



DATE: March 16-18, 2018

HOSTED BY: Vancouver Pacific Swim Club (VPSC)

LOCATION: UBC Aquatic Centre

POOL SPECS: 10-lane x 50m meter competition pool
Warmup/Cool Down space provided
Swiss Timing Quantum and Scoreboard will be used.

Meet Manager: Stephanie Steiner
info@vancouverpacificswimclub.com

Meet Referee: Joe Elsinga

Para Advisor: Janet Dunn

Officials: Andy Miller

Coordinator: officials@vancouverpacificswimclub.com

Entries: Lawrence Lam
info@vancouverpacificswimclub.com

Swim BC Contact: Carrie Matheson (carrie@swimbc.ca)

WARM UP AND START TIMES:

Friday, March 16, 2018

| | | |
|---------------|--------------|-----------------|
| Prelims/ | Warm-Up: | 10:30 - 11:50am |
| Timed Finals: | Competition: | 12:00 - 5:00pm* |

Saturday, March 17, 2018:

| | | |
|----------|--------------|-------------------|
| Prelims: | Warm-Up: | 8:00 - 9:20am |
| | Competition: | 9:30am - 12:30pm* |

| | | |
|---------|--------------|----------------|
| Finals: | Warm-Up: | 4:00 - 4:50 pm |
| | Competition: | 5:00 - 7:30pm* |

Sunday, March 18, 2018:

| | | |
|----------|--------------|-------------------|
| Prelims: | Warm-Up: | 8:00 - 9:20am |
| | Competition: | 9:30am - 12:30pm* |

| | | |
|---------|--------------|------------------------------------|
| Finals: | Warm-Up: | ~2hrs. after completion of prelims |
| | Competition: | 1hr. after start of warm-up |

*Note: Session completion times are approximate.

ELIGIBILITY:

- All swimmers must be registered with a Swim BC, Swimming Canada, USA Swimming or other FINA recognized club.
- Qualifying Times are the 2017-2018 Swim BC Senior Open short course or long course standards.** (Do not convert entry times; SCM entries will be converted by meet management)
- Qualifying period is from September 1, 2016, to the entry deadline.
- Ages are based on the age of the swimmer as of the first day of the competition.

ENTRIES:

- Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
- Entries not meeting the qualifying standards will not be accepted.
- "NT" entries and "custom time" entries will not be accepted in individual events;** swimmers must have a valid provable entry time in each event they enter.
- For reference purposes, please email a .pdf copy of entries to entries coordinator: **Lawrence Lam (info@vancouverpacificswimclub.com)**

- Meet fees are **\$75.00 per swimmer**, which includes the \$4/swimmer Swim BC Provincial Team Splash Fee. In addition, there will be a Facility Fee: \$10.00 per swimmer
- Cheques payable to: **Vancouver Pacific Swim Club**
- All fees MUST be paid prior to the start of the meet.**
- Entries must be uploaded to Swimming Canada meet listing website.
- Please include the proper contact name, phone number, and email address when uploading entries.
- 10. Late entries** (entries received or uploaded after 9:00pm on Tuesday, March 6, 2018) **will be accepted at the discretion of Meet Management. If accepted, the Meet fees will be doubled.**

ENTRY DEADLINE:

TUESDAY, MARCH 6, 2018 at 9:00 pm (PST)

SCRATCH DEADLINE:

TUESDAY, MARCH 13, 2018 at 12:00 noon

SPECIAL MEET RULES:

