



**UBC Winter Warm-up
LONG COURSE
SATURDAY, JANUARY 18, 2025 – UBC
Aquatic Centre**
Sanctioned by Swim BC: #24087

GENERAL INFORMATION:

The University of British Columbia, the Richmond Rapids and the Vancouver Pacific Swim Club acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Musqueam people.

POOL VENUE:

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

10 lane 50m competition pool
2 lanes warm-up, 8 lanes racing
Omega Quantum Timing System
Omega Electronic touch pads/plungers
POOL DEPTH: Shallow End 1.52m, Deep End 3.9m.
Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1.

ORGANIZING COMMITTEE:

Meet Manager, Sarah Rudolf, ubc.swimmanager@gmail.com
Meet Entries, Darryl Rudolf
Meet Referee, Khay See

FEES:

Meet Fees (including Swim BC Competition Surcharge) \$50.00 per swimmer.
Fees payable to [UBC Athletics](#) via cheque or via credit card BEFORE racing begins.

TIMELINE:

Warm-Up: 8:00am – 8:55am
Racing: 9:00am – 12:30pm
Anticipated Timeout: 12:30pm

ELIGIBILITY:

Swimmers from invited clubs, registered with Swim BC or other World Aquatic affiliated organizations.

A limit of **3** events per swimmer for entries that meet qualifying standards

Swimmers with two qualifying entries will be permitted to enter one bonus swim, for a total of 3 events

All entries must be accompanied by verifiable entry times.

SAFE SPORT STATEMENT:

The University of British Columbia, the Richmond Rapids Swim Club and the Vancouver Pacific Swim Club, believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

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.

RULES:

All applicable Swimming Canada and Swim BC rules will be in effect.

Swim BC competition warm-up safety procedures will be in effect at this meet.

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.

Deck changes are explicitly prohibited.

During events only one (1) swimmer per lane is permitted.

Adult only washrooms (volunteers, coaches, officials) and swimmer only washrooms are not available due to facility constraints.

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.



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This competition can provide the following accommodations for swimmers who are Deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'.
 2. Visual hand signals given by the starter/referee
- Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

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.

ENTRIES:

Entry deadline is Friday January 10th, 2024 @ 11:59 PM PST

- Entry files must be emailed directly to Darryl Rudolf at darryl.rudolf@gmail.com.
- 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.
- Entries will be limited to the team with the 180th entered swimmer.

SCRATCHES:

Scratch deadline is Tuesday January 14th, 2024 @17:00 PM PST

Late scratches should be submitted as soon as possible. This includes scratches for swimmers in alternate positions for restricted events. If lanes become available, we expect the highest ranked alternate to be able to swim

DECK ENTRIES:

Deck entries will be allowed at the discretion of Meet Management, provided they do not create a new heat, are submitted with correct information (name, birth date, SNC number and valid entry time).

The deck entry fee will be \$20

FORMAT:

All events are timed finals, senior-seeded, slowest to fastest (*800m Free fastest to slowest*).

The competition will be run out of six or eight lanes depending on the number of entries

If timelimes require, the following adjustments may be implemented:

- Events may be seeded mixed gender (records are not recognized in mixed gender heats)
- 400m events – entries may be restricted to 2 heats each of Women and Men
- 800m events - entries may be restricted to 1 heat each of Women and Men
- Confirmation of event and entry restrictions will be made following the scratch deadline

Alternates will be added as scratches are received.

Invited teams **MUST** supply Senior Officials, Timers, and Volunteers for meet set-up, operation, and take-down.
Signup sheets will be circulated prior to the meet.



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Event List and Entry Standard Saturday, January 18 th , 2025 Warm-ups: 8:00am – 8:55am Start: 9:00am Anticipated Timeout: 12:30pm				
Women		Event	Men	
Event Number	Entry Standard		Entry Standard	Event Number
1	5:21.35	400 IM	4:58.51	2
3	2:12.99	200 Free	2:02.42	4
5	1:19.11	100 Breast	1:11.21	6
7	2:32.45	200 Fly	2:17.90	8
9	28.37	50 Free	25.70	10
11	1:09.15	100 Back	1:03.37	12
13	2:31.19	200 IM	2:18.78	14
15	4:42.91	400 Free	4:21.81	16
17	1:07.21	100 Fly	1:00.84	18
19	2:29.57	200 Back	2:18.24	20
21	1:01.37	100 Free	55.89	22
23	2:51.13	200 Breast	2:36.06	24
25	9:44.07	800m Free	9:10.79	26



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.



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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.”