

13th ANNUAL MIDSUMMER MADNESS SHORT COURSE INVITATIONAL July 26-27, 2025

Hosted by UVIC-Pacific Coast Swimming
Sanctioned by SWIM BC: #24164

Pacific Coast Swimming would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the lək' ʷəŋən peoples and W SÁNEĆ peoples.

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.

Deck changes are explicitly prohibited.

All organizing committees must either allocate adult only washrooms (volunteers, coaches, officials) and swimmer only washrooms, or indicate that this configuration is not available due to facility constraints. Every effort must be made to allocate separate washrooms.

Location:

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

Pool Set Up:

- SCM
- 8 lanes, 25m pool
- Quantum-Omega electronic timing, touch pads and scoreboard
- Separate warm-up area available during the meet.

Session Times:

	<u>Prelims</u>		<u>Finals</u>	
	Warm-Ups	Competition	Warm-Ups	Competition
Saturday, July 26	8:00am - 8:50am	9:00am - 1:30pm	4:00pm - 4:50pm	5:00pm - 7:30pm
Sunday, July 27	7:30am - 8:20am	8:30am - 1:00pm	3:00pm - 3:50pm	4:00pm - 6:00pm

Meet Manager:

Ian Mattock, meets@pacificcoastswimming.com

Meet Referee:

Mac MacDonald

Eligibility:

All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.

Max Number of Participants:

The meet will be limited to 300 swimmers; the team entering the 300th swimmer will be accepted.

Entries:

Swimmers are limited to enter 8 individual events.

As the Swimming Canada online entry system is not currently available, entries for this meet will be done as follows:

– Entry files must be emailed directly to Ian Mattock at meets@pacificcoastswimming.com.

– Entries may only be submitted for swimmers whose registration is “ACTIVE” in the new REMS database.

– All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) – this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

Deck Entries

Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth, and SNC registration number.

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Entry Fees: Individual Entry Fees: \$13.50
Relay Entry Fees: \$16.00
Swim BC Competition Surcharge: \$5.00
Deck Entry Fees: \$25.00

Please make cheques for the total amount, including all individual, relay, Swim BC, and SCP Facility fees, payable to **Pacific Coast Swimmers' and Parents Association (PCSPA)**.

Entry Deadline Deadline for upload of entries to the SNC meet listings website is **July 20th by 11:59pm**

Scratches: **Scratches received prior Thursday, July 24 at 12:00 noon will not incur Meet Fees.**

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
2. The scratch deadline for finals is 30minutes following the conclusion of:
Saturday: Event 18 (Men's 200 Butterfly); and
Sunday: Event 36 (Men's 50 Free).
3. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, email scratches will not be accepted.

Meet Format:

- Heats and Finals. Consolation finals in events of distance 50, 100, and 200m for events with 20 or more entries per age group per gender.
- 800 and 1500 will be swum as timed finals, fastest to slowest, all age groups combined. The fastest heat of each event, both female and male, will swim in finals.
- Age groups will be 12&U and 13&O.
- Swimmers may swim up age groups in one or more events. If so, coaches are asked to notify meet management of competitors' names, events and swim-up categories.
- Relays will be swum at the start of finals.

Meet Rules: This meet will be conducted under Swimming Canada rules and regulations.

Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.

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

This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
2. Visual hand signals given by the starter/referee

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

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In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. *Note: The full details on the Swim BC Event Photography and Video Policy can be found [here](#).*

During events only one (1) swimmer per lane is permitted.

Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.

Diving Rules

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both ends or from deep end only)

Scoring

No team scoring.

Awards:

A Victors Mug will be awarded to 1st place individual finishers, and ribbons will be awarded to 2nd and 3rd place finishers in individual events in all age groups.

We acknowledge the financial support of the Province of British Columbia.

Event List		
Saturday Events		
Girls Event Number	Event	Boys Event Number
1	4x50 Medley Relay	2
3	400 Freestyle	4
5	50 Butterfly	6
7	100 Backstroke	8
9	200 Breaststroke	10
11	100 Freestyle	12
13	50 Backstroke	14
15	200 IM	16
17	200 Butterfly	18
19	1500 Freestyle	20
Sunday Events		
Girls Event Number	Event	Boys Event Number
21	4x50 Freestyle Relay	22
23	400 IM	24
25	100 Breaststroke	26
27	200 Freestyle	28
29	100 Butterfly	30
31	50 Breaststroke	32
33	200 Backstroke	34
35	50 Freestyle	36
37	800 Freestyle	38

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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 the se 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."