

PSW WINTER INVITATIONAL

HOSTED BY PACIFIC SEA WOLVES SWIM CLUB
FEBRUARY 11th and 12th, 2023

GRANDVIEW HEIGHTS AQUATIC CENTRE
16855 24 Ave
Surrey, BC V3S 0A2

Sanctioned by Swim BC #38002

Date	Morning			Afternoon		
	Warm Ups	Preliminaries	Estimated Timeout	Warm Ups	Finals	Estimated Timeout
Saturday February 11, 2023	7:00-7:50AM	8:00AM	2:00PM	4:30-5:20PM	5:30PM	8:00PM
Sunday February 12, 2023	7:00-7:50AM	8:00AM	2:00PM	4:00-4:50PM	5:00PM	7:30PM

Order of Events

SATURDAY	SUNDAY
400 Free	400 IM
200 Breast	100 Free
15 Minute Warm-down	15 Minute Warm-down
100 Back	200 Back
200 IM	100 Breast
15 Minute Warm-down	15 Minute Warm-down
200 Free	50 Free
100 Fly	200 Fly
20 Minute Warm-down	20 Minute Warm-down
800 Free (Timed Final)	1500 Free (Timed Final)

SAFE SPORT STATEMENT:

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

POOL AND FACILITIES:

- Starts will be conducted from starting platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
- One 50-metre 10 lane competition pool
- Colorado electronic timing, touch pads and scoreboard

ELIGIBILITY:

1. Swimmers must be registered with Swim BC or other World Aquatics-related organizations.
2. Age group is determined by age of swimmer on February 11, 2023.
3. Athletes must have at least ONE qualifying time, in an appropriate sanctioned competition, as of the entry deadline.
4. Swimmers from Pacific Sea Wolves may be entered in events with empty lanes.

ENTRY INFORMATION:

1. Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
2. Meet Fees (including Swim BC Competition Surcharge) are \$75.00 per swimmer. Deck entries are \$30/event.
3. Cheques payable to: **Pacific Sea Wolves Swim Club.**
4. All fees **MUST** be paid prior to the start of the meet.
5. Entries must be uploaded to SNC meet listing website prior to the entry deadline.
 - a. Please include the proper contact name, phone number, and email address when uploading entries.
6. **ENTRY LIMITS:**
 - a. The total number of swimmers attending the meet will be limited to 340.
 - b. Individual entries are limited to 5 events per swimmer. (If qualified in one you get 4 bonus events, if qualified in two you get 3 bonus events, if qualified in three you get 2 bonus events, if qualified in four you get 1 bonus event).
 - c. Limits for the 800 and 1500 events are limited to 20 of each gender. Should a swimmer only qualify in the 800 or 1500 Free events and are not one of the 20 in either gender for that event, they may still enter the meet and swim 4 bonus events.
7. Deck entries will be accepted up until 60 minutes prior to the start of racing and will be allowed for filling empty lanes only. No new Heats will be created. Deck entries will be exhibition swims only, and do not qualify swimmers for finals or awards.
8. Deck entries must be paid in cash in advance of the swimmer being able to race in the event.
9. **Late entries** (entries received or uploaded after Friday, February 3, 2023) **will be accepted at discretion of Meet Management. If accepted, the Meet Fees will be doubled.**

**ENTRY DEADLINE:
FRIDAY, February 3, 2023**

**SCRATCH DEADLINE:
MONDAY, February 6, 2023 AT 12:00 NOON**

GENERAL MEET RULES:

1. Swim BC warm-up procedures will apply and be monitored by safety marshals.
2. Para swimmers meeting BC Provincial standards and registered with a World Aquatics or IPC affiliate are welcome to compete and classification numbers must accompany entries. Para will be seeded according to entry time. Current IPC Swimming Rules will govern all Para-Swimmer events.
3. Teams requesting official splits are responsible for supplying timers for their swimmers.
4. The meet will run under Swim BC and Swimming Canada rules
5. Heats will be start overs (with the exception of backstroke events)
6. Dive lanes (2) will be open the competition pool 20 minutes prior to the end of warm-up. There will be pace lanes (2) available 30 minutes prior to the end of warm-up.
7. It is the visiting club's responsibility to ensure their swimmers are always supervised both during sessions and between sessions.

SCRATCH RULES:

1. Final scratch deadline without financial penalty is **Monday, February 6th at 12:00PM**. All scratches and changes to entries must be emailed to the Meet Manager at meetmanager@pacificseawolves.com.
2. Initial scratch deadline for Finals will be 30 minutes from the conclusion of preliminaries.

EVENTS:

1. Age groups for finals are Girls 15&Under, Girls 16&Over, Boys 16&Under, Boys 17&Over.
2. There will be a consolation 'B' Finals in all events that have 40 or more entries at the start of warm ups on Saturday February 11th, 2023.

800 and 1500 Free Events

1. These events are timed finals and will be swam fastest to slowest.
2. **Positive check-in** is required by 9am on the day the event is swum.
3. Lap counter cards will not be provided.

AWARDS:

1. There is no team scoring for this meet.
2. First place from each event will be placed in a draw for a \$100 Team Aquatic Supplies gift card. One draw for each age group and gender.

Meet Entry Standards

Female	Short	Long	Male	Short	Long
50 Free	28.23	29.03	50 Free	25.76	26.56
100 Free	1:01.55	1:03.15	100 Free	56.27	57.87
200 Free	2:14.28	2:17.48	200 Free	2:03.96	2:07.16
400 Free	4:44.65	4:51.05	400 Free	4:25.33	4:31.73
800 Free	9:44.59	9:57.39	800 Free	9:10.18	9:22.98
1500 Free	18:48.10	19:12.10	1500 Free	17:30.69	17:54.69
100 Back	1:10.40	1:11.60	100 Back	1:04.67	1:05.87
200 Back	2:32.16	2:34.56	200 Back	2:20.39	2:22.79
100 Breast	1:19.62	1:21.62	100 Breast	1:12.14	1:14.14
200 Breast	2:52.58	2:56.58	200 Breast	2:38.11	2:42.11
100 Fly	1:08.08	1:09.48	100 Fly	1:02.05	1:03.45
200 Fly	2:35.17	2:37.97	200 Fly	2:21.52	2:24.32
200 IM	2:32.56	2:35.76	200 IM	2:20.40	2:23.60
400 IM	5:25.83	5:32.23	400 IM	5:04.40	5:10.80



COMPETITION WARM-UPS 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."