



**UVic - SFU Dual Meet**  
**February 1, 2025**  
Sanctioned by Swim BC: #24100

University of Victoria - Pacific Coast Swimming would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the lək̓wəŋən peoples and W̱SÁNEĆ peoples.

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

**Pool Set Up:** 8-Lane 25m pool  
Quantum-Omega Timing System, touchpads, plungers, and scoreboard.  
4-lane 25m warm-up/warm-down

**Meet Manager:** Ian Mattock / Ryan Clouston [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

**Meet Referee:** Betsy Dunphy

<b>Session Times:</b>	<b>Session #</b>	<b>Day</b>	<b>Warm Up</b>	<b>Start</b>	<b>Finish</b>
	1	Saturday	12:00-12:55pm	1:00pm	4:30pm

**Eligibility:** All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

**Max Number of Participants:** The meet will be limited to 100 swimmers.

**Entries:**

- Maximum 4 entries per swimmer including relays
- 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

**Entry Deadline:** Deadline for upload of entries to the SNC meet listings website is **Thursday January 23rd.**

In the event the SNC meet listings website is not running by then; entries will be accepted directly to meet management ([meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)) by email.

- Entries may only be submitted for swimmers whose registration is Active in the new REMS database.

- All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

**Deck Entries:** No Deck Entries.

**Entry Fees:** Individual Entry Fees: \$10.00 per swimmer  
Swim BC Competition Surcharge: \$5.00  
Please make the cheques payable to **UVic Swimming.**

**Safe Sport:** All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Deck changes are explicitly prohibited.

The team changeroom and washrooms located at the East end will be designated as

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Athlete only (no officials, coaches, volunteers). Washrooms in the West end stairwell and the main lobby of SCP are not to be used for changing. Athletes are required to use the team changeroom or primary changerooms for changing to maintain access to washroom facilities.

**Meet Rules:**

1. This meet will be conducted under Swimming Canada rules and regulations.
2. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
3. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
4. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
5. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
  - Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
  - Visual hand signals given by the starter/refereeClubs must contact Meet Management by the Entry Deadline of the need for accommodations.
6. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
7. During events only one (1) swimmer per lane is permitted.
8. Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.

**Scratches:**

**Scratches received prior (Friday January 31st at noon) will not incur Meet Fees.**

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.

**Scoring**

Scoring will take place after each event has been swum, based on times.

Individual scoring: 9-7-6-5-4-3-2-1

Relay Scoring: 11-4-2-0

**Seeding**

SFU Lanes: 1, 3, 5, and 7

UVic Lanes: 2, 4, 6, and 8



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### Event List

<b>Session #1</b>		
<b>Warm Up: 12:00pm      Start: 1:00pm</b>		
<b>Female Event Number</b>	<b>Description</b>	<b>Male Event Number</b>
1	400 Medley Relay	2
3	W800/M1500	4
5	50 Back	6
7	100 Fly	8
<b>10 Minute Break</b>		
9	200 Free	10
11	100 Back	12
13	100 Breast	14
15	50 Free	16
17	400 IM	18
19	200 Fly	20
21	50 Breast	22
<b>10 Minute Break</b>		
23	100 Free	24
25	200 Back	26
27	400 Free	28
29	200 Breast	30
31	50 Fly	32
<b>10 Minute Break</b>		
33	200 IM	34
35	400 Freestyle Relay	36

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## COMPETITION WARM-UP SAFETY PROCEDURES

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.



**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."**