



**COVID Cup
LONG COURSE**
SATURDAY, JANUARY 22, 2022 – UBC Aquatic Centre
Sanctioned by Swim BC: #

TIMELINE

Warm-Up: 8:30-9:25am
Racing: 9:30am – 1:00pm

2 lanes warm-up, 8 lanes racing

FACILITY

10 lane **50m** competition pool

LOCATION

UBC Aquatic Centre
6080 Student Union Blvd, Vancouver, BC V6T 1Z1
Vancouver, BC [\(604\) 822-4501](tel:6048224501)

ELIGIBILITY

Swimmers from invited clubs, registered with Swim BC or other FINA affiliated organizations.

QUALIFYING STANDARDS AND ENTRY LIMITS

- Western Canadian Standards for Women 15 years old, Men 16 years old
- No limit per swimmer for entries that meet qualifying standards
- Swimmers with one qualifying entry will be permitted to enter one bonus swim, for a total of 2 events
- All entries must be accompanied by verifiable entry times

RULES

All applicable Swimming Canada and Swim BC rules, including swimsuit rules, will be in effect
Swimming Canada competition warm-up safety procedures will be in effect at this meet
Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

ENTRIES

Submit entries via the Swimming Canada meet site at www.swimming.ca/meetlist.aspx. For questions regarding receipt of entries, please email scottwilson@vancouverpacificswimclub.com

All entries must be received no later than

Friday, January 14th, 2022

Scratch Deadline

Tuesday, January 18th, 2022

FEES

Meet Fees (including Swim BC Splash Fees) \$35.00 per swimmer
Fees payable to Vancouver Pacific Swim Club are due before the start of the meet

MEET MANAGER and ENTRIES CONTACT

Scott Wilson
scottwilson@vancouverpacificswimclub.com
250-813-1533

MEET REFEREE



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Invited teams **MUST** supply Senior Officials, Timers, and Volunteers for meet set-up, operation, and take-down.
Signup sheets will be circulated prior to the meet.

FORMAT

- All events are timed finals, senior-seeded, slowest to fastest (800m Free fastest to slowest).
- The competition will be run out of six or eight lanes depending on the number of entries

ENTRIES

If **timelines require**, the following adjustments may be implemented:

- Events may be seeded mixed gender (records are not recognized in mixed gender heats)
- 400m events – entries may be restricted to 2 heats each of Women and Men
- 800m events - entries may be restricted to 1 heat each of Women and Men

Alternate lists will be maintained and alternates will be added as scratches are received. Teams will be notified as soon as possible of alternate additions.

SCRATCHES and DECK ENTRIES

- Scratches should be submitted as soon as possible. This includes scratches for swimmers in alternate positions for restricted events. If lanes become available, we expect the highest ranked alternate to be able to swim.
- Deck entries for qualified swimmers to fill empty lanes (non-restricted events only) will be accepted **until 10:20am on the day of the meet**, on a first-come-first-served basis



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Event List and Entry Standard				
Saturday, January 22 nd , 2022				
Warm-ups: 8:30am – 9:25am				
Start: 9:30am				
Anticipated Timeout: 1:00pm				
Women		Event	Men	
Event Number	Entry Standard		Entry Standard	Event Number
1	5:19.57 LCM 5:13.43 SCM	400 IM	5:00.15 LCM 4:54.26 SCM	2
3	2:12.41 LCM 2:07.57 SCM	200 Free	2:03.83 LCM 2:01.40 SCM	4
5	1:18.44 LCM 1:16.90 SCM	100 Breast	1:12.01 LCM 1:10.60 SCM	6
7	2:30.89 LCM 2:27.43 SCM	200 Fly	2:19.18 LCM 2:17.09 SCM	8
9	28.20 LCM 27.65 SCM	50 Free	25.94 LCM 25.42 SCM	10
11	1:08.75 LCM 1:07.40 SCM	100 Back	1:04.12 LCM 1:02.86 SCM	12
13	2:30.38 LCM 2:27.43 SCM	200 IM	2:19.92 LCM 2:17.18 SCM	14
15	4:41.63 LCM 4:36.11 SCM	400 Free	4:24.62 LCM 4:19.43 SCM	16
17	1:06.76 LCM 1:05.45 SCM	100 Fly	1:01.54 LCM 1:00.33 SCM	18
19	2:28.63 LCM 2:25.72 SCM	200 Back	2:19.18 LCM 2:16.45 SCM	20
21	1:01.08 LCM 59.88 SCM	100 Free	56.50 LCM 55.39 SCM	22
23	2:50.18 LCM 2:46.84 SCM	200 Breast	2:37.50 LCM 2:34.41 SCM	24
25	9:40.96 LCM 9:29.57 SCM	800 Free	9:11.46 LCM 9:00.65 SCM	26



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.



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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.”



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Covid Protocols:

COMPETITION SAFETY PLAN

The competition safety plan has been developed in consultation with the facility in order to ensure the plan aligns with the specific facility and university requirements. The facility and the University of British Columbia will also work with the British Columbia Health Services liaison to ensure all requirements are met. The rules and policies of Swim BC, in addition to all current provincial, municipal and UBC Aquatic Centre requirements, must be adhered to.

COVID-19 SAFETY COORDINATOR(S)

Coaches Contact:

Sierra Moores: sierra.moores@ubc.ca

UBC A&R Contact:

Samantha Pritchard: Samantha.pritchard@ubc.ca

UBC Aquatic Centre Contact:

Christine Saunders: Christine.saunders@ubc.ca

WARM-UP LANE ASSIGNMENTS

During the warm-up session lanes will be assigned to teams in order to minimize inter-team contact. Warm-up tank will be supervised by a volunteer at all times. During the competition session Lanes 0-4 of the south competition pool will be used for cool-down and Lanes 5-9 for warm-up in order to promote the counter clockwise rotation around the pool.

