

# WEST COAST COLLEGIATE

February 12 & 13, 2022

Hosted by the University of Victoria Varsity Swim Team  
Sanctioned by Swim BC: #36889

## SAFE SPORT STATEMENT

All interactions between an athlete and an individual who is on a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

## VENUE

Saanich Commonwealth Place  
8-lane 25m pool (Sat) | 8-lane 50m pool (Sun)  
4636 Elk Lake Drive, Victoria, BC V8Z 5M1  
Phone: 250 475 7600

## STARTING TIMES

Saturday February 12, 2022 - SCM Timed Finals  
Warm-up 3:00 - 3:55 pm Start 4:00 pm Estimated finish  
6:00-6:30 pm

Sunday February 13, 2022 - LCM Timed Finals  
Warm-up 8:00 - 8:55 am Start 9:00 am Estimated finish  
11:00-11:30 am

## ENTRIES

Meet entries will only be accepted via upload to the SNC meet website. The meet may be limited at the discretion of meet management or the facility.

## ENTRY DEADLINE

Tuesday February 8th at 9:00pm

## ENTRY FEES

\$ 9.00 charge per swimmer which includes \$ 4.00 Swim BC's Competition Surcharge. Please make the cheques payable to **UVic swimming**.

## SEEDING

The meet will be pre-seeded, fastest to slowest.

## DECK ENTRIES

Allowed for swimmers already registered in the meet, based on space availability and at the discretion of the meet manager.

## SCRATCHES AND DEADLINE

Scratches received prior to Friday February 11th at noon will not incur Meet Fees. Following this, a medical note must accompany the scratch for reimbursement. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims.

## MEET RULES

Swimming Canada, NCAA and FINA rules will apply. Swim BC Warm-Up Procedures will be in effect and will be monitored by safety marshals (see appendix A for reference). Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

Events 65 and 66 LCM 800m Freestyle and Events 67 and 68 LCM 1500m Freestyle MAY be swum mixed gender if required to maintain reasonable timelines. If swum as mixed, no provincial or national records will be recognized.

## ELIGIBILITY

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

## MEET MANAGER

Lily Dong  
[lm.aquasports@gmail.com](mailto:lm.aquasports@gmail.com)

## MEET REFEREE

Jeffrey Stevens, Level 4

## ENTRIES COORDINATOR

Ryan Clouston  
[ryanclouston@gmail.com](mailto:ryanclouston@gmail.com)

<b>Saturday SCM</b>		
<b>Women</b>	<b>Events</b>	<b>Men</b>
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
<b>10 Minutes Break</b>		
17	400 Free	18
19	50 Back	20
21	50 Breast	22
23	50 Fly	24
<b>10 Minutes Break</b>		
25	200 Back	26
27	100 Free	28
29	200 Breast	30
31	100 Fly	32
33	400 IM	34

<b>Sunday LCM</b>		
<b>Women</b>	<b>Events</b>	<b>Men</b>
35	400 IM	36
37	400 Free	38
39	100 Back	40
41	100 Breast	42
43	200 Fly	44
45	50 Free	46
<b>10 Minutes Break</b>		
47	200 Free	48
49	50 Back	50
51	50 Breast	52
53	50 Fly	54
55	200 IM	56
<b>10 Minutes Break</b>		
57	200 Back	58
59	100 Free	60
61	200 Breast	62
63	100 Fly	64
65	800 Free	66
67	1500 Free	68



## 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.



**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.”**

