



**19th ANNUAL WAVEMAKER LCM
INVITATIONAL SWIM MEET**

**Friday, April 19, 2024 to
Sunday, April 21, 2024**
Sanctioned by Swim BC: # 39814

Date	Morning			Afternoon		
	Warm-Ups	Preliminaries	Estimated Timeout	Warm Ups	Preliminaries	Estimated Timeout
Friday April 19, 2024	8:00 am	9:00 am	2:00 pm	5:00 pm	6:00 pm	8:30 pm
Saturday April 20, 2024	8:00 am	9:00 am	2:00 pm	5:00 pm	6:00 pm	8:30 pm
Sunday April 21, 2024	7:30 am	8:30 am	1:30 pm	3:30 pm	4:30 pm	7:00 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.

Meet Manager: Darci Greenfield
meets@pacificcoastswimming.com

Meet Referee: Mac MacDonald

Location: Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC, V8Z 5M1

Pool Set Up: 8-lane 50m competition pool
Quantum-Omega Timing System, touchpads, plungers
4-lane 25m warm-up/warm-down.

Eligibility:

1. All swimmers are required to be registered with Swim BC, Swimming Canada, or other World Aquatics affiliated organizations.
2. Age group is determined by age of swimmers on April 19, 2024.
3. The meet is limited to 400 swimmers. Teams will be notified if entries cannot be accepted.

Entries:

1. To assist with building accurate timeouts, NT's will not be accepted for entries. Please estimate a time for swimmers without a validated time in an event.
2. Wavemaker is a Closed-Invitational meet.
3. Entries must be uploaded to the Swimming Canada website prior to the entry deadline.
4. Entries received after the deadline may be accepted at the discretion of Meet Management and will be treated as deck entries. Deck entries for swimmers not already entered in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration, date of birth, and SNC registration number.
5. Individual entries are limited to 8 events per swimmer.



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Entry Deadline: **Tuesday April 9th at 12:00 PM**

Entry Fees: \$14.00 per individual event
 \$16.00 per relay event
 \$5.00 Swim BC Competition Surcharge
 \$25.00 per deck entry
Entry fees are payable to **Pacific Coast Swimmers' and Parents' Association (PCSPA)** or
via e-transfer to payments@pacificcoastswimming.com
All fees must be e-transferred or paid to the Meet Administration desk prior to the start
of the meet.

Meet Format:

Individual Events

1. 50 Fly, 50 Back, and 50 Breast are timed final events during preliminary sessions.
2. For 50m freestyle & 100m individual events, age groups for seeding finals are:
10&U, 11, 12, 13-14, and 15&O if 16 or more starters per age group.
10&U, 11-12, 13-14, and 15&O where fewer than 16 starters per age group
3. For 200m individual events, Finals age groups are 10&U, 11-12, 13-14, and 15&O.
4. There will be no consolation Finals for 10&U, 11-12 or 13-14 events. There will be
consolation finals for 15&O events if there are 16 or more starters per event.
5. Para swimmers are welcome to compete and classification numbers must
accompany entries. This is not a para sanctioned meet. A para warm up lane will be
made available if requested.

400m Events

1. These events are timed finals.
2. Age groups for these events are 12&U, 13-14, and 15&O.
3. The top-8 entries for each gender in age groups 12&U, 13-14, and 15&O will swim
during Finals.
4. Positive check in is required for top-8 entries for Finals, closing at 9am on the day of
the event.

800/1500m Events

1. These events are timed finals.
2. Heats will be swum fastest to slowest, alternating between girls and boys.
3. Slower heats (heats 4 and above) may be swum 2 per lane.
4. Overflow heats may swim on Sunday at the conclusion of Prelims.
5. Swimmers may enter the 800 or the 1500 but not both.
6. Top-8 entries for each gender across all age groups (12&U, 13-14, and 15&O) will
swim during Finals on Friday.
7. Swimmers are required to provide their own timers for the 800 and 1500.
8. Positive check in is required for Prelims and Finals, closing at 9am on the day of the
event.



