



**2015 SWIMBC CLUB OF THE YEAR**

**May 15, 2016  
Sunday Race Day Series**

Results at <http://results.pacificcoastswimming.com>

**UVIC McKinnon Pool, Victoria  
Sanctioned by Swim BC: #19407**

**POOL AND FACILITIES**

6-lane, 25m competition pool.  
Manual timing  
Warm-up pool – two short-course lanes in dive tank.

**ELIGIBILITY**

This is a time trial for competitive swimmers in PCS C, D and Lightning Fast groups. Swimmers must be registered with Swim BC or other FINA-related organizations. Swimmer age is determined on May 15, 2016.

Note: For swimmers registered as "Non-competitive", this will constitute their one permitted competitive opportunity, and they would have to upgrade to "Competitive" registration category prior to entering their next meet or time trial.

**GENERAL INFORMATION**

All events are timed finals.  
Swimming Canada WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.  
All applicable Swimming Canada/Swim BC rules will be followed.

**ENTRY FEE**

A \$10.00 per swimmer entry fee is being charged to cover the costs of pool rental.

<b>WARM-UPS</b>	<b>START</b>	<b>TIMEOUT</b>
8:00 AM	8:30 AM	11:00 AM
<b>EVENTS</b>	<b>EVENT ORDER</b>	
1	50 Freestyle	
2	25 Freestyle	
3	200 Breaststroke	
4	100 Butterfly	
5	100 Individual Medley	
6	200 Backstroke	
7	50 Backstroke	
8	25 Backstroke	
9	100 Breaststroke	
10	400 Freestyle	
11	50 Butterfly	
12	25 Butterfly	
13	100 Freestyle	
14	200 Individual Medley	
15	50 Breaststroke	
16	25 Breaststroke	
17	100 Backstroke	
18	200 Freestyle	
19	400 IM	
20	800 Free	
21	1500 Free	



## **COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

### **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 tank and when applicable, similarly situated in designated warm-up tanks 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.

### **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 WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**

*November 25, 2014*