

SFU vs UVic vs UBC

Friday, January 18, 2019

Host: Simon Fraser University

Paul and Marg Savage Aquatic Centre - SFU

Sanctioned by Swim BC – Sanction #32465

Participating Teams:

Simon Fraser University
University of British Columbia
University of Victoria

3:00 pm – 3:40 pm	SFU Warm-up
3:40 pm – 4:20 pm	UBC and UVic Warm-up
4:30 pm	Start
7:30 pm	Estimated Finish

Location:

Simon Fraser University Pool Phone: 778-782-3176
Simon Fraser University
Burnaby, BC V5A 1S6

6 lane 25 meter pool
Diving well open throughout the competition for warm-up/down
Colorado starting/timing system
Kiefer lane ropes

Eligibility:

All competitors must be registered with NCAA, Swim BC or other FINA affiliated organization.

Meet Rules:

- This meet will follow all NCAA and Swimming Canada rules as stated in the current NCAA and SNC rulebooks.
- The FINA one-start rule will be in effect.
- **Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1w**
- Swimming Canada warm-up competition safety procedures will be in effect at this meet and will be monitored by safety marshals.

Entries:

- Maximum 3 entries per swimmer including relays
- Maximum 4 entries per team per individual event, except for the 800 Free where the maximum is 2 entries per team
- Maximum 2 relays per event per team (both can score)
- A maximum of 3 swimmers per team per event can score
- The slower individual heat will swim first, and the fastest heat will swim second

Scoring:

- Scoring will take place after each event has been swum based on times
- Individual Scoring 9-4-3-2-1
- Relay Scoring 11-4-2
- The meet will be scored for Men and Women as follows:
 - SFU vs. UBC
 - SFU vs. UVic
 - UVic vs. UBC

Seeding:

SFU	lanes 1 and 4
UBC	lanes 2 and 5
UVic	lanes 3 and 6

- Coaches, please select the heat and lane when completing your entries
- Please enter your faster swimmers in the 2nd heat

Meet Referee: Piero Porreca, Level 5

Meet Manager: Deirdre Porreca
Email: porreca@telus.net

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EVENT LIST

1*	400 Medley Relay	2*
3*	800 Freestyle	4*
5	200 Freestyle	6
7	100 Backstroke	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	50 Freestyle	14

----- 10 minute break -----

15	100 Freestyle	16
17	200 Backstroke	18
19	200 Breaststroke	20
21	400 Freestyle	22
23	100 Butterfly	24

----- 10 minute break -----

25	200 Individual Medley	26
27*	400 Freestyle Relay	28*

**Only one heat (2 entries per team) for these events. All other events will have 2 heats (4 entries per team).*



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