

# ODLUM BROWN COLLEGES CUP 2022

Hosted by UBC Varsity Swim Teams  
**GENERAL INFORMATION**

November 5-6, 2022

Sanctioned by Swim BC: #37991

## GENERAL INFORMATION

Sanctioned by Swim BC:  
Swim BC, SNC and FINA rules will apply.  
Swim BC and Swimming Canada  
Competition Warm-Up Safety Procedures  
will be in effect at this meet (see appendix A  
for reference).

## VENUE/POOL

UBC Aquatic Centre  
6080 Student Union Blvd.,  
Vancouver, BC  
V6T 1Z1

2x25m (10 lane) Competition Pool  
25-meter warm-down pool will be available.  
Omega Electronic Timing.  
Starts will be conducted from Starting  
Platforms (blocks) as per FINA 2.3 and SW  
4.1 and/or from the deck or bulkhead as per  
Canadian Facility Rule CFR 2.3 and CSW  
4.1.1

## ORGANIZING COMMITTEE

**Meet Director:** Sierra Moores  
[Sierra.moores@ubc.ca](mailto:Sierra.moores@ubc.ca)

604-649-3379

**Meet Referee:** Norma Lachance  
[mathdva@gmail.com](mailto:mathdva@gmail.com)

**Entries Coordinator:** Sarah Rudolf  
[saraharudolf@gmail.com](mailto:saraharudolf@gmail.com)

**UBC Facility:** Christine Saunders  
[Christine.saunders@ubc.ca](mailto:Christine.saunders@ubc.ca)

## ENTRIES

### **Entry Deadline**

Tuesday, November 1<sup>st</sup>, 2022 @5:00PM

### **Entry Fees**

Combined Team Fee (W&M) \$300.00

Non-Eligible (EXH) Swimmer Fee \$50.00

Team BC Swimmer Fee \$35.00

-Fee includes \$5.00 per swimmer  
for Swim BC Competition  
Surcharge.

Deck Entries (per event) \$20.00

Entry Fees may be paid via CC.

Please make all cheques payable to:  
**UBC ATHLETICS**

## ELIGIBILITY

All swimmers must be registered with SNC,  
U-Sport, USA Swimming, NCAA or FINA  
Federation to enter. Varsity team entries are  
restricted to U-Sport/NCAA eligible  
swimmers only.

## FORMAT

### **ENTRIES**

This is a closed invitational category  
competition.

Maximum of 20 swimmers for men and  
women / team. Varsity swimmers must be  
on the playing roster.

No qualifying times needed to enter the  
meet.

Inquiries regarding deck entries are to be  
made at the clerk of the course.

Deck entries are due a minimum of 1hour  
before the session starts.

NT's will not be accepted for entry.

Limit of 2 individual events per day plus  
relays for each swimmer.

EXH entry into the meet is at the discretion  
of the Meet Director. Contact in Advance.

"Team BC" High School All-Star Team will  
be entered in the meet (non USport/NCAA  
eligible) and allowed to advance to Finals.

### **EVENTS**

All events will be swum preliminaries and  
finals, except the 800 and 1500m Freestyle  
which will be Timed Finals with the fastest  
heat of both swimming in the final session.

All prelim and final events will have an A and  
B final using all 10 lanes of the competition  
pool.

Finals will run B final followed by A final.

Only 4 swimmers per event per team may  
advance to finals.

Empty lanes in the B final will be filled with  
the next fastest swimmers but will swim  
exhibition only.

EXH swimmers may only advance to the B-  
final. A maximum of 2 EXH swimmers may  
advance unless additional space allows.

## SCRATCHES

**PRELIMINARY SCRATCH DEADLINE**  
Friday, Nov 4th at 5:00pm for Saturday  
events **by email to the entries  
coordinator.**

Scratches for Sunday events are due by  
the conclusion of Event 20 (Men's 50 Fly  
Final) at the clerk of the course desk.

### **FINALS SCRATCH DEADLINE**

30 minutes after the conclusion of  
preliminary Event 20 (Saturday) and  
preliminary Event 38 (Sunday) at the  
clerk of the course desk.

### **RELAYS**

All Relays will be swum during Finals.

2 relay entries per team may be entered  
in each relay event.

Only A Relays in the A Final.

Only the A Relay Team can score.

Relay Times must be entered for  
seeding.

Name changes for relays will be  
accepted up to 30 minutes prior to the  
session starting.

Team scoring will be completed using  
the USport scoring format, including  
double for relays (see SCORING)

All relays will be swum as timed finals.

### **DISTANCE EVENTS**

The 800 and 1500m Freestyle events  
will be swum as timed finals with the top  
10 entries swimming during the finals.

There is a limit of 4 heats for each  
distance event. Team must supply timers  
for entered swimmers.

Distance events swum during the  
preliminary session will run fastest to  
slowest, alternating Women and Men.

Entries for ALL distance events will be  
limited to the Top 40 proven entries.  
More entries MAY be permitted at the  
discretion of meet management.

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### THURSDAY, November 3<sup>RD</sup>, 2022

Coaches technical meeting on zoom – to be confirmed

### FRIDAY, November 4<sup>TH</sup>, 2022

Please contact Christine Saunders ([christine.saunders@ubc.ca](mailto:christine.saunders@ubc.ca)) starting October 18<sup>th</sup> if you require pre-meet training.

