



January 12, 2020
 Sunday Race Day (#2)
 UVIC Mckinnon Pool, Victoria
 Sanctioned by Swim BC as a Class II Time Trial: #34969

POOL AND FACILITIES

6-lane, 25m competition pool.
 Manual timing
 Warm-up pool – two SC lanes in dive tank.
 Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

ELIGIBILITY

This is a time trial for competitive swimmers in PCS C, D and Lightning Fast groups. Swimmers must be registered with Swim BC or other FINA-related organizations. Swimmer age is determined on January 12, 2020.

Note: For swimmers registered as “Non-competitive”, this will constitute their one permitted

competitive opportunity, and they would have to upgrade to “Competitive” registration category prior to entering their next meet or time trial.

GENERAL INFORMATION

All events are timed finals.

SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.

All applicable SNC/Swim BC rules will be followed.

ENTRY FEE

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

WARM-UPS	START	TIMEOUT
8:00 AM	8:30 AM	11:00 AM
Mixed	EVENT ORDER	
1	50 Freestyle	
2	25 Freestyle	
3	200 Breaststroke	
4	100 Butterfly	
5	100 Individual Medley	
6	200 Backstroke	
7	50 Backstroke	
8	25 Backstroke	
9	100 Breaststroke	
10	400 Freestyle	
11	50 Butterfly	
12	25 Butterfly	
13	100 Freestyle	
14	200 Individual Medley	
15	50 Breaststroke	
16	25 Breaststroke	
17	100 Backstroke	
18	200 Butterfly	
19	200 Freestyle	
20	400 Individual Medley	
21	800 Freestyle	
22	1500 Freestyle	

Pacific Coast Swimming
 1-250-727-9243

<http://www.pacificcoastswimming.com/>

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 precompetition 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."