

**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 bulkhead.
- A 25-metre dive tank for warm-up/warm-down.
- ARES-Omega electronic timing, touch pads and scoreboard.
- Fitness store on site.

**MEET MANAGER:**

Jeff Stevens  
Email: [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

**COVID RULES:**

- COVID protocols for Saanich Commonwealth Place will be in force.
- There will be **NO SPECTATORS** at the meet.
- Masks are mandatory for all participants in the swim meet and must be always worn with the only exceptions being when the athlete is swimming or preparing to race.
- All meet participants aged 12&Over including swimmers, coaches and officials must be double vaccinated and provide proof of vaccination in order to participate. Proof of vaccination will be checked on an individual's initial entry into the swim meet.
- Teams will have assigned seating areas in the stands above the pool deck and are required to remain with their teams. There will be no team areas on the pool deck itself.
- Marshaling areas will be setup on the pool deck and swimmers must follow marshals' directions and adhere to instructions on posted signage when mustering for their races.
- The northwest upper doors at the rear of the pool will be used by all swim meet participants (including swimmers, coaches, and officials) for entering and exiting the venue.
- There will be mandatory 30-minute breaks between all 11&Under and 12&Over sessions. All swimmers and coaches are required to fully clear the pool deck for the duration of the break.

**MEET RULES:**

1. The meet will run under Swimming Canada rules.
2. SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.

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

**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 3, 2021.
3. Age groups for this meet are 11&Under, 12&13, 14&15, Open.
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 purposes and for building accurate timeouts.
6. Swimmers from Pacific Coast Swimming may be entered in events with empty lanes.

**GENERAL INFORMATION:**

1. Para swimmers are welcome to compete, and classification numbers must accompany entries. This is not a para sanctioned meet.
2. Meet Management reserves the right to limit/alter the meet to fit timelines. Steps that may be taken include limiting entries, moving preliminary swims between pools for load balancing (for 12&O age groups), and/or rescheduling 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.
3. Teams requesting official splits are responsible for supplying timers for their swimmers.

**ENTRY INFORMATION:**

1. The 19<sup>th</sup> 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: Tuesday, November 30<sup>th</sup> 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 500.
    - i. 11&U entry limit is 150 swimmers
    - ii. 12&O entry limit is 350 swimmers
  - b. Individual entries are limited to 8 events per swimmer (for the 500-swimmer entry limit). Meet Management reserves the right to limit entries to ensure reasonable session lengths.
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:** \$11 per individual event; \$20.00 per relay; plus the \$4.00 Swim BC Competition Surcharge per swimmer.
  - a. Deck entries are \$15 for individual events and \$30 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 fees, **payable to Pacific Coast Swimmers' and Parents' Association (PCSPA).**

**SCRATCH RULES (FOR MEET ENTRIES):**

1. Final scratch deadline without financial penalty is **Thursday, December 2<sup>nd</sup> at 12:00PM.** All scratches and changes to entries must be emailed to the Meet Manager at [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com).

**AWARDS:**

1. Magic Number prizes for times ending in 0.19.
2. Best time prizes will also be awarded by draw (3 female, 3 male).
3. Seasonal prizes will be distributed among top-3 finals performances by random draw.
4. There is no team scoring for this meet.

**MEET RULES SPECIFIC TO: 12&Over Age Groups**

**START TIMES:**

Date	Morning			Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout	Warm-ups	Finals	Estimated Timeout
Friday, December 3, 2021	7:30 am	8:40 am	12:00 pm	4:30 pm	5:40 pm	8:30 pm
Saturday, December 4, 2021	7:30 am	8:40 am	12:00 pm	4:30 pm	5:40 pm	8:30 pm
Sunday, December 5, 2021	7:30 am	8:40 am	12:00 pm	4:30 pm	5:40 pm	8:00 pm

**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.

**WARMUP PROCEDURES:**

1. Teams will be assigned lanes for warmup.
2. There is an unlimited number of swimmers per lane for warmup but they must be from the same team.
3. Twenty (20) minutes prior to the end of warm-up teams will be permitted to execute practice starts (sprint/dive).
  - a. Teams will be required to clear their lane(s) and confirm with the Safety Marshal before starting sprints.
  - b. Swimming for sprints is one-way, only, with swimmers starting their sprints from the starting blocks and exiting the pool on the bulkhead.
4. There will be no pace lanes designated for warm-ups.

**ENTRY INFORMATION:**

1. Limits for the 400, 800, and 1500 events are as follows:
  - a. 400 Free = 24 entries for each gender
  - b. 400 Medley = 24 entries for each gender
  - c. 800 Free = 16 entries for each gender; entry standard of 13:00.00
  - d. 1500 Free = 16 entries for each gender; entry standard of 24:00.00

**SCRATCH RULES (FOR FINALS):**

**Scratches received prior (Dec 2<sup>nd</sup>, 2021 at noon) will not incur Meet Fees.**

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
2. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
  - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
  - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
  - c. For finals, email scratches will not be accepted.

