



Jan 22, 2023
2022-23 Blue Gold Time Trial #4 (SC)
Sanctioned by Swim BC as a Class II Time Trial: #38590

Results at <http://results.pacificcoastswimming.com>

POOL AND FACILITIES

Saanich