- This meet will follow applicable Swimming Canada and Swim BC rules as outlined in the current Swimming Canada Rulebook and Swim BC Tech Guide.
- Backstroke Ledges will be available.
- The 800m and 1500m Freestyle events will be conducted as Timed Finals and will be swum fastest to slowest.
- There will be a positive check-in for the 800m and 1500m Freestyles. **The Check-in Deadline will be 60mins prior start of Friday's session (11:00am).**
 - The events will be seeded after positive check in.
 - Failure to check in will result in a scratch.
 - Swimmers who fail to show or complete their swim after positive check-in will be subject to same penalties as late scratch from finals (See "Scratches" section).
 - Distance Lap Counters will be available.
- 50 Fly, 50 Back and 50 Breast prelims will be swum during Friday's session. The corresponding finals will be swum during the Saturday and Sunday Finals sessions. (see the Event Schedule for more information).
- The fastest four heats in the 400 Free and 400 IM will be swum in the event order as presented. The slower heats of the 400 Free and 400 IM will be swum after the completion of the respective day's heats.
 - The slower heats of the 400 Free and 400 IM will run fastest to slowest alternating women's / men's heats.
- Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
- For all 50, 100, 200, 400m events with 36 or more entrants, there will be "A", "B", and "C" finals.
 - Order of finals will be A, B, C
 - For events with fewer than 36 entrants, there will be only an "A" final and "B" final.
- Any act of theft, vandalism or similar action will result in disciplinary measures up to and including disqualification from the meet.
- All individual event entries must be valid times swum at sanctioned competitions.
- Warm-up:** Swimming Canada's warm-up procedures will be in effect. No diving into pool until sprint lanes are announced approx. 30 minutes prior to the conclusion of warm-up.
- A **coaches meeting** will be held if deemed necessary.



13. CHANGES: should it become necessary to change warm-up and or starting times, coaches will be notified as soon as possible.
14. Deck Entries will be accepted to fill empty lanes only:
 - a. Swimmers already entered into the meet - the cost is \$15.00/entry
 - b. Swimmers not already entered in the meet the cost is \$50.00/entry and must include swimmer's SNC ID number and DOB.
 - c. All Deck entry requests must be submitted to the Meet Manager / Clerk of Course with payment for that deck entry by 30 mins prior to the start of session.
 - d. Deck Entries must also meet the required standard to enter.
 - e. Deck entries are not eligible finals consideration; they are prelims swims for time only.

OFFICIAL SPLIT REQUESTS:

1. Official Split fees are \$10.00 per split. Payment must be submitted with request.
2. Deadline for Official Split Requests is the **start of each session**.
3. Coaches must supply two timers for each request.

SCORING & AWARDS:

No Team Scoring or Awards will be handed out.

PARA-SWIMMING:

1. **Para-swimmers' complete classifications *(S, SB, SM) must be included with athlete surname in their entries.**
2. The most current WPC rules will be observed for all para-swimming events.
3. By the entry deadline, swimmers must have attained at least ONE Swim BC Para-swimming AAA qualifying time. There are NO bonus swims.
4. Para-swimmers may enter Able-bodied events provided they meet the Senior Open Standard for that event.
 - a. Para-swimmers cannot enter the same event in both the Para and Able-bodied categories.
5. Para-swimmer events will be single-gender and multi-class. Winners will be determined by using the respective male and female Swimming Canada Performance Points Charts.
6. There will be SEVEN "para-specific events": 50 free, 100 free, 200/400 Free, 50/100 Back, 50/100 breast, 50/100 Fly and 150/200IM, with distances for each class corresponding to the distances outlined in the time standards.
7. Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of finalists from each of those pairs of events.
8. In para-swimming events with five or more entries, Para-swimmers will compete integrated with able-bodied heats during preliminaries, then in a para-final during finals.
 - a. In para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only timed finals during the preliminaries session.

SCRATCHES – PLEASE READ CAREFULLY:

Scratches received prior to noon on March 13th will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
2. For all finals sessions, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
3. The initial scratch deadline for finals each night will be 30 minutes following the completion of morning preliminaries; "overflow" heats.
4. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session. Both the clerk of course and the coach of the alternate swimmer must be notified of the scratch by the coach of the scratching swimmer prior to this deadline.
5. Late scratches (as defined above) from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day.

SWIM OFFS:

Where possible, swim-offs will run before the end of the session in which the tie occurred, at a time mutually agreed upon by coaches and officials.



