



**2021 OCTOBER SENIOR CIRCUIT
SHORT COURSE
SATURDAY, OCTOBER 30, 2021**

Sanctioned by Swim BC: #36222

TIMELINE

Warm-Up: 11:30am – 12:30pm
Racing: 12:40pm - (approx.) 5:00pm

LOCATION

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

FACILITY

- 8 lanes – **25m** competition pool
- 25m warm-up pool also available
- ARES time recording system
- Fitness store on site.

MEET MANAGER/ MEET REFEREE

NAME: Jeff Stevens
Email : meets@pacificcoastswimming.com

RULES

- All applicable SNC and Swim BC rules will be observed.
- SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.
- Saanich Commonwealth Place COVID protocols will be in place.

Safe Sport Statement: All interactions between an athlete and an individual who is on a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

ELIGIBILITY

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

QUALIFYING PERIOD

Times achieved after January 1, 2019.

QUALIFYING STANDARDS

Swim BC 2021-2022 18 & OVER 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. For questions regarding receipt of entries, please email: meets@pacificcoastswimming.com

MEET SIZE

The meet will be limited to a maximum of 125 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 Competition Surcharge Fee and SCP Facility Enhancement Fee) **\$55.00 per person**

Fees payable to *Pacific Coast Swimmers' and Parents' Association (PCSPA)* are due no later than 12:00pm on Saturday, October 30, 2021.

ENTRY DEADLINE

- All entries must be received no later than Monday, October 25, 2021, at 9:00pm.
- Deck entries are allowed and must be accompanied by proof of current registration, date of birth and SNC registration number.
- Scratch deadline is Saturday, October 30th.



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Event List

Saturday, October 30, 2021		
Warm-ups 11:30am – 12:30pm		
Start 12:40pm		
Anticipated Timeout: 5:00pm		
<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



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."