



2007 Swim BC Club of the Year

## FIFTH ANNUAL MIDSUMMER MADNESS SHORT COURSE INVITATIONAL

AUGUST 1-2, 2014  
Saanich Commonwealth Place  
4636 Elk Lake Drive  
Victoria BC CANADA V8Z 5M1  
Sanctioned by Swim BC: #15324

### SESSION TIMELINES

Date	Heats			Finals		
	Warm-ups	Start	Estimated Timeout	Warm-ups	Start	Estimated Timeout
Friday, August 1, 2014	8:00 am	9:00 am	1:30 pm	4:00 pm	5:00 pm	7:30 pm
Saturday, August 2, 2014	7:30 am	8:30 am	1:00 pm	5:30 pm	6:30 pm	8:30 pm

### POOL AND FACILITIES

Eight-lane, 25m competition pool.  
Ares-Omega electronic timing, touch pads and scoreboard.  
Separate warm-up pool – four short-course lanes in dive tank.  
Coffee shop – the Aquaterra Café – available.

### ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations. Note that in order to compete at this meet, Swim BC sessional and novice registrants must upgrade to competitive status. Swimmer age is determined on August 1, 2014.

### GENERAL INFORMATION

1. This meet is designed to enable swimmers of all ages and levels to attend a midsummer short course heats and finals event.
2. The meet will run under Swim BC and SNC rules: SNC warm-up procedures will be in effect; scoring will be as per SNC rules.
3. There is no entry standard for this meet.
4. As per the Swim BC Technical Guide, coaches are asked to exercise discretion in choosing events for 10 & under swimmers so that that deck time, excluding warm-up, does not exceed 4 hours per session.
5. For individual events other than the 800 and 1500 freestyle, heats will swim slowest to fastest, all age groups combined.
6. Finals will swim in age groups 10 & under, 12 & under, 14 & under, and Open.
7. There will be no consolation finals.
8. Swimmers may swim up age groups in one or more events. If so, coaches are asked to notify meet management of competitors' names, events and swim-up age categories.
9. 800 and 1500 Freestyle events will swim as timed finals, fastest to slowest, all age groups combined. The fastest heat of each event, both female and male, will swim in finals, as the final event in the session.
10. Relays will swim in age groups 12 & under, 14 & under, and Open and are timed finals. All relays will swim at the beginning of finals in the evening; please submit entry times with relays.
11. Scratch deadline for finals is 30 minutes from the conclusion of heats on the day the final is to swim.
12. Ribbons will be awarded to 1st to 3<sup>rd</sup> place finishers in both individual and relay events in all age groups.
13. Ribbons will also be awarded to the broken 400 IM winners, combining each of the 100m events.

### ENTRIES

Entries must be uploaded prior to the entry deadline to the Swimming Canada website at <http://www.swimmeet.ca/>. Entries sent directly to the Meet Director cannot be accepted. *Please note that this also means we will not be able to accept mailed entries.*

Meet Managers: Kingsley Lee and Rob Crisp, Meet Managers  
Email: [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

1. Final entries must be uploaded by Wednesday, **July 24, 2014**.
2. Entries are \$8.00 per individual event; \$9.00 per relay. Final scratch deadline without financial penalty: July 29, 2014.
3. Note that, in addition to individual and relay event fees, Saanich Commonwealth Place requires a \$5.00 per swimmer Facility Improvement Fee and Swim BC requires a \$4.00 per swimmer Provincial Team Splash Fee to support Swim BC's Provincial Team and Regional Camp Initiatives.
4. Please make cheques for the total amount, including all individual and relay entries, and Swim BC and SCP facility fees, payable to **Pacific Coast Swimmers and Parents Association (PCSPA)**.
5. Entries must show swimmers' ages, or swimmers will be entered in the Open age category.
6. No refunds of fees for scratched events after the entry deadline except with a medical certificate.
7. This meet is limited to 350 swimmers. Teams will be notified if entries cannot be accepted.

**EVENT ORDER**

Friday			Saturday		
Women		Men	Women		Men
1	4x50 Medley Relay	2	21	4x50 Free Relay	22
3	400 Freestyle	4	23	400 IM	24
5	50 Butterfly	6	25	100 Breaststroke	26
7	100 Backstroke	8	27	200 Freestyle	28
9	200 Breaststroke	10	29	100 Butterfly	30
11	100 Freestyle	12	31	50 Breaststroke	32
13	50 Backstroke	14	33	200 Backstroke	34
15	200 IM	16	35	50 Freestyle	36
17	200 Butterfly	18	37	800 Freestyle	38
19	1500 Freestyle	20			

<b>HOWARD JOHNSON HOTEL AND SUITES AT ELK LAKE</b>	
Address	4670 Elk Lake Drive, Victoria BC V8Z 5M2
Distance to Pool	5 minute walk
Phone	1-250-704-4656
Toll Free	1-866-300-4656
Email	<a href="mailto:suites@hojovictoria.ca">suites@hojovictoria.ca</a>
Website	<a href="http://www.hojovictoria.ca/">http://www.hojovictoria.ca/</a>
Restaurant	On-site
Sports Team Rate	2013-14 rate: \$94.00/night 1-4 people until May 1, 2014; \$114-\$134/night after May 1, 2014; kitchen suites add \$30.00
<b>ACCENT INN</b>	
Address	3233 Maple Street, Victoria BC V8X 4Y9
Distance to Pool	10 minute drive
Phone	1-250-475-7500
Toll Free	1-800-663-0298
Email	<a href="mailto:accent@accentinns.com">accent@accentinns.com</a>
Website	<a href="http://www.accentinns.com/victoria">http://www.accentinns.com/victoria</a>
Restaurant	On-site
Sports Team Rate	\$92/night 1-4 people until May 31, 2014; \$112/night after June 1, 2014. Kitchen suites add \$10.00
<b>HOTEL GRAND PACIFIC</b>	
Address	463 Belleville Street, Victoria BC
Distance to Pool	15 minute drive
Toll Free	1-800-663-7550
Reservations	<a href="mailto:reserve@hotelgrandpacific.com">reserve@hotelgrandpacific.com</a>
Website	<a href="http://www.hotelgrandpacific.com">www.hotelgrandpacific.com</a>
Restaurant	On-site
Sports Team Rate	\$TBD/night (Ask for Wavemaker Invitational Rate)
<b>SANDMAN INN</b>	
Address	2852 Douglas Street, Victoria BC V8T 4M5
Distance to Pool	15 minute drive
Phone	(250) 388-0788
Toll Free	1-800-726-3626 (1-800-sandman)
Email	<a href="mailto:llarsen@sandman.ca">llarsen@sandman.ca</a>
Website	<a href="http://www.sandmanhotels.com/en/hotels/bc/victoria.php">http://www.sandmanhotels.com/en/hotels/bc/victoria.php</a>
Restaurant	On-site
Sport Team Rate	\$79/night standard room until April 30/14; \$109/night standard room after May 1/14

## **SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional “practice” pools, if any, are to be supervised by lifeguards and coaches.

*“Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed.” (CSW 2.13.1.5)*

### **GENERAL WARM-UP RULES:**

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for ‘Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the ‘right of way’ for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

### **SPECIFIC/SPRINT WARM-UP PERIOD:**

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only ‘one-way’ swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### **EQUIPMENT:**

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

*SNC Board Approved July 2, 2005*

*Revision 6 01/10/2009 APP D-1*