

START TIMES:

| Date | Morning | | | Afternoon | | |
|----------------------------|----------|---------------|-------------------|-----------|---------|-------------------|
| | Warm-ups | Preliminaries | Estimated Timeout | Warm-ups | Finals | Estimated Timeout |
| Friday, December 6, 2019 | 7:30 am | 8:30 am | 1:30 pm | 4:00 pm | 5:00 pm | 8:30 pm |
| Saturday, December 7, 2019 | 7:30 am | 8:30 am | 1:30 pm | 4:00 pm | 5:00 pm | 8:30 pm |
| Sunday, December 8, 2019 | 7:30 am | 8:30 am | 1:30 pm | 3:30 pm | 4:30 pm | 8:00 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.
- Two 25-metre, 8 lane competition pools separated by a bulk-head.
- A 25-metre dive tank for warm-up/warm-down.
- Ares-Omega electronic timing, touch pads and scoreboard.

MEET MANAGER:

Jeff Stevens/ Willow Rupert
Email: 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 December 6, 2019.
3. Age groups for this meet are 12&U, 13&14 and 15&O.
4. To assist with building accurate timeouts, NT's will not be accepted for entries. Please include Swim Canada validated SC times or, at a minimum, estimated/ practice times for all entries where swimmers have NT's in their event.
5. Relay event entries must include entry times for seeding and for building accurate timeouts.
6. Swimmers from Pacific Coast Swimming may be entered in events with empty lanes.

GENERAL INFORMATION:

1. The intent of this meet is to provide the opportunity for competitive swimmers of all ages and levels to compete in Preliminary and Finals sessions.
2. Preliminaries will swim in two pools, senior seeded slowest to fastest, for all age groups combined. Pool assignment will be by team.
3. To preserve timeouts, Meet Management may swim Finals Events in two pools broken out by gender.

4. Para swimmers are welcome to compete and classification numbers must accompany entries. This is not a para sanctioned meet.
5. Meet Management reserves the right to limit/alter the meet to fit timelines such as limit entries, double-lane events, move preliminary swims between pools for load balancing, 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.
6. Teams requesting official splits are responsible for supplying timers for their swimmers.

ENTRY INFORMATION:

1. The 17th Annual PCS XMAS Cracker 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: Saturday, November 30th at 12:00PM.**
4. Entries mailed/ emailed to Meet Management will not be accepted.
5. **ENTRY LIMITS:**
 - a. The total number of swimmers attending the meet will be limited to 700.
 - b. Individual entries are limited to 8 events per swimmer (for the 700 swimmer entry limit). Meet Management reserves the right to limit entries to ensure reasonable session lengths.
 - c. Limits for the 400, 800, and 1500 events are as follows:
 - i. 400 Free = 80 entries for each gender
 - ii. 400 Medley = 72 entries for each gender
 - iii. 800 Free = 32 entries for each gender
 - iv. 1500 Free = 24 entries for each gender
6. 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 do not qualify swimmers for Finals or awards.

7. Entries received after the entry deadline may be accepted at the discretion of Meet Management and will be treated as deck entries. Deck entries will be exhibition swims, only, and do not qualify swimmers for Finals or awards.
8. Deck entries must be paid in cash in advance of the swimmer being able to race in that event.
9. Entries must show swimmers' ages, or swimmers will be entered in the 15&O category.
10. **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.
11. 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:

1. Final scratch deadline without financial penalty is **Monday, December 2nd at 12:00PM**. All scratches and changes to entries must be emailed to the Meet Manager at meets@pacificcoastswimming.com.
2. Initial scratch deadline for Finals will be:
 - a. **Friday**, 30 minutes from the conclusion of the 50m Breaststroke;
 - b. **Saturday**, 30 minutes from the conclusion of Preliminaries; and
 - c. **Sunday**, 30 minutes from the conclusion of the 200m Breaststroke.

EVENTS:

Individual Events

1. 50 Fly, 50 Back and 50 Breast are timed final events during preliminary sessions. 50 Free will swim as Preliminaries and Finals.
2. Pool configuration for Finals is as follows: To preserve timeouts, Meet Management may swim Finals Events in two pools broken out by gender.
3. Age groups for Finals are: 12&U, 13&14 and 15&O.
4. There will be a consolation 'B' Finals in 12&U and 13-14 events that have 40 or more entries as well as 15&O events that have 20 or more entries at the start of warm-ups on Friday, December 6th, 2019.