**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&13, 14&15 and Open.
4. There will be a consolation 'B' Finals in 12&13 and 14&15 events that have 24 or more entries as well as Open events that have 16 or more entries at the start of warm-ups on Friday, December 3<sup>rd</sup>, 2021.

**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. Age Groups for Relay Events will be 12 years old, 13&14, 15&Over.
2. Relay entries are limited to 2 teams per age group & gender.
3. Relays are timed finals and will swim at the beginning of Friday and Saturday afternoon Finals sessions. No Sunday relays.
4. Relays may be swum in 2 pools.
5. Swimmers may swim up in Relay events but may not swim on more than one Relay team per age group.
6. Deadline for Relay entries will be **noon** on the day of the Relay event.
7. Deadline for Relay name changes is 60 minutes prior to the start of the Finals session on the day the Relay is swum.

## EVENT LIST

Friday, December 3, 2021		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30-8:30am	8:40am-12:00pm
Finals	4:30-5:30pm	5:40-8:30pm

Saturday, December 4, 2021		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30-8:30am	8:40am-12:00pm
Finals	4:30-5:30pm	5:40-8:30pm

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	12-13	4X50 MR <sup>1</sup>
15	16	14-15	4X50 MR <sup>1</sup>
17	18	Open	4X50 MR <sup>1</sup>

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	12-13	4x50 FR <sup>2</sup>
31	32	14-15	4x50 FR <sup>2</sup>
33	34	Open	4x50 FR <sup>2</sup>

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

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

Sunday, December 5, 2021		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30-8:30am	8:40am-12:00pm
Finals	4:30-5:30pm	5:40-8:00pm

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

**MEET RULES SPECIFIC TO: 11&Under Age Group**

**START TIMES:**

Date	Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout
Friday, December 3, 2021	12:30 pm	1:40 pm	4:00 pm
Saturday, December 4, 2021	12:30 pm	1:40 pm	4:00 pm
Sunday, December 5, 2021	12:30 pm	1:40 pm	4:00 pm

**GENERAL INFORMATION:**

- All Events are **timed finals** and will take place in the West Pool, senior seeded slowest to fastest.

**WARMUP PROCEDURES:**

- Teams will be assigned lanes for warmup.
- There is a maximum of six (6) swimmers per lane for warmup and they must be from the same team.
- Twenty (20) minutes prior to the end of warm-up teams will be permitted to execute practice starts (sprint/dive).
  - Teams will be required to clear their lane(s) and confirm with the Safety Marshal before starting sprints.
  - Swimming for sprints is one-way, only, with swimmers starting their sprints from the starting blocks and exiting the pool on the bulkhead.
- There will be no pace lanes designated for warm-ups.

**ENTRY INFORMATION:**

- Limits for the 400, and 800 events are as follows:
  - 400 Free = 16 entries for each gender
  - 400 Medley = 8 entries for each gender
  - 800 Free = 8 entries for each gender; entry standard of 13:00.00

**EVENTS:**

- All Events for the 11&Under age group are **Timed Finals**.

**RELAY EVENTS:**

- Age Groups for Relay Events will be 10&Under and 11 years old.
- Relay entries are limited to 2 teams per gender.
- Relays are timed finals and will swim at the beginning of Friday and Saturday afternoon Timed Finals sessions. No Sunday relays.
- Deadline for Relay entries will be **45 minutes prior to the start of racing** on the day of the Relay event.
- Deadline for Relay name changes is 30 minutes prior to the start of the Timed Finals session on the day the Relay is swum.

## EVENT LIST

Friday, December 3, 2021		
SESSION	WARM-UPS	COMPETITION
Timed Finals	12:30-1:30pm	12:40-4:00pm

Saturday, December 4, 2021		
SESSION	WARM-UPS	COMPETITION
Timed Finals	12:30-1:30pm	12:40-4:00pm

GIRLS	BOYS	AGE GROUP	EVENT
213	214	11&U	4X50 MR
201	202	11&U	50 FLY
203	204	11&U	200 FREE
205	206	11&U	50 BACK
207	208	11&U	200 IM
209	210	11&U	50 BREAST

GIRLS	BOYS	AGE GROUP	EVENT
229	230	11&U	4x50 FR
219	220	11&U	400 FREE
221	222	11&U	100 BREAST
223	224	11&U	200 BACK
225	226	11&U	100 FREE
227	228	11&U	200 FLY

Sunday, December 5, 2021		
SESSION	WARM-UPS	COMPETITION
Timed Finals	12:30-1:30pm	12:40-4:00pm

GIRLS	BOYS	AGE GROUP	EVENT
235	236	11&U	400 IM
237	238	11&U	100 Fly
239	240	11&U	50 Free
241	242	11&U	100 Back
243	244	11&U	200 Breast
245	246	11&U	800 Free



## COMPETITION WARM-UP SAFETY PROCEDURES

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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.”**