

#### TIMELINE

Warm-Up: 10:00 - 11:00am

Racing: 11:10am - (approx.) 4:30pm

#### LOCATION

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

#### FACILITY

8 lanes – **25m** competition pool  
25m warm-up pool also available  
Concession and fitness store on site.

#### MEET MANAGER

NAME: Jeff Stevens

Email : [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.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.

**Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.**

#### ELIGIBILITY

Swimmers appropriately registered with Swim BC or other FINA affiliated organizations.

#### QUALIFYING PERIOD

Times achieved after January 1, 2017.

#### QUALIFYING STANDARDS

Swim BC 2017-2018 Senior Open Standards; DO NOT SUBMIT CONVERTED TIMES.

All LCM entries will be converted by meet management.

#### 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 email:

[meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

#### MEET SIZE

The meet will be limited to a maximum of 300 swimmers.

#### FORMAT

This is an open event - no age groups. All events are timed finals, senior-seeded, slowest to fastest. 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 valid entry times are submitted.

#### FEES

Meet Fees (including Swim BC Provincial Team Splash Fees) \$50.00 per person

SCP Facility Enhancement Fee: \$5.00 per athlete

Fees payable to **Pacific Coast Swimmers' and Parents' Association (PCSPA)** are due no later than 10:30am on Saturday, October 20, 2018.

#### ENTRY DEADLINE

All entries must be received no later than

**Friday, October 12, 2018, 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 [cmatheson@swimbc.ca](mailto:cmatheson@swimbc.ca)

**Event List**

Saturday, October 20, 2018		
Warm-ups 10:00am – 11:00am		
Start 11:10pm		
Anticipated Timeout: 4:30pm		
<u>Women's Event number</u>	<u>Event</u>	<u>Men's Event number</u>
1	200 F.R.	2
3	400 Free	4
5	200 Breast	6
7	100 Free	8
9	50 Fly	10
11	100 IM	12
13	200 Back	14
15	100 Fly	16
17	50 Breast	18
19	200 IM	20
21	100 Back	22
23	50 Free	24
25	200 Fly	26
27	100 Breast	28
29	50 Back	30
31	200 Free	32
33	400 IM	34
35	200 M.R.	36

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PLEASE SUPPORT THEM**



**Team Aquatic  
Supplies**





## 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."**