



**18<sup>th</sup> ANNUAL WAVEMAKER LCM  
INVITATIONAL SWIM MEET**

**Friday, April 28, 2023 to  
Sunday, April 30, 2023**  
Sanctioned by Swim BC: #37978

Date	Morning			Afternoon		
	Warm-Ups	Preliminaries	Estimated Timeout	Warm Ups	Preliminaries	Estimated Timeout
Friday April 28, 2023	8:00 am	9:00 am	2:00 pm	5:00 pm	6:00 pm	8:30 pm
Saturday April 29, 2023	8:00 am	9:00 am	2:00 pm	5:00 pm	6:00 pm	8:30 pm
Sunday April 30, 2023	7:30 am	8:30 am	1:30 pm	3:30 pm	4:30 pm	7:00 pm

**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.

**Meet Manager:** Mac Macdonald  
[meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

**Meet Referee:** Betsy Dunphy

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

**Pool Set Up:** 8-lane 50m competition pool  
Quantum-Omega Timing System, touchpads, plungers  
4-lane 25m warm-up/warm-down.

**Eligibility:**

1. All swimmers are required to be registered with Swim BC, Swimming Canada, or other FINA affiliated organizations.
2. Age group is determined by age of swimmers on April 28, 2023.
3. The meet is limited to 400 swimmers. Teams will be notified if entries cannot be accepted.

**Entries:**

1. To assist with building accurate timeouts, NT’s will not be accepted for entries. Please estimate a time for swimmers without a validated time in an event.
2. Wavemaker is a Open-Invitational meet.
3. Entries must be uploaded to the Swimming Canada website prior to the entry deadline.
4. Entries received after the deadline may be accepted at the discretion of Meet Management and will be treated as deck entries.
5. Individual entries are limited to 8 events per swimmer.



**18<sup>th</sup> ANNUAL WAVEMAKER LCM  
INVITATIONAL SWIM MEET**

**Friday, April 28, 2023 to  
Sunday, April 30, 2023**

Sanctioned by Swim BC: #37978

**Entry Deadline:** Friday April 21<sup>st</sup> at 12:00 PM

**Entry Fees:** \$12.00 per individual event  
\$16.00 per relay event  
\$10.00 surcharge per swimmer (includes Swim BC and facility surcharges)  
\$20.00 deck entries  
Entry fees are payable to **Pacific Coast Swimmers' and Parents' Association (PCSPA)**

**Meet Format:** **Individual Events**

1. 50 Fly, 50 Back, and 50 Breast are timed final events during preliminary sessions.
2. For 50m & 100m individual events, age groups for seeding finals are:  
10&U, 11&U, 12&U, 14&U, and Open if more than 16 starters per age group.  
10&U, 12&U, 14&U, and Open where fewer than 16 starters per age group
3. For 200m individual events, Finals will swim in age groups of 10&U, 12&U, 14&U, and Open.
4. There will be no consolation Finals

**400m Events**

1. These events are timed finals.
2. The top-8 entries for each gender in age groups 12&U, 14&U, and Open will swim during Finals.
3. Positive check in is required for top-8 entries for Finals, closing at 9am on the day of the event.

**800/1500m Events**

1. These events are timed finals.
2. Heats will be swum fastest to slowest.
3. Slower heats (heats 4 and above) may be double-laned.
4. Overflow heats may swim on Sunday at the conclusion of Prelims.
5. Swimmers may enter the 800 or the 1500 but not both.
6. Top-8 entries for each gender across all age groups (12&U, 14&U, and Open) will swim during Finals on Friday.
7. Positive check in is required for Prelims and Finals, closing at 9am on the day of the event.

**Relay Events**

1. Relays are timed finals.
2. Teams limited to 3 relays per team per age-group/gender.
3. Swimmers may swim up in relay events but cannot swim on more than one relay team per age group.
4. Deadline for relay entries will be at noon on the day the relay will be swum.
5. Deadline for relay name changes is 45 minutes prior to the start of the session that the relay will be swum.

**Meet Rules:** All Swimming Canada rules will be in effect.  
Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1



**18<sup>th</sup> ANNUAL WAVEMAKER LCM INVITATIONAL SWIM MEET**

**Friday, April 28, 2023 to Sunday, April 30, 2023**  
 Sanctioned by Swim BC: #37978

Swim BC warm-up safety procedures will be in effected and monitored by safety marshals.

**Scratches:**

Final scratch deadline without penalty is **Monday, April 24, at 12:00 PM**. All scratches must be emailed to the meet manager at [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com).  
 Scratch deadline for prelims are 30 minutes prior to the start of racing.  
 Scratch deadline for finals are 30 minutes prior to the start of racing.  
 There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or timed finals.

**Scoring/Awards:**

1. 400 IM winners receive a large Hawaiian pizza
2. Floret ribbons will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place finishers in each age group for individual events and relays.
3. Ribbons will be awarded to 4<sup>th</sup> through 8<sup>th</sup> place finishers in each age group for individual events
4. There is no team scoring for this meet.

Event List		
Friday, April 28, 2023		
Girls Event Number	Event	Boys Event Number
1	4x50 Free Relay *	2
3	200 IM	4
5	50 Breast	6
7	200 Back	8
9	100 Free	10
11	800 Free	12
13	1500 Free	14
Saturday April 29, 2023		
Girls Event Number	Event	Boys Event Number
15	200 Fly	16
17	50 Back	18
19	400 IM	20
21	100 Breast	22
23	50 Fly	24
25	200 Free	26
27	4x50 Medley Relay	28
Sunday, April 30, 2023		
Girls Event Number	Event	Boys Event Number
29	400 Free	30
31	200 Breast	32
33	50 Free	34
35	100 Back	36
37	100 Fly	38
39	4x100 Medley Relay	40

\*4x50 Free Relay to be swum at the start of Friday Finals



## 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."**