



**UBC Winter Warm-up
LONG COURSE**
SATURDAY, JANUARY 20, 2024 – UBC Aquatic Centre
Sanctioned by Swim BC: #39941

GENERAL INFORMATION:

The University of British Columbia, the Richmond Rapids and the Vancouver Pacific Swim Club acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Musqueam people.

POOL VENUE:

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

10 lane 50m competition pool
2 lanes warm-up, 8 lanes racing
Omega Quantum Timing System
Omega Electronic touch pads/plungers
POOL DEPTH: Shallow End 1.52m, Deep End 3.9m.
Starts will be conducted from Starting Platforms (blocks) as per AQUA FR 2.3 and SW 4.1

SAFE SPORT STATEMENT:

The University of British Columbia, the Richmond Rapids Swim Club and the Vancouver Pacific Swim Club, 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.

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:

Swimmers from invited clubs, registered with Swim BC or other World Aquatic affiliated organizations.

A limit of 3 events per swimmer for entries that meet qualifying standards

Swimmers with two qualifying entries will be permitted to enter one bonus swim, for a total of 3 events

All entries must be accompanied by verifiable entry times

TIMELINE:

Warm-Up: 8:00am – 8:55am
Racing: 9:00am – 12:30pm
Anticipated Timeout: 12:30pm

ORGANIZING COMMITTEE:

Meet Manager & Meet Entries, Sierra Moores
sierra.moores@ubc.ca
Meet Referee, Derek Wheeler
derekkwheeler@gmail.com

FEES:

Meet Fees (including Swim BC Competition Surcharge) \$45.00 per swimmer.
Fees payable to [UBC Athletics](#) via cheque or via credit card BEFORE racing begins.

RULES:

All applicable Swimming Canada and Swim BC rules will be in effect.
Swim BC competition warm-up safety procedures will be in effect at this meet.
Swimwear: 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.

ENTRIES:

Entry deadline is Friday January 12th, 2024 @12:59 PM PST
Please submit entries via the Swimming Canada meet site.
For questions regarding receipt of entries, please email sierra.moores@ubc.ca

SCRATCHES:

Scratch deadline is Tuesday January 16th, 2024 @17:00 PM PST
Late scratches should be submitted as soon as possible. This includes scratches for swimmers in alternate positions for restricted events. If lanes become available, we expect the highest ranked alternate to be able to swim.

DECK ENTRIES:

Deck entries will be allowed at the discretion of Meet Management, provided they do not create a new heat, are submitted with correct information (name, birth date, SNC number and valid entry time),
The deck entry fee will be \$20



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FORMAT:

All events are timed finals, senior-seeded, slowest to fastest (800m Free fastest to slowest).

The competition will be run out of six or eight lanes depending on the number of entries

If timelimes require, the following adjustments may be implemented:

- Events may be seeded mixed gender (records are not recognized in mixed gender heats)
- 400m events – entries may be restricted to 2 heats each of Women and Men
- 800m events - entries may be restricted to 1 heat each of Women and Men
- Confirmation of event and entry restrictions will be made following the scratch deadline

Alternates will be added as scratches are received.

Invited teams **MUST** supply Senior Officials, Timers, and Volunteers for meet set-up, operation, and take-down.
Signup sheets will be circulated prior to the meet.

Event List and Entry Standard				
Saturday, January 20 th , 2024				
Warm-ups: 8:00am – 8:55am				
Start: 9:00am				
Anticipated Timeout: 12:30pm				
Women		Event	Men	
Event Number	Entry Standard		Entry Standard	Event Number
1	5:21.35	400 IM	4:58.51	2
3	2:12.99	200 Free	2:02.42	4
5	1:19.11	100 Breast	1:11.21	6
7	2:32.45	200 Fly	2:17.90	8
9	28.37	50 Free	25.70	10
11	1:09.15	100 Back	1:03.37	12
13	2:31.19	200 IM	2:18.78	14
15	4:42.91	400 Free	4:21.81	16
17	1:07.21	100 Fly	1:00.84	18
19	2:29.57	200 Back	2:18.24	20
21	1:01.37	100 Free	55.89	22
23	2:51.13	200 Breast	2:36.06	24
25	9:44.07	800m Free	9:10.79	26



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.”