



21st Annual PCS Christmas Cracker

December 8th - 10th, 2023

Sanctioned by Swim BC: #39813

Host: Pacific Coast Swimming

Meet Manager(s): Mike Sanborn & Doreen Meldrum

(meets@pacificcoastswimming.com)

Meet Referee: Jeff Stevens

Volunteer Coordinator: Angus Ross

(volunteerPCS@gmail.com)

Venue: Saanich Commonwealth Place (SCP), 4636 Elk Lake Drive, Victoria, BC, V8Z 5M1

Pool & Facilities:

- Two 8 x 25m competition pools separated by a bulkhead
- 4 x 25m lanes in dive tank for warm up & warm down
- Quantum-Omega electronic timing, touch pads & scoreboard
- Coffee shop available on site.

1. Eligibility

- All swimmers must be registered with Swim BC, Swimming Canada, or other World Aquatics recognized club.
- Age groups for this meet are 12&Under, 13-14, and 15&Over.
- Swimmer age is based on the first day of competition.

2. General information

- 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.
- Preliminaries will swim in two pools, senior seeded slowest to fastest, for all age groups combined. Pool assignment will be by team.
- To preserve timeouts, Meet Management may swim Finals Events in two pools broken out by gender.
- Para swimmers are welcome to compete, and classification numbers must accompany entries. This is not a para sanctioned meet.
- 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.
- Teams requesting official splits are responsible for supplying timers for their swimmers.

3. Meet Rules

- All Swimming Canada Rules will be in effect.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
- Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
- 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.

- All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.

Table 1: Warm-Up and Session Times

Friday December 8th, 2023		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	4:00 pm - 4:50 pm
	Start	5:00 pm - 8:00 pm
Saturday December 9th, 2023		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	4:00 pm - 4:50 pm
	Start	5:10 pm - 8:00 pm
Sunday December 10th, 2023		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	3:30 pm - 4:20 pm
	Start	4:30 pm - 7:30pm

Table 2: Key Dates and Deadlines

Trigger	Deadline
Entries	Saturday November 25th, 2023
No-Charge Scratch	Tuesday, December 5th, 2023
Fee Payment	9:00 am Friday December 8th, 2023
Positive Check-in (800 & 1500 Free)	9:00 am the day the event is swum
Finals Scratch	30 min. following the completion of the day's preliminary events.
Relay Names	30 min. following the completion of the day's preliminary events.

- Parents are not permitted on deck unless volunteering for that session.
- ALL photographers must have applied for and received permission from meet management prior to the start of the meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the club's use only. Requests for photographers can be sent to the Meet Manager. Flash photography will not be permitted at the start of each race.
- All participants are to respect the facility rules including: no food on deck, no deck changing and no outside shoes on deck.
- Teams are expected to keep their respective areas clean, including at the conclusion of each session.

21st Annual PCS Christmas Cracker

December 8th - 10th, 2023

Sanctioned by Swim BC: #39813

- j) Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

4. **Entries & Deadline**

- a) The 21st Annual PCS XMAS Cracker is a Closed-Invitational meet. Entries must conform to Entry Limits detailed in Section 5.
- b) Meet entries must be uploaded no later than midnight **Saturday, November 25th, 2023**. Submit entry files to www.swimming.ca/MeetList.aspx. Entries submitted directly to the meet manager will not be accepted.
- c) Foreign teams should upload their entry files through this same process using the "Out of Country" option in the province drop down list.
- d) 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.
- e) Entry times are to be submitted in SC meters established to a hundredth of a second. LC times converted by HyTek's Team Manager or Team Unify will be accepted.
- f) 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.
- g) Relay event entries must include entry times for seeding and for building accurate timeouts.
- h) Entry fees must be received by meet management by **9:00 am, Friday December 8th, 2023**.
 - i) Individual Events: \$12.00/event
 - ii) Relay Events: \$16.00/event
 - iii) In addition, Swim BC requires a \$5.00 per swimmer Competition Surcharge, and SCP requires a \$5.00 per swimmer facility improvement surcharge.
 - iv) Please make cheques payable to Pacific Coast Swimmers' and Parents' Association (PCSPA)
- i) No Charge scratch deadline is **Saturday December 2d, 2023**. Email scratches to: meets@pacificcoastswimming.com. Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.
- j) Initial scratch deadlines for Finals will be **30 minutes following** the completion of the Preliminary events (excluding timed-final events).
- k) Deck entries will be accepted up until 60 minutes prior to the start of the session for 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.

- l) Deck entries must be paid in cash in advance of the swimmer being able to race in that event.

