

START TIMES:

Date	Warm-ups	Preliminaries	Estimated Timeout
Sunday, February 25, 2018	3:00PM	3:30PM	5:30PM

LOCATION

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

POOL AND FACILITIES

- 25-metre, 8 lane competition pool.
- 25-metre dive tank (2 lanes) for warm-up/warm-down.
- ARES-Omega electronic timing, touch pads (primary), two Timers (plunger-backup), and scoreboard.

MEET MANAGER:

Jeff Stevens
Email: meets@pacificcoastswimming.com

ELIGIBILITY

1. Swimmers must be registered with Swim BC or other FINA-related organizations.
2. Age group is determined by age of swimmer on February 25, 2017.
3. Age groups for this meet are 11&U, 13&U, 15&U and 16&O.

MEET RULES

1. The meet will run under Swim BC and Swimming Canada rules, including Swimming Canada warm-up procedures, scoring and the FINA one-start rule.
2. Current Swimming Canada swimsuit rule will be in effect.

ENTRY INFORMATION

1. Final entries must be uploaded to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx> prior to the entry deadline.
2. **ENTRY DEADLINE: Friday, February 24, 2018 at 12:00PM.**
3. Entries mailed or emailed to meet management will not be accepted.
4. Entries must show swimmers' ages, or swimmers will be entered in the 15&O category.
5. After entry deadline has passed, entries will be treated as deck entries

GENERAL INFORMATION

All events are timed finals.

ENTRY FEE

A \$10.00 per swimmer entry fee is being charged to cover the costs of pool rental.

Event List

Girls	EVENT ORDER	Boys
1	200 IM	2
3	50 Freestyle	4
5	4X200 Freestyle Relay	6
7	200 Breaststroke	8
9	100 Butterfly	10
11	200 Backstroke	12
13	50 Backstroke	14
15	4X100 Freestyle Relay	16
17	100 Breaststroke	18
19	400 Freestyle	20
21	50 Butterfly	22
23	4X50 Medley Relay	24
25	100 Freestyle	26
27	200 Butterfly	28
29	50 Breaststroke	30
31	4X50 Freestyle	32
33	100 Backstroke	34
35	200 Freestyle	36
37	1500 Freestyle	38
39	4X100 Medley Relay	40
41	800 Freestyle	42
43	400 Individual Medley	44



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."