



# UBC Winter Warm-up

## LONG COURSE

SATURDAY, JANUARY 21, 2023 – UBC Aquatic Centre

Sanctioned by Swim BC: #38462

### 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.

### TIMELINE

Warm-Up: 8:00am – 8:55am

Racing: 9:00am – 12:30pm

### FACILITY

10 lane 50m competition pool

2 lanes warm-up, 8 lanes racing

### LOCATION

UBC Aquatic Centre

6080 Student Union Blvd, Vancouver, BC V6T 1Z1

Vancouver, BC (604) 822-4501

### ELIGIBILITY

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

### QUALIFYING STANDARDS AND ENTRY LIMITS

- 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

### RULES

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

Deck entries will be permitted if submitted with correct information and at the discretion of meet management

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

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

### ENTRIES

Please submit entries via the Swimming Canada meet site.

For questions regarding receipt of entries, please email [sierra.moores@ubc.ca](mailto:sierra.moores@ubc.ca)

All entries must be received no later than

**Friday, January 13th, 2023**

Scratch Deadline

**Tuesday, January 17<sup>th</sup>, 2023**

### FEES

Meet Fees (including Swim BC Competition Surcharge) \$45.00 per swimmer

Fees payable to UBC Athletics are due before the start of the meet

### MEET MANAGER

Sierra Moores – [sierra.moores@ubc.ca](mailto:sierra.moores@ubc.ca)

### ENTRIES CONTACT

Sierra Moores – [sierra.moores@ubc.ca](mailto:sierra.moores@ubc.ca)

### MEET REFEREE

Nora Lee - [nora.leegoh@gmail.com](mailto:nora.leegoh@gmail.com)



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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.

### 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

### ENTRIES

If **timelines 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

Alternate lists will be maintained and alternates will be added as scratches are received. Teams will be notified as soon as possible of alternate additions.

### SCRATCHES and DECK ENTRIES

- 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 for qualified swimmers to fill empty lanes (non-restricted events only) will be accepted **until 7:20am on the day of the meet**, on a first-come-first-served basis

<b>Event List and Entry Standard</b>				
<b>Saturday, January 21<sup>st</sup>, 2023</b>				
Warm-ups: 8:00am – 8:55am				
Start: 9:00am				
Anticipated Timeout: 12:30pm				
<b>Women</b>		<b>Event</b>	<b>Men</b>	
<b>Event Number</b>	<b>Entry Standard</b>		<b>Entry Standard</b>	<b>Event Number</b>
1	5:21.35	<b>400 IM</b>	4:58.51	2
3	2:12.99	<b>200 Free</b>	2:02.42	4
5	1:19.11	<b>100 Breast</b>	1:11.21	6
7	2:32.45	<b>200 Fly</b>	2:17.90	8
9	28.37	<b>50 Free</b>	25.70	10
11	1:09.15	<b>100 Back</b>	1:03.37	12
13	2:31.19	<b>200 IM</b>	2:18.78	14
15	4:42.91	<b>400 Free</b>	4:21.81	16
17	1:07.21	<b>100 Fly</b>	1:00.84	18
19	2:29.57	<b>200 Back</b>	2:18.24	20
21	1:01.37	<b>100 Free</b>	55.89	22
23	2:51.13	<b>200 Breast</b>	2:36.06	24
25	9:44.07	<b>800m Free</b>	9:10.79	26



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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.



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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.”**