

2016 ODLUM BROWN COLLEGES CUP - PACIFIC

Hosted by the UBC THUNDERBIRDS

Sanctioned by
Swim BC: **#20210**

Dates: November 5 & 6

Location: UBC Aquatic Centre
6121 University Blvd
Vancouver, BC V6T 1Z1

Pool: 25-metre 8-lane competition, OMEGA
Timing
25 yard 6-lane warm up

Meet Director: Stephen McMurray 604-836-4342,
steve.mcmurray@ubc.ca

Entries: Submitted via the SNC Meet Entry
System;
Foreign teams should upload their entry
files through this same process; using the
"Out of Country" option in the Province
drop down list.

Entry Deadline: Tuesday, November 1 at 12:00 PDT
(noon) the earlier the better

Eligibility: All swimmers must be registered with
SNC, CIS, USA Swimming, NCAA or a
FINA Federation.

Entry Fees: \$200 per combined Team (W & M).
Team Fee Includes \$4 per swimmer Swim
BC Provincial Team Splash Fee
Please make cheques payable to "**UBC
Athletics**"

Scoring: Individual - A Final 20-17-16-15-14-13-12-1
B Final 9-7-6-5-4-3-2-1
Relays - Final 40-34-32-30-28-26-24-22

Awards: Team trophy or plaque for the winning
team

Accommodations: UBC Conference Centre or the Coast
Plaza Downtown Vancouver.

Meet Referees: Barbara Johns / Bob Janowicz

Format:

- FINA & SNC Rules apply
- This is an Open Age Category Competition
- SNC Swimming Competition Warm-up Safety Procedures will be in effect.
- Preliminaries & Finals, except where noted
- A & B Finals
- Only 3 swimmers per event per team can advance to finals and a maximum of 2 swimmers per team can race in the A or B final. (example: 2-1 / 1-2 / 2-0 / 0-2 or less)
- Empty lanes in the "B" finals filled with next fastest swimmers but will swim exhibition.
- Entry limit of 3 individual events per day plus relays.
- Entry times must be achieved after September 1, 2015.
- No qualifying times needed to enter the meet.
- 2 Relay Teams per team may be entered in a relay event.
- Only 1 Relay Team per team in the A and/or B final.
- Only the "A" Relay Team can score with the Final Heat seeding the Top 8 "A" Team Relays, with all remaining teams competing in preceding heats.
- Relay times must be entered for seeding.
- Team scoring using CIS scoring format. Double for relays (see scoring.)
- Combined Team Scoring (no separate Men and Women)
- Limit of 4 heats each for Distance events. Teams must supply timers for swimmers entered.
- Distance Events will be seeded with no Team Limitations
- We will allow exhibition athletes on a per swimmer basis, space permitting. You must contact the Meet Director to confirm their acceptance.
- No alternates will be called for finals
- LMR High School All Star Team will be entered in the meet
- At the discretion of the Meet Director, a Club All-Star team, comprised solely of swimmers that represent clubs from invited varsity teams, may be invited.
- Maximum of 20 swimmers for Men and Women each per team. Varsity Swimmers must be on the playing roster.
- Host team supplies pizza and drinks on Saturday after finals.

Saturday November 5 2016

Preliminaries: Warmup 09:00 – 10:20 Start 10:30

Finals: Warm up 16:00 – 17:20 Start 17:30

4 x 50 Mixed Medley Relay (Finals Only)

400 IM
100 Free
200 Fly
50 Breast
100 Back
400 Free
100 IM
200 Breast
50 Fly

4 x 100 Free Relay (Finals Only)

Sunday November 6 2016

Preliminaries: Warmup 07:30 – 08:50 Start 09:00

Finals: Warm up 13:30 – 14:50 Start 15:00

4 x 50 Mixed Free Relay (Finals Only)

100 Breast
50 Back
200 Free
100 Fly
200 Back
50 Free
200 IM

800 W / 1500 M Free (fastest heat in Finals)

4 x 100 Medley Relay (Finals Only)



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SWIMMING
CANADA
NATATION



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an announcement or deck signage.
- 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.

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 higher level 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 higher level 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 is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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.

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 rules 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 Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."

September 26, 2016

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