ENTRANCE/EXIT:

Entrance:

- Through the South-East Mezzanine Doors
- Entrance to the building will be available 15 minutes prior to the start of the warm-up session.
- Officials will enter the building 30mins prior to help with facility set-up.

Exit:

- Through the north east doors off of the mezzanine or the north west doors on deck level.

CHANGE ROOMS:

Those involved with the event will only have access to the Mens and Womens changerooms. There will be no access to the universal change room in order to minimize contact with the public.

TRAFFIC FLOW:

Path of travel MUST be followed.

The traffic flow is designed so that there is NO gathering on the pool deck. Cheering/watching of the competition should happen from the mezzanine.

See attached document on page 5 for details.

VACCINATION REQUIREMENTS:

Each individual wishing to participate in this competition must provide documentation of their vaccination status as per viaSport Return to Sport 2.0, "Proof of vaccination is required for youth (0-21) participating in sport programming that is primarily intended for adults."

Coaches Responsibility:

Provide written testament of the fully vaccinated status of their athletes, coaches, support staff and all other individuals wishing to participate in the competition.

Individual Responsibility:

Show proof of vaccination to event staff prior to entering the UBC Aquatic Centre for each session.

SICK INDIVIDUALS

The sick individual will immediately leave the venue and the COVID Safety Coordinators should be notified immediately.

MASKS:

All public health guidelines will be followed throughout the competition.

- Officials, volunteers and coaches will wear masks throughout the competition.
- Swimmers will wear masks unless participating in physical activity (activation on deck, while swimming ex.)

SHARED EQUIPMENT:

No equipment will be shared during this competition.

LOCATION OF OFFICIALS:

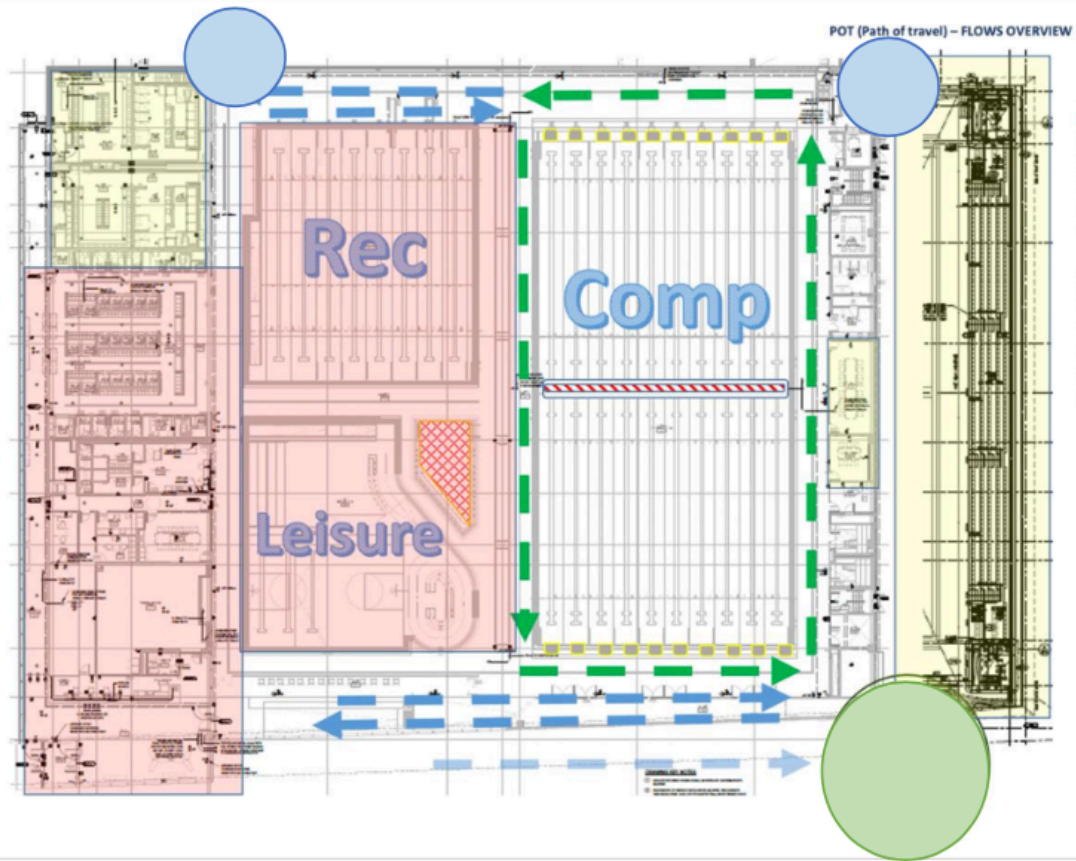
There will be one timer/S&T for every 2 lanes at the start end. Two turn officials on the bulkhead, 2 stroke officials (one on each side), one referee, one starter and two electronics/RS/CoC officials. Officials will aim to maintain distance from athletes at all times.

LOCATION OF COACHES:







Observation of races and pre/post-race conversations should occur in the mezzanine. As much as possible we ask coaches stay in the mezzanine area.



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Legend:

-  Not available to those involved in the event.
-  Building Entrance Point.
-  Building Exit Points.
-  Changerooms + coaches and athlete seating area.
-  One Way Traffic.
-  Two-Way Traffic.