



**20th ANNUAL PCS XMAS CRACKER
INVITATIONAL SC SWIM MEET**

Friday, December 9, 2022 to
Sunday, December 11, 2022
Sanctioned by Swim BC: #37976

Date	Morning			Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout	Warm-ups	Finals	Estimated Timeout
Friday, December 9, 2022	7:30 am	8:30 am	1:30 pm	4:00 pm	5:00 pm	8:30 pm
Saturday, December 10, 2022	7:30 am	8:30 am	1:30 pm	3:45 pm	4:45 pm	8:15 pm
Sunday, December 11, 2022	7:30 am	8:30 am	1:30 pm	3:30 pm	4:30 pm	8:00 pm

SAFE SPORT:

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.

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.
- Quantum-Omega electronic timing system.

MEET MANAGER:

Robert Macdonald / Doreen Meldrum
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 9, 2022.
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.

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 20th 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 29th 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 = 16 each age group, each gender
 - ii. 400 IM = 16 each age group, each gender
 - iii. 800 Free = 24 entries for each gender; entry standard of 12:30.00



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- iv. 1500 Free = 24 entries for each gender; entry standard of 23:30.00
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:** \$11.00 per individual event; \$15.00 per relay; \$10.00 surcharge per swimmer (includes \$5.00 SCP Facility Improvement Fee and \$5.00 Swim BC Competition Surcharge). 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 5th 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 9th, 2022.

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 Swim BC warm-up procedures.
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.

AWARDS:

1. Magic Number prizes for times ending in .20.
2. Large pizza for 400IM winners per age group and gender.
3. Best time prizes will also be awarded by draw (3 female, 3 male).
4. Seasonal prizes will be distributed among top-3 finals performances by random draw.
5. There is no team scoring for this meet.

EVENT LIST

Friday, December 9, 2022		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30-8:20am	8:30am-1:30pm
Finals	4:00-4:50pm	5:00-8:30pm

Saturday, December 10, 2022		
SESSION	WARM-UPS	COMPETITION
Prelims	7:30-8:20am	8:30am-1:30pm
Finals	3:45-4:35pm	4:45-8:15pm

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

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

¹ Swum at start of Friday Finals

² Swum at start of Saturday Finals

Sunday, December 11, 2022		
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 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.”