



2007 Swim BC Club of the Year

NINTH ANNUAL WAVEMAKER LONG COURSE INVITATIONAL

April 27-29, 2012
 Saanich Commonwealth Place
 4636 Elk Lake Drive
 Victoria BC CANADA V8Z 5M1
 Sanctioned by Swim BC: #12592

START TIMES

Date	Heats			Finals		
	Warm-ups	Start	Timeout	Warm-ups	Start	Timeout
Friday, April 27, 2012	9:00am	10:00 am	2:30 pm	5:00 pm	6:00 pm	8:30 pm
Saturday, April 28, 2012	8:00 am	9:00 am	1:00 pm	4:00 pm	5:00 pm	7:30 pm
Sunday, April 29, 2012	8:00 am	9:00 am	2:00 pm	3:30 pm	4:30 pm	6:30 pm

POOL AND FACILITIES

Eight-lane, 50m 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 appropriately registered with Swim BC or other FINA-related organizations. Swimmer age is as of April 27, 2012.

GENERAL INFORMATION

- This meet is designed to enable swimmers of all ages and levels to attend a **heats and finals long course event**.
- The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring, one-start and swimsuit rules.
- For heats and finals events, heats will swim slowest to fastest, all age groups combined.
- For individual events with 16 or more starters *per* age group, finals will swim in age groups 9 & under, 10 & under, 11 & under, 12 & under, 14 & under, and 15 & over. However, where there are fewer than 16 starters *per* age group, meet management may aggregate age groups to swim finals as 10 & under, 12 & under, 14 & under, and 15 & over.
- There will be no consolation finals.
- 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.
- Entries may be limited for the 400, 800 and 1500 Freestyle events. The 800 and 1500 Freestyle events are timed finals and will be swum fastest to slowest during heats. The top-8 entries for each gender, regardless of age, will swim during finals (on Friday and Sunday). Positive check-in required.
- Relays will swim in age groups 10 & under, 12 & under, 14 & under, and 15 & over and are timed finals. All relays will swim at the beginning of finals in the evening; please submit entry times with relays.

- SwimBC scratch policy will be in effect for this meet.
- Floret ribbons will be awarded to 1st to 3rd place finishers in each age group for individual events and 1st to 3rd place relays. Individual events 4th through 8th will receive ribbons.
- Floret ribbons will also be awarded to the broken 400 IM winners, combining each of the 100m events.

ENTRIES

All Canadian entries must be uploaded prior to the entry deadline to the Swimming Canada website at <https://www.swimming.ca/meetlist.aspx>.

Foreign entries should be mailed or emailed directly to meet manager prior to the entry deadline.

Send entry reports and fees reports to:

Margaret Penning, Meets Director

Phone: 1-250-656-7359

Email: meets@pacificcoastswimming.com

- Final entries must be uploaded by **April 18, 2012**.
- Entries are \$8.00 *per* individual event; \$8.00 *per* relay.
- Note that Saanich Commonwealth Place requires a \$5.00 *per* swimmer Facility Improvement Fee and Swim BC requires a \$4.00 *per* swimmer Splash Fee.
- 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)**.
- Entries must show swimmers' ages, or swimmers will be entered as 15 years of age.
- No refunds of fees for scratched events after the entry deadline except with a medical certificate.
- This meet is limited to 350 swimmers. Teams will be notified if entries cannot be accepted.

EVENT ORDER

Friday			Saturday			Sunday		
Women		Men	Women		Men	Women		Men
1	4x100 Free Relay	2	13	4x50 Medley Relay	14	27	4x50 Free Relay	28
3	200 IM	4	15	200 Butterfly	16	29	400 Freestyle	30
5	50 Breaststroke	6	17	50 Backstroke	18	31	50 Freestyle	32
7	200 Backstroke	8	19	400 IM	20	33	200 Breaststroke	34
9	100 Freestyle	10	21	100 Breaststroke	22	35	100 Backstroke	36
11	1500 Freestyle	12	23	50 Butterfly	24	37	100 Butterfly	38
			25	200 Freestyle	26	39	800 Freestyle	40

SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

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

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005

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