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Relay Events

1. Relays are timed finals.
2. Relay age groups are 10& Under, 12& Under, 14& Under and Open.
3. Teams limited to 3 relays per team per age-group/gender.
4. Swimmers may swim up in relay events but cannot swim on more than one relay team per age group.
5. Deadline for relay entries will be at noon on the day the relay will be swum.
6. Deadline for relay name changes is 45 minutes prior to the start of the session that the relay will be swum.

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 safety procedures will be in effect and monitored by safety marshals.

**Acceptable
Swimwear:**

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the referee if the fabric of the swimwear is permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy or endurance.

Scratches:

Final scratch deadline without penalty is **Monday, April 15, at 12:00 PM**. All scratches must be emailed to the meet manager at meets@pacificcoastswimming.com.
Scratch deadline for prelims is 30 minutes prior to the start of racing.
Friday scratch deadline for finals is 30 minutes after the conclusion of the 100 free.
Saturday and Sunday scratch deadlines for finals are 30 minutes after the conclusion of prelims. An announcement will be made with the time.
There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or timed finals.

**Scoring &
Awards:**

1. 400 IM winners receive a large Hawaiian pizza
2. Floret ribbons will be awarded to 1st through 3rd place finishers in each age group for individual events and relays.
3. Ribbons will be awarded to 4th through 8th place finishers in each age group for individual events
4. There is no team scoring for this meet.



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Event List		
Friday, April 19, 2024		
Girls Event Number	Event	Boys Event Number
1	4x50 Free Relay *	2
3	200 IM	4
5	50 Breast	6
7	200 Back	8
9	100 Free	10
11	800 Free	12
13	1500 Free	14
Saturday April 20, 2024		
Girls Event Number	Event	Boys Event Number
15	200 Fly	16
17	50 Back	18
19	400 IM	20
21	100 Breast	22
23	50 Fly	24
25	200 Free	26
27	4x50 Medley Relay	28
Sunday, April 21, 2024		
Girls Event Number	Event	Boys Event Number
29	400 Free	30
31	200 Breast	32
33	50 Free	34
35	100 Back	36
37	100 Fly	38
39	4x100 Medley Relay	40

*4x50 Free Relay to be swum at the start of Friday Finals



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."



Saanich Commonwealth Place (SCP) Aquatic Event Facility Host Requirements

Saanich Commonwealth Place is proud to host High Performance, Community and School Aquatic Events. Our goal is to continue the legacy of the 1994 Commonwealth Games where competitive and high performance athletes can combine with recreational users in a common athletic facility and strive to meet their personal best. We hope that while you visit our world class facility your coaches, athletes, officials, and volunteers take pride in being a part of this legacy and help us in creating a safe, diverse, and inclusive environment by respecting the following standards:

Coaches and officials are asked to model and encourage facility standards throughout the duration of the event.

- Observing the Visitor Code of Conduct while in Saanich Recreation Facilities
- Removing street/outdoor shoes prior to going onto the pool deck: This includes athletes, coaches, officials, and volunteers. Clean nonslip deck shoes can be worn.
- Food is not permitted on the pool deck. Garbage, recycling, and compost centres are available for use in many areas of the building.
- Per Swim BC Warm-Up Safety Procedures, Athletes must enter the pool feet first in a cautious manner and exit the pool via the side lanes to ensure safety and protect the integrity of the equipment.
- Athletes are required to swim under the lane ropes (not over) to protect the integrity of the equipment.
- Swimming Canada and SCP 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.
- Glass bottles are not permitted on the pool deck or in changerooms.
- The CRD Parks Bylaw prohibits smoking (including e-cigarettes/vapes/cannabis),
- Alcohol is not permitted without appropriate permits and licenses.
- Athletes need to dry off and wear proper footwear while in lobby areas and café.
- Saanich staff are solely responsible for, moving and maintaining technical equipment. Unless discussed prior to event.
- In the event of an emergency, event organizers and volunteers are asked to follow the directions of Saanich staff and assist with these procedures.
- Visiting Clubs who wish to request practice time prior to an event must do so in advance. Any available water will be assigned on a first come first serve basis unless otherwise arranged by event host. **Athletes and coaches attending public lane times is not permitted.**