

ODLUM BROWN COLLEGES CUP 2023

Hosted by UBC Varsity Swim Teams
GENERAL INFORMATION

November 4-5, 2023

Sanctioned by Swim BC: #

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Sanctioned by Swim BC:
Swim BC, SNC and World Aquatic rules will apply. Swim BC Competition Warm-Up Safety Procedures will be in effect at this meet (see appendix A for reference).

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.

VENUE/POOL

UBC Aquatic Centre
6080 Student Union Blvd.,
Vancouver, BC
V6T 1Z1

2x25m (10 lane) Competition Pool
25-meter warm-down pool will be available.
Omega Electronic Timing.
Starts will be conducted from Starting Platforms (blocks) as per World Aquatic 2.3 and SW 4.1 and/or from the deck or bulkhead as per Canadian Facility Rule CFR 2.3 and CSW 4.1.1

ORGANIZING COMMITTEE

Meet Director: Sierra Moores
Sierra.moores@ubc.ca
604-649-3379

Meet Referee: Norma Lachance
Entries Coordinator: Sarah Rudolf
saraharudolf@gmail.com

UBC Facility: Christine Saunders
Christine.saunders@ubc.ca

ENTRIES

Entry Deadline

Tuesday, October 31st, 2023 @5:00PM

Entry Fees

Combined Team Fee (W&M) \$300.00
Non-Eligible (EXH) Swimmer Fee \$50.00
Team BC Swimmer Fee \$15.00
Deck Entries (per event) \$20.00
Entry Fees may be paid via CC.

Please make all cheques payable to:
UBC ATHLETICS

ELIGIBILITY

All swimmers must be registered with SNC, U-Sport, USA Swimming, NCAA or World Aquatic Federation to enter. Varsity team entries are restricted to U-Sport/NCAA eligible swimmers only.

FORMAT

ENTRIES

This is a closed invitational category competition.

Maximum of 20 swimmers for men and women / team (with the exception of Team BC). Varsity swimmers must be on the playing roster.

No qualifying times needed to enter the meet. There's no qualifying period.

Inquiries regarding deck entries are to be made at the administration desk.

Deck entries are due a minimum of 1 hour before the session starts.

NT's will not be accepted for entry.

Limit of 2 individual events per day plus relays for each swimmer.

EXH entry into the meet is at the discretion of the Meet Director. Contact in Advance.

"Team BC" High School All-Star Team will be entered in the meet (non USport/NCAA eligible) and include 12 men and 12 women (24 total) and allowed to advance to Finals.

EVENTS

All events will be swum preliminaries and finals, except the 800 and 1500m Freestyle which will be Timed Finals with the fastest heat of both swimming in the final session.

All prelim and final events will have an A and B final using all 10 lanes of the competition pool.

Finals will run B final followed by A final.

Empty lanes in the B final will be filled with the next fastest swimmers but will swim exhibition only.

EXH swimmers must place top 10 in order to advance to the B final.

SCRATCHES

PRELIMINARY SCRATCH DEADLINE
Friday, Nov 3rd at 5:00pm for Saturday events **by email to the entries coordinator**.

Scratches for Sunday events are due by the conclusion of Event 20 (Men's 50 Fly Final) at the administration desk.

FINALS SCRATCH DEADLINE

30 minutes after the conclusion of preliminary Event 20 (Saturday) and preliminary Event 38 (Sunday) at the administration desk.

RELAYS

All Relays will be swum during Finals.

2 relay entries per team may be entered in each relay event.

A relays in the A Final, B relays in the B Final.

Only the A Relay Team can score.

Relay Times must be entered for seeding.

Name changes for relays will be accepted up to 30 minutes prior to the session starting.

Team scoring will be completed as per the scoring breakdown on page 2.

All relays will be swum as timed finals.

DISTANCE EVENTS

The 800 and 1500m Freestyle events will be swum as timed finals with the top 10 entries swimming during the finals.

There is a limit of 3 heats for each distance event. Team must supply timers for entered swimmers.

Distance events swum during the preliminary session will run fastest to slowest, alternating Women and Men.

Entries for ALL distance events will be limited to the Top 40 proven entries. More entries MAY be permitted at the discretion of meet management.

Positive check-ins for distance events are required.

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THURSDAY, November 2ND, 2023

Coaches technical meeting on zoom – to be confirmed

FRIDAY, November 3RD, 2023

Please contact Christine Saunders (christine.saunders@ubc.ca) starting October 17th if you require pre-meet training.

SATURDAY, November 4TH, 2023

Facility Entrance: 7:45-8:00AM

Prelims Warm-Up: 8:15AM

Start Time: 9:30AM

Facility Entrance 3:45-4:00PM

Finals Warm-Up: 4:15PM

Start Time: 5:30PM

Women's Event #	Event	Men's Event#
1	4x50 Medley Relay (Finals Only)	2
3	400 IM	4
5	100 Free	6
7	200 Fly	8
9	50 Breast	10
11	100 Back	12
13	400 Free	14
15	100 IM	16
17	200 Breast	18
19	50 Fly	20
21	4x100 Free Relay (Finals Only)	22

UBC T-Birds will supply pizza and drinks on Saturday night following finals for all coaches and swimmers. Pizzas will be distributed to coaches of each team outside the UBC Aquatic Centre following finals.

SUNDAY, November 5TH, 2023

Facility Entrance: 7:15-7:30AM

Prelims Warm-Up: 7:45AM

Start Time: 9:00AM

Facility Entrance 1:15-1:30PM

Finals Warm-Up: 1:45PM

Start Time: 3:00PM (Finish by 5)

Women's Event #	Event	Men's Event#
23	4x50 Free Relay (Finals Only)	24
25	100 Breast	26
27	50 Back	28
29	200 Free	30
31	100 Fly	32
33	200 Back	34
35	50 Free	36
37	200 IM	38
39	800 W / 1500 M Free (Fastest heat swum in finals)	40
41	4x100 Medley Relay (Finals Only)	42

SCORING

Individual A Final: 24-21-20-19-18-17-16-15-14-13

Individual B Final: 11-9-8-7-6-5-4-3-2-1

Relay A Final: 48-42-40-38-36-34-32-30-28-26

Men's & Women's Team points are calculated separately

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Updated: August 2023

SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES



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.

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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.”

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UBC AQUATIC CENTRE

The UBC Aquatic Centre is proud to be the host venue of the Odlum Brown Colleges Cup 2022. The UBC Aquatic Centre officially opened on March 1, 2017. The facility, designed for campus, community & competition, is located adjacent the main UBC Transit Exchange and serves hundreds of UBC students, faculty, staff, campus residents and members of the public each day. The UBC Aquatic Centre increases the University's capacity to service not only the needs of UBC Point Grey campus, but also provides the opportunity for UBC and Vancouver to host higher levels of aquatic competition while providing more amenities for the Greater Vancouver region.

General information on the facility can be found here recreation.ubc.ca/aquatics and further facility event details will be available in the tech bulletin.

Current facility layout for Odlum Brown Colleges Cup 2022:

