phone	1-250-388-4345
Toll Free	1-800-663-0298 (ask for Donna Price, <a href="mailto:dprice@accentinns.com">dprice@accentinns.com</a> )
Email	<a href="mailto:dprice@accentinns.com">dprice@accentinns.com</a>
Website	<a href="http://www.hotelzed.com/victoria">www.hotelzed.com/victoria</a>
Restaurant	On-site
Please contact hotel for rates.	

<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, 2019 Wavemaker \$149* all rates are quoted single/double occupancy plus applicable taxes 17.16% 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">http://www.sandmanhotels.com</a>
Please contact hotel for rates.	



## 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."**