### SATURDAY, November 5<sup>TH</sup>, 2022

Facility Entrance: 7:45-8:00AM

Prelims Warm-Up: 8:00AM

Start Time: 9:30AM

Facility Entrance 3:45-4:00PM

Finals Warm-Up: 4:00PM

Start Time: 5:30PM

Women's Event #	Event	Men's Event#
1	4x50 Medley Relay (Finals Only)	2
3	400 IM	4
5	100 Free	6
7	200 Fly	8
9	50 Breast	10
11	100 Back	12
13	400 Free	14
15	100 IM	16
17	200 Breast	18
19	50 Fly	20
21	4x100 Free Relay (Finals Only)	22

*UBC T-Birds will supply pizza and drinks on Saturday night following finals for all coaches and swimmers. Pizzas will be distributed to coaches of each team outside the UBC Aquatic Centre following finals.*

### SUNDAY, November 7<sup>TH</sup>, 2021

Facility Entrance: 7:15-7:30AM

Prelims Warm-Up: 7:30AM

Start Time: 9:00AM

Facility Entrance 1:15-1:30PM

Finals Warm-Up: 1:30PM

Start Time: 3:00PM (Finish by 5)

Women's Event #	Event	Men's Event#
23	4x50 Free Relay (Finals Only)	24
25	100 Breast	26
27	50 Back	28
29	200 Free	30
31	100 Fly	32
33	200 Back	34
35	50 Free	36
37	200 IM	38
39	800 W / 1500 M Free (Fastest heat swum in finals)	40
41	4x100 Medley Relay (Finals Only)	42

#### SCORING

Individual A Final: 24-21-20-19-18-17-16-15-14-13

Individual B Final: 11-9-8-7-6-5-4-3-2-1

Relay A Final: 48-42-40-38-36-34-32-30-28-26

#### Meet Sponsors:



**ODLUM BROWN**  
Investing for Generations®

# SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES



## COMPETITION WARM-UP SAFETY PROCEDURES

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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 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 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."**

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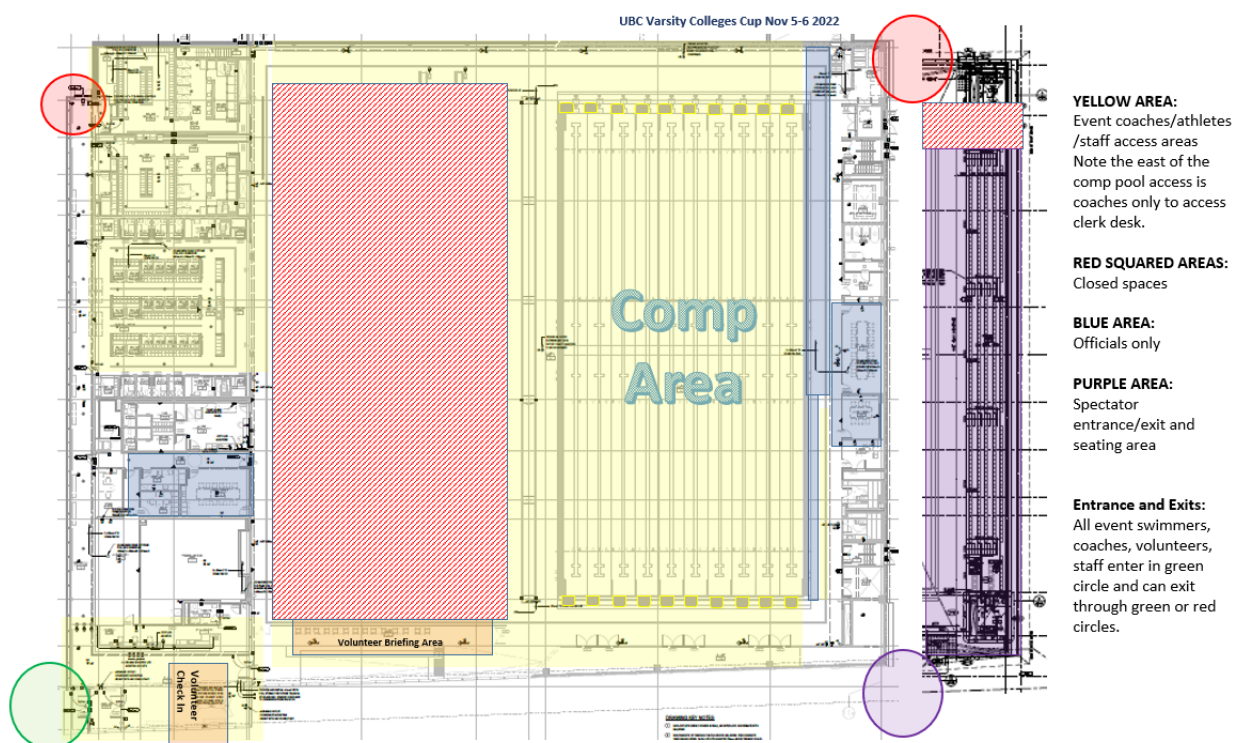
November 5-6, 2022

## UBC AQUATIC CENTRE

The UBC Aquatic Centre is proud to be the host venue of the Odlum Brown Colleges Cup 2022. The UBC Aquatic Centre officially opened on March 1, 2017. The facility, designed for campus, community & competition, is located adjacent the main UBC Transit Exchange and serves hundreds of UBC students, faculty, staff, campus residents and members of the public each day. The UBC Aquatic Centre increases the University's capacity to service not only the needs of UBC Point Grey campus, but also provides the opportunity for UBC and Vancouver to host higher levels of aquatic competition while providing more amenities for the Greater Vancouver region.

General information on the facility can be found here [recreation.ubc.ca/aquatics](https://recreation.ubc.ca/aquatics) and further facility event details will be available in the tech bulletin.

Current facility layout for Odlum Brown Colleges Cup 2022:



# THUNDERBIRDS