400 Free and 400 Individual Medley Events

1. There will be 'A' Finals only.

800 and 1500 Free Events

1. These events are timed finals and will swim fastest to slowest.
2. Swimmers may enter either the 800 Free or the 1500 Free but not both.

3. The top 8 entries for each gender, all ages combined, will swim at the end of Friday Finals (for 1500 Free) and Sunday Finals (for 800 Free). Slower heats will swim in Prelims, all ages combined.
4. **Positive check-in** is required for Prelims and Finals with check-in being 9am on the day the event is swum.
5. Lap counter cards will not be provided.

Relay Events

1. Relay entries are limited to 3 teams per age group & gender.
2. Relays are timed finals and will swim at the beginning of Friday and Saturday afternoon Finals sessions. No Sunday relays.
3. Relays may be swum in 2 pools.
4. Swimmers may swim up in Relay events but may not swim on more than one Relay team per age group.
5. Deadline for Relay entries will be **noon** on the day of the Relay event.
6. Deadline for Relay name changes is 60 minutes prior to the start of the Finals session on the day the Relay is swum.

MEET RULES:

1. The meet will run under Swim BC and Swimming Canada rules, including Swimming Canada warm-up procedures and the FINA one-start rule.
2. 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.
3. Current Swimming Canada swimsuit rule will be in effect.

AWARDS:

1. Seasonal prizes will be distributed among top-3 finals performances by random draw.
2. Best time prizes will also be awarded by draw (3 female, 3 male).
3. There is no team scoring for this meet.

EVENT LIST

| Friday, December 6, 2019 | | |
|--------------------------|-------------|---------------|
| SESSION | WARM-UPS | COMPETITION |
| Prelims | 7:30-8:20am | 8:30am-1:30pm |
| Finals | 4:00-4:50pm | 5:00-8:30pm |

| GIRLS | BOYS | AGE GROUP | EVENT |
|-------|------|-----------|----------------------|
| 1 | 2 | ALL | 50 FLY |
| 3 | 4 | ALL | 200 FREE |
| 5 | 6 | ALL | 50 BACK |
| 7 | 8 | ALL | 200 IM |
| 9 | 10 | ALL | 50 BREAST |
| 11 | 12 | ALL | 1500 FREE |
| 13 | 14 | 12&U | 4X50 MR ¹ |
| 15 | 16 | 13-14 | 4X50 MR ¹ |
| 17 | 18 | 15&O | 4X50 MR ¹ |

¹ Swum at start of Friday Finals

| Saturday, December 7, 2019 | | |
|----------------------------|-------------|---------------|
| SESSION | WARM-UPS | COMPETITION |
| Prelims | 7:30-8:20am | 8:30am-1:30pm |
| Finals | 4:00-4:50pm | 5:00-8:30pm |

| GIRLS | BOYS | AGE GROUP | EVENT |
|-------|------|-----------|----------------------|
| 19 | 20 | ALL | 400 FREE |
| 21 | 22 | ALL | 100 BREAST |
| 23 | 24 | ALL | 200 BACK |
| 25 | 26 | ALL | 100 FREE |
| 27 | 28 | ALL | 200 FLY |
| 29 | 30 | 12&U | 4x50 FR ² |
| 31 | 32 | 13-14 | 4x50 FR ² |
| 33 | 34 | 15&O | 4x50 FR ² |

² Swum at start of Saturday Finals

| Sunday, December 8, 2019 | | |
|--------------------------|----------------------------|---------------|
| SESSION | WARM-UPS | COMPETITION |
| Prelims | 7:30-8:20am | 8:30am-1:30pm |
| Finals | 3:30-4:20pm (estimated) | 4:30-8:00pm |

| GIRLS | BOYS | AGE GROUP | EVENT |
|-------|------|-----------|------------|
| 35 | 36 | ALL | 400 IM |
| 37 | 38 | ALL | 100 Fly |
| 39 | 40 | ALL | 50 Free |
| 41 | 42 | ALL | 100 Back |
| 43 | 44 | ALL | 200 Breast |
| 45 | 46 | ALL | 800 Free |



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."