

UNIVERSITY CUP PACIFIC 2025

Hosted by UBC Varsity Swim Teams

November 8TH-9TH, 2025

GENERAL INFORMATION

Sanctioned by Swim BC: 59532

UBC Thunderbirds Swimming would like to begin by acknowledging that the land on which we gather is the traditional, ancestral, and unceded territory of the xwməθkwəyəm (Musqueam) People.

This meet will be conducted under the Swimming Canada Rules and Regulations.

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.

Please note: The universal changeroom washrooms will be assigned for Coaches, Officials and Volunteers. The Mens/Womens changeroom washrooms will be designated as "Athlete Only". Swim BC, SNC and World Aquatic rules will apply.

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 side of the pool.

Swim BC and Swimming Canada Competition Warm-Up Safety Procedures will be in effect at this meet and monitored by safety marshals (see appendix A for reference).

All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
 - Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.
- The Referee may disqualify a swimmer for such misconduct.

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.

VENUE/POOL

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

2x25m (10 lane) Competition Pool
25-meter warm-down pool will be available, with the other tank used for racing.
Omega Electronic Timing.
Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both ends or from deep end only)

ORGANIZING COMMITTEE

Meet Director: Sarah Rudolf
sarah.rudolf@ubc.ca

Meet Manager: Darryl Rudolf
darryl.rudolf@gmail.com

Meet Referee: Edmund Cheung
esycheung@gmail.com

Entries Coordinator: Darryl Rudolf
darryl.rudolf@gmail.com

UBC Facility: Christine Saunders
Christine.saunders@ubc.ca

ELIGIBILITY

All swimmers must be registered with SNC, U-Sport, USA Swimming, NCAA or World Aquatic Federation to enter. Varsity team entries are restricted to U-Sport/NCAA eligible swimmers only.

ENTRIES

ENTRY DEADLINE

Monday, November 3rd, 2025 @ 11:59pm

ENTRY FEE

Combined Team Fee (W&M) \$300.00
Non-Eligible (EXH) Swimmer Fee \$75.00
Team BC Swimmer Fee: \$75.00
Deck Entries (per event) \$25.00
Entry Fees may be paid via CC

Entry fees include the \$5.00/Swim BC swimmer competition surcharge.

Please make all cheques payable to:
UBC ATHLETICS

Entries must be submitted through the Swimming Canada Online System.

Deck entries will be accepted to fill empty lanes during the meet. Deck entries are due a minimum of 1 hour before the session starts. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth, and SNC registration number.

FORMAT

ENTRIES

This is a closed invitational.

Maximum of 20 swimmers for men and women / team (with the exception of Team BC). Varsity swimmers must be on the playing roster. Maximum number of swimmers to enter meet is 350.

No qualifying times needed to enter the meet. There's no qualifying period.

UNIVERSITY CUP PACIFIC 2025

Hosted by UBC Varsity Swim Teams

November 8TH-9TH, 2025

Inquiries regarding deck entries are to be made at the administration desk. Deck Entries are not eligible for finals.

NT's will not be accepted for entry.

Limit of 2 individual events per day plus relays for each swimmer.

EXH entry into the meet is at the discretion of the Meet Director. Contact in Advance.

Team BC All-Star Team will be entered in the meet (Non U Sport/NCAA eligible) and include 12 men and 12 women (24 total). The Team BC athletes will be allowed to advance to finals.

EVENTS

All events will be swum preliminaries and finals, except the 800 and 1500m Freestyle which will be Timed Finals with the fastest heat of both swimming in the final session.

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

All prelim and final events will have an A and B final using all 10 lanes of the competition pool. Two alternate swimmers will be listed for all events.

Finals will run A final followed by B final.

A maximum of 4 EXH swimmers may advance to the B final only.

If an athlete scratches from finals for medical reasons AFTER the scratch deadline for finals, it is the responsibility of that athlete to inform the Admin Desk as well as the 1st alternate.

Athletes must report to the ready area 5 minutes BEFORE the start of the B-final for their respective event.

This competition can provide the following accommodations for swimmers who are D/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

3. Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

SCRATCHES

PRELIMINARY SCRATCH DEADLINE

Friday, November 7th at 5:00pm for Saturday events **by email to the Entry Coordinator.**

Scratches for Sunday events are due by the conclusion of Event 20 (Men's 50 Fly Final) on forms provided at the administration desk.

