



Seventh ANNUAL MIDSUMMER MADNESS SHORT COURSE INVITATIONAL

AUGUST 5-6, 2017
Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria BC CANADA V8Z 5M1
Sanctioned by Swim BC: #21325

START TIMES

Date	Heats			Finals		
	Warm-ups	Start	Estimated Timeout	Warm-ups	Start	Estimated Timeout
2017-08-05	8:00 am	9:00 am	1:30 pm	4:00 pm	5:00 pm	7:30 pm
2017-08-06	7:30 am	8:30 am	1:00 pm	~3:00 pm	~4:00 pm	~6:00 pm

POOL AND FACILITIES

Eight-lane, 25m competition pool.
 Ares-Omega electronic timing, touch pads and scoreboard.
 Separate warm-up pool – four short-course lanes in dive tank.
 Coffee shop – the Aquaterra Café – available.

ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations. Note that in order to compete at this meet, Swim BC sessional and novice registrants must upgrade to competitive status. Swimmer age is determined on August 5, 2017.

GENERAL INFORMATION

1. This meet is designed to enable swimmers of all ages and levels to attend a midsummer short course heats and finals event.
2. The meet will run under Swim BC and SNC rules: SNC warm-up procedures will be in effect; scoring will be as per SNC rules.
3. There is no entry standard for this meet.
4. As per the Swim BC Technical Guide, coaches are asked to exercise discretion in choosing events for 10 & under swimmers so that deck time, excluding warm-up, does not exceed 4 hours per session.
5. For individual events, other than the 800 and 1500 freestyle, heats will swim slowest to fastest, all age groups combined.
6. Finals will swim in age groups 12 & under, 13 & over categories.
7. There will be consolation final in events of distance 50, 100 and 200m.
8. 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 age categories.
9. 800 and 1500 Freestyle events will swim as timed finals, fastest to slowest, all age groups combined. The fastest heat of each event, both female and male, will swim in finals, as the final event in the session.
10. Relays will swim in age groups 12 & under, and 13 & over, and are timed finals. All relays will swim at the beginning of finals in the evening; please submit entry times with relays.
11. Scratch deadline for finals is 30 minutes following the conclusion of heats on the day the final is to swim.
12. A cup of Jelly Beans will be awarded to 1st place finishers, and Ribbons will be awarded to 2nd and 3rd place finishers in both individual and relay events in all age groups.
13. Ribbons will also be awarded to the broken 400 IM winners, combining each of the 100m events.
14. Sunday's Finals session's warmup will begin approximately 2 hours following the end of the morning session, with the finals session beginning an hour later.

ENTRIES

Entries must be uploaded prior to the entry deadline to the Swimming Canada website at <http://www.swimmeet.ca/>. Entries sent directly to the Meet Director cannot be accepted. *Please note that this also means we will not be able to accept mailed entries.*

Meet Manager: Jill Lawrance

Email: meets@pacificcoastswimming.com

1. Final entries must be uploaded by **Monday, July 31, 2017**.
2. Entries are \$8.00 per individual event; \$10.00 per relay. Final scratch deadline without financial penalty: August 3, 2017.
3. Note that, in addition to individual and relay event fees, Saanich Commonwealth Place requires a \$5.00 per swimmer Facility Improvement Fee and Swim BC requires a \$4.00 per swimmer Provincial Team Splash Fee to support Swim BC's Provincial Team and Regional Camp Initiatives.
4. Please make cheques for the total amount, including all individual and relay entries, and Swim BC and SCP facility fees, payable to Pacific Coast Swimmers and Parents Association (PCSPA).
5. Entries must show swimmers' ages, or swimmers will be entered in the 13 & over age category.
6. No refunds of fees for scratched events after the final scratch deadline except with a medical certificate.
7. This meet is limited to 350 swimmers. Teams will be notified if entries cannot be accepted.

Event Order:

Saturday		
Women		Men
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		
Women		Men
21	4x50 Free 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



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."