

# Long Course Race Day

## Saturday, December 16<sup>th</sup>, 2023

Sanctioned by SWIM BC: #41233

**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.

**Session Times:** **Saturday December 16<sup>th</sup>, 2023**  
Warm Up: 8:00am- 8:50pm  
Start: 9:00pm  
Projected Finish: 3:00pm (approx.)

**Meet Manager:** Jacqui Boone, [meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com)  
**Meet Referee:** Jeff Stevens

**Location:** Saanich Commonwealth Place  
4636 Elk Lake Rd  
Victoria BC, V8X 5M1

**Pool Set Up:**

- LCM
- 8 lanes – 50m competition pool.
- Omega Quantum electronic timing, touch pads, scoreboard.
- 3 lanes 25m warm-up area available during the meet In dive tank.

**Eligibility:** All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

**Max Number of Participants:** The meet will be limited to 150 swimmers

**Entries:** Swimmers may enter a maximum of 4 events.

**Entry Deadline:** Deadline for upload of entries to the SNC meet listings website is **Sunday December 10th by 12:00 midnight.**

**Entry Fees:** Individual Entry Fees: \$25.00 per athlete Plus \$5.00 Swim BC Competition Surcharge and \$5.00 Facility Fee

**Meet Format:**

- The meet will be timed finals.
- All events will be swum as mixed gender, senior seeded, swum slowest to fastest.

**Meet Rules:**

1. All Swimming Canada rules will be in effect.
2. Starts will be conducted from Stating Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1
3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
4. 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 a permeable open mesh

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textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

5. Deck entries will be allowed at the discretion of meet management. No new heats will be created. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.

### Scratches:

Scratches received prior to **Tuesday December 12th at 12:00 midnight** will not incur Meet Fees.

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during the meet.

### Scoring

There will be no individual or team scoring.

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Warm-ups 8:00am-8:50pm	
Start 9:00pm	
Anticipated Timeout 3:00pm	
Event Number	Event
1	800 Free
2	200 IM
3	50 Free
4	100 Breast
5	200 Back
6	50 Fly
7	100 Free
8	400 Free
9	200 Breast
10	50 Back
11	100 Fly
12	400 IM
13	200 Free
14	50 Breast
15	100 Back
16	200 Fly
17	1500 Free

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### COMPETITION WARM-UP SAFETY PROCEDURES

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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."**