**Senior Open - Winter
Event Schedule**

FRIDAY - MARCH 16, 2018

Warm Up: 10:30am - 11:50am; Start: 12:00pm

| <u>Event Number</u> | <u>EVENT</u> | <u>Event Number</u> |
|---------------------|------------------------|---------------------|
| <u>WOMEN</u> | | <u>MEN</u> |
| 1 | 800 Free (TF) | 2 |
| 3 | 1500 Free (TF) | 4 |
| 101/201 | Para 200/400 Free (TF) | 102/202 |
| 5 | 50 Fly (Prelims)** | 6 |
| 7 | 50 Breast (Prelims)** | 8 |
| 9 | 50 Back (Prelims)** | 10 |

SATURDAY PRELIMS - MARCH 17, 2018

Warm Up: 8:00 - 9:20am; Start: 9:30 am

| <u>Event Number</u> | <u>EVENT</u> | <u>Event Number</u> |
|---------------------|------------------|---------------------|
| <u>WOMEN</u> | | <u>MEN</u> |
| 103 | Para 100 Free | 104 |
| 11 | 100 Free | 12 |
| 13 | 200 Fly | 14 |
| 15 | 200 IM | 16 |
| 105/205 | Para 150/200 IM | 106/206 |
| 17 | 100 Breast | 18 |
| 19 | 400 Free | 20 |
| 21 | 100 Back | 22 |
| 107/207 | Para 50/100 Back | 108/208 |

SUNDAY HEATS - MARCH 18, 2018

Warm Up: 8:00am - 9:20 am; Start: 9:30 am

| <u>Event Number</u> | <u>EVENT</u> | <u>Event Number</u> |
|---------------------|--------------------|---------------------|
| <u>WOMEN</u> | | <u>MEN</u> |
| 109 | Para 50 Free | 110 |
| 23 | 50 Free | 24 |
| 25 | 200 Free | 26 |
| 27 | 200 Breast | 28 |
| 111/211 | Para 50/100 Breast | 112/212 |
| 29 | 200 Back | 30 |
| 31 | 100 Fly | 32 |
| 33 | 400 IM | 34 |
| 113/213 | Para 50/100 Fly | 114/214 |

SATURDAY FINALS

Warm Up: 4:00 - 4:50pm; Start: 5:00pm

| <u>Event Number</u> | <u>EVENT</u> | <u>Event Number</u> |
|---------------------|------------------|---------------------|
| <u>WOMEN</u> | | <u>MEN</u> |
| 103 | Para 100 Free | 104 |
| 11 | 100 Free | 12 |
| 13 | 200 Fly | 14 |
| 15 | 200 IM | 16 |
| 105/205 | Para 150/200 IM | 106/206 |
| 17 | 100 Breast | 18 |
| 19 | 400 Free | 20 |
| 21 | 100 Back | 22 |
| 5 | 50 Fly** | 6 |
| 107/207 | Para 50/100 Back | 108/208 |

SUNDAY FINALS - MARCH 19, 2018

Warm Up: 2hrs. after conclusion of prelims; Start: 1hr. later

| <u>Event Number</u> | <u>EVENT</u> | <u>Event Number</u> |
|---------------------|--------------------|---------------------|
| <u>WOMEN</u> | | <u>MEN</u> |
| 109 | Para 50 Free | 110 |
| 23 | 50 Free | 24 |
| 9 | 50 Back** | 10 |
| 25 | 200 Free | 26 |
| 27 | 200 Breast | 28 |
| 111/211 | Para 50/100 Breast | 112/212 |
| 29 | 200 Back | 30 |
| 31 | 100 Fly | 32 |
| 33 | 400 IM | 34 |
| 7 | 50 Breast** | 8 |
| 113/213 | Para 50/100 Fly | 114/214 |

**** Please Note: 50 Fly, 50 Back and 50 Breast Prelims are swum during Friday's session and the corresponding finals are swum during the Saturday and Sunday Final Sessions.**



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."