FINALS SCRATCH DEADLINE

30 minutes after the conclusion of preliminary Event 20 (Saturday) and preliminary Event 38 (Sunday) at the administration desk.

RELAYS

All Relays will be swum during Finals.

2 relay entries per team may be entered in each relay event. A relay in the A Final, B relays in the B Final. Only the A Relay Team can score.

Relay Times must be entered for seeding.

Relay names are due at the finals' scratch deadline. Name changes will be accepted up to the start of the event. *More details will be provided in the Technical Bulletin.*

Team scoring will be completed as per the scoring breakdown on page 3.

All relays will be swum as timed finals.

DISTANCE EVENTS

The 800 and 1500m Freestyle events will be swum as timed finals with the top 10 entries swimming during the finals.

There is a limit of 3 heats for each distance event. Team must supply timers for entered swimmers.

Distance events swum during the preliminary session will run fastest to slowest, alternating Women and Men.

Entries for ALL distance events will be limited to the Top 40 proven entries. More entries MAY be permitted at the discretion of meet management.

**Thank you to all our
Sponsors and
Supporters!**



**Sports Illustrated
CLUBHOUSE**



UNIVERSITY CUP PACIFIC 2025

Hosted by UBC Varsity Swim Teams

November 8TH-9TH, 2025

FRIDAY, November 7th, 2025

Coaches technical meeting on zoom – to be confirmed

Open training time from 5:00-8:00pm Competition pool access only in 20x25m lanes

SATURDAY, November 8th, 2025

Facility Entrance: 7:45-8:00AM

Prelims Warm-Up: 8:15-9:20AM

Start Time: 9:30AM

Facility Entrance 3:45-4:00PM

Finals Warm-Up: 4:15-5:20PM

Start Time: 5:30PM

Women's Event #	Event	Men's Event#
1	4x50 Medley Relay (Finals Only)	2
3	400 IM	4
5	100 Free	6
7	200 Fly	8
9	50 Breast	10
11	100 Back	12
13	400 Free	14
15	100 IM	16
17	200 Breast	18
19	50 Fly	20
21	4x100 Free Relay (Finals Only)	22

SUNDAY, November 9th, 2025

Facility Entrance: 7:15-7:30AM

Prelims Warm-Up: 7:45-8:50AM

Start Time: 9:00AM

Facility Entrance 1:15-1:30PM

Finals Warm-Up: 1:45-2:50PM

Start Time: 3:00PM (Finish by 5)

Women's Event #	Event	Men's Event#
23	4x50 Free Relay (Finals Only)	24
25	100 Breast	26
27	50 Back	28
29	200 Free	30
31	100 Fly	32
33	200 Back	34
35	50 Free	36
37	200 IM	38
39	800 W / 1500 M Free (Fastest heat swum in finals)	40
41	4x100 Medley Relay (Finals Only)	42

SCORING

Individual A Final: 24-21-20-19-18-17-16-15-14-13

Individual B Final: 11-9-8-7-6-5-4-3-2-1

Relay A Final: 48-42-40-38-36-34-32-30-28-26

Men's & Women's Team points are calculated separately

*UBC T-Birds will supply pizza and drinks on Saturday night following finals for all coaches and swimmers.
Pizzas will be distributed to coaches of each team outside the UBC Aquatic Centre following finals.*

SWIM BC COMPEITION

WARM-UP SAFETY PROCEDURES



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 upon 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.

For all Swim BC sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

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.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- 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.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- 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 only be placed in the competition pool when warm-ups take place.

EQUIPMENT

- Only 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 Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- 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 in helping 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.

PARA-SWIMMER NOTIFICATION

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

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.”

UNIVERSITY CUP PACIFIC 2025

Hosted by UBC Varsity Swim Teams

November 8TH-9TH, 2025

UBC AQUATIC CENTRE

The UBC Aquatic Centre is proud to be the host venue of the University Cup Pacific 2025. The UBC Aquatic Centre officially opened on March 1, 2017. The facility, designed for campus, community & competition, is located adjacent the main UBC Transit Exchange and serves hundreds of UBC students, faculty, staff, campus residents and members of the public each day. The UBC Aquatic Centre increases the University's capacity to service not only the needs of UBC Point Grey campus, but also provides the opportunity for UBC and Vancouver to host higher levels of aquatic competition while providing more amenities for the Greater Vancouver region.

General information on the facility can be found here recreation.ubc.ca/aquatics and further facility event details will be available in the tech bulletin.

Current facility layout for University Cup Pacific 2025:

