

SIMON FRASER UNIVERSITY and UNIVERSITY of VICTORIA - PCS
present:

West Coast Collegiate

Sanctioned by SWIM BC - #32586

Simon Fraser University and UVic Pacific Coast swimming are co-hosting an Invitational timed finals competition.

Starting Times:

Saturday February 9, 2019

warm-up	3:00 - 3:55 pm
start	4:00 pm
estimated finish	6:00 pm

Sunday February 10, 2019

warm-up	8:00 - 8:55 am
start	9:00 am
estimated finish	11:00 am

Location: Saanich Commonwealth Place
8 lane 25 meter pool
4636 Elk Lake Dr.
Phone: 250-475-7600

Entries: Meet entries will only be accepted via upload to the [SNC meet website](#). The meet is limited to 200 swimmers at the discretion of meet management.

Entry Deadline: Thursday February 9th at 9:00pm

Entry fees:

\$ 9.00 entry charge per swimmer which includes:

- \$ 5.00 per swimmer facility fee
- \$ 4.00 per swimmer provincial fee

Please make the cheques payable to **University of Victoria**.

Scratch Deadline: Any scratches received on or before Friday February 8th at noon will have full reimbursement. After said date, a medical note must accompany scratch for reimbursement.

Seeding: The meet will be pre-seeded with no deck entries.

Scratches:

There is no scratch penalty for no-shows, step downs and unexcused incomplete swims.

Meet Rules: Swimming Canada, NCAA and FINA rules will apply. Current Swimming Canada swim suit policy will be followed. Swimming Canada Warm-Up Procedures will be in effect and will be monitored by safety marshals.

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

Eligibility: All swimmers must be registered with the NCAA, SWIM BC or other FINA affiliated organization

Meet Manager:

Margaret Penning mjpc@shaw.ca

Meet Referee: Piero Porreca, Level 5

All entries must be submitted on-line by
9:00pm

Thursday February 7th, 2019

SIMON FRASER UNIVERSITY and UNIVERSITY of VICTORIA - PCS
present:

SATURDAY

women	EVENTS	Men
1	200 IM	2
3	200 free	4
5	100 back	6
7	100 breast	8
9	200 fly	10
11	50 free	12
13	800 free	14
15	1500 free	16
10 minutes		
17	400 free	18
19	50 back	20
21	50 breast	22
23	50 fly	24
10 minutes		
25	200 back	26
27	100 free	28
29	200 breast	30
31	100 fly	32

SUNDAY

	EVENTS	
33	200 medley relay	34
35	400 IM	36
37	400 free	38
39	100 back	40
41	100 breast	42
43	200 fly	44
45	50 free	46
10 minutes		
47	200 free	48
49	50 back	50
51	50 breast	52
53	50 fly	54
10 minutes		
55	200 back	56
57	100 free	58
59	200 breast	60
61	100 fly	62

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an 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.
- 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.

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 higher level 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 higher level 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 is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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.

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 rules 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 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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."