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).
- c) Meet Management reserves the right to limit entries to ensure reasonable session lengths.
- d) 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
 - iv. 1500 Free = 24 entries for each gender; entry standard of 23:30.00

6. **Individual Events**

- a) 50 fly, back, and breast will be swum as Timed Finals during preliminary sessions. 50m freestyle will be swum in Preliminaries and Finals.
- b) Individual events 200m or less will be seeded slowest to fastest, in open age groups. Finals will swim in age groups: 12&U, 13-14 and 15&O.
- c) There will be a Consolation "B" Final for all events with 32 or more entries for 12&U and 13-14 age groups, and for events with more than 20 entries for the 15&O age group. B-Finals will be swum after the completion of the A-Finals.
- d) Finals will be swum in one pool, however at the discretion of meet management finals may be swum in two pools separated by gender in order to maintain session timeouts.

6.1 **400m events (400 Free and 400 IM)**

- a) These events will have A finals only.

6.2 **800 Free and 1500 Free events**

- a) These events will be swum as timed finals.
- b) Swimmers are limited to 1 distance (800m or 1500m Free) event.
- c) Positive check-in deadline for 800m and 1500m events is **9:00 am on the day the event is swum**.
- d) The top 8 entries for each gender, regardless of age, 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.
- e) Swimmers will be seeded by time but awarded by age group.
- f) These events may be swum with 2 swimmers per lane.
- g) Heats swum in prelims will be fastest to slowest alternating girls' and boys' heats, if feasible.

7. **Relay Events**

- a) Clubs may enter a maximum of 3 relay teams per age group per gender.

21st Annual PCS Christmas Cracker December 8th - 10th, 2023

Sanctioned by Swim BC: #39813

- b) Clubs may enter a maximum of 3 teams per age group for mixed medley relay.
- c) Relay name changes are to be submitted to the Clerk of Course no later than **30 minutes following** the completion of the preliminary events.
- d) There are no qualifying times for relays; however, please submit entry times for seeding purposes.
- e) Relays are timed final events and will be swum at the beginning of the Friday and Saturday finals sessions.
- f) There are no relays scheduled for Sunday.
- g) Relays may be swum in 2 pools.
- h) Swimmers may swim up in relay events but may not swim on more than one relay team per age group.

8. **Awards**

- a) Magic Number prizes for times ending in .21.
- b) Large pizza for 400 IM winners per age group and gender.
- c) Best time prizes will also be awarded by draw (3 female, 3 male).
- d) Seasonal prizes will be distributed among top-3 finals performances by random draw.
- e) There is no team scoring for this meet

9. **Safe Sport**

Swimming Canada believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an

athlete. 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.

All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures, including but not limited, to the Code of Conduct and Professional Ethics, the Equity, Diversity and Inclusion Policy, and the Harassment Policy. For more information regarding the Swimming Canada Safe Sport Program please visit www.swimming.ca/safe-sport

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to also discourage deck changing and help keep the sport safe for everyone involved.

21st Annual PCS Christmas Cracker December 8th - 10th, 2023

Sanctioned by Swim BC: #39813

Event Order

Female	Friday Dec. 8th Prelims	Male
1	50 Fly (TF)	2
3	200 Free	4
5	50 Back (TF)	6
7	200 IM	8
9	50 Breast (TF)	10
11	1500 Free (TF)	12

Female	Friday Dec. 8th Finals	Male
101	12&U Relay 4x50 Medley	102
103	13-14 Relay 4x50 Medley	104
105	15&O Relay 4x50 Medley	106
3	200 Free	4
7	200 IM	8
11	1500 Free **	12

Female	Saturday Dec. 9th Prelims	Male
13	400 Free	14
15	100 Breast	16
17	200 Back	18
19	100 Free	20
21	200 Fly	22

Female	Saturday Dec. 9th Finals	Male
201	12&U Relay 4x50 Free	202
203	13-14 Relay 4x50 Free	204
205	15&O Relay 4x50 Free	206
13	400 Free (A Final Only)	14
15	100 Breast	16
17	200 Back	18
19	100 Free	20
21	200 Fly	22

Female	Sunday Dec. 10th Prelims	Male
23	400 IM	24
25	100 Fly	26
27	50 Free	28
29	100 Back	30
31	200 Breast	32
33	800 Free	34

Female	Sunday Dec. 10th Finals	Male
23	400 IM (A Final Only)	24
25	100 Fly	26
27	50 Free	28
29	100 Back	30
31	200 Breast	32
33	800 Free **	34

** = Fastest heats by gender.

< = Finals scratch and relay name change deadline 30 minutes following completion of this event.



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.

**21st Annual PCS Christmas Cracker
December 8th - 10th, 2023**

Sanctioned by Swim BC: #39813



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.”