

ODLUM BROWN COLLEGES CUP PACIFIC 2018 HOSTED BY UBC

NOVEMBER 3–4, 2018



UBC AQUATIC CENTRE
6080 STUDENT UNION BLVD
VANCOUVER, BC, V6T 1Z1
2x 25m (10 Lane) Competition Pools

Contact Info

Meet Director:

Derrick Schoof
778-991-1194
derrick.schoof@ubc.ca

Meet Referee:

Norma Lachance
mathdva@gmail.com

Eligibility

All swimmers must be registered with SNC, U-Sport, USA Swimming, NCAA or a FINA Federation to enter. Varsity team entries are restricted to U-Sport/NCAA eligible swimmers only.

Key Dates

Entry Deadline:

Tuesday October 30 at 12:00pm PDT

Schedule

Date	Prelims Warmup & Start Time		Finals Warmup & Start Time	
Saturday November 3	09:00 AM	10:30 AM	4:00 PM	5:30 PM
Sunday November 4	07:30 AM	09:00 AM	1:30 PM	3:00 PM

Accommodations

UBC Host Hotels:

1. Westin Bayshore Downtown
2. Sandman
3. Holiday Inn
4. Sheraton Airport

Lynsey Stock: 604-633-6429

ENTERING THE MEET

Entry Fees

Combined Team Fee (W & M):	\$300
Non-eligible Swimmer Fee:	\$50
<ul style="list-style-type: none"> EXH (EXH Swimmers can advance to finals if space permits as EXH) Entry into the meet at discretion of the Meet Director 	
"Team West" Swimmer Fee	\$20
<ul style="list-style-type: none"> Fee includes \$4 per swimmer for Swim BC Provincial Team Splash Fee 	
Deck Entry (per event)	\$20

Please make all cheques payable to "UBC Athletics".

Entry Rules

- This is a Closed Invitational Category Competition
- Maximum of 20 swimmers for men and women each per team. Varsity swimmers must be on the playing roster
- No qualifying times needed to enter the meet
- Entry times must be achieved after September 1, 2017.
- NT's will **not** be accepted for entry
- Limit of 3 individual events per day plus relays
- Post high school swimmers training alongside your varsity team may enter as exhibition (Entry into meet at discretion of Meet Director, contact in advance)
- "Team West" High School All Star Team will be entered in the meet (non U-Sport/NCAA eligible) and allowed to advance to finals

DURING THE MEET - General

General Meet Format & Rules

- The current Swim BC/Swimming Canada/FINA rules shall govern the meet, except where specifically modified in this meet package
- Swimming Canada Warm Up Procedures will be in effect (See appendix A for reference)
- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- All events are swum preliminaries and finals with the exception of the timed

final events (Distance Events and All Relays)

- There are “A” and “B” finals for all events using all 10 lanes of the pool
- Finals will run B final prior to A final
- Only 4 swimmers per event per team can advance to finals and a maximum of 3 swimmers per event per team can race in the A or B final.
(example: 3-1/2-2/1-3/3-0/0-3 or less)
- Empty lanes in the “B” final will be filled with next fastest swimmer but will swim exhibition only

Scratches

Preliminary Scratch Deadline:

- Friday November 2nd at 5:00pm for Saturday events
- At the conclusion of 400 Free Finals for Sunday events

Finals Scratch Deadline:

- 30 minutes after conclusion of preliminary session (after 50 Fly on Saturday and 200 IM on Sunday)

Relays

All relays will be swum during the Finals sessions.

- 2 Relay Teams per team may be entered in a relay event
- Only 1 Relay Team per team in the A Final
- Only the “A” Relay Team can score with the Final Heat seeding the top 10 “A” Team Relays
- Relay times must be entered for seeding
- Team scoring using U-Sport scoring format. Double for relays (See scoring)

DURING THE MEET – Time Finals

800M & 1500M Freestyle

*Positive check-in is required for all swimmers on Sunday November 4 by 9:30am

- There is a limit of 4 heats each for distance events. Team must supply timers for swimmers entered
- Distance events will be seeded with no team limitations
- Top 10 seed times will be swum in finals
- Morning Heat Swim will run fastest to slowest, alternating Women/Men

DURING THE MEET – Scoring and Awards

Individual A Final:	24-21-20-19-18-17-16-15-14-13
Individual B Final:	11-9-8-7-6-5-4-3-2-1
Relay A Final:	48-42-40-38-36-34-32-30-28-26
Awards:	For top male and top female teams

NOTES

- Please contact Meet Director if you require pre-meet training
- Host team will supply pizza and drinks on Saturday after finals

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ORDER OF EVENTS

Saturday November 3, 2018

Women's Event #	Event	Men's Event #
1	4x 50 Medley Relay (Finals Only)	2
3	400 IM	4
5	100 Free	6
7	200 Fly	8
9	50 Breast	10
11	100 Back	12
13	400 Free	14
15	100 IM	16
17	200 Breast	18
19	50 Fly	20
21	4 x 100 Free Relay (Finals Only)	22

Sunday November 4, 2018

Women's Event #	Event	Men's Event #
23	4x 50 Free Relay (Finals Only)	24
25	100 Breast	26
27	50 Back	28
29	200 Free	30
31	100 Fly	32
33	200 Back	34
35	50 Free	36
37	200 IM	38
39	800 W / 1500 M Free (Fastest heat swum in finals)	40
41	4 x 100 Medley Relay (Finals Only)	42

APPENDIX- A



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."**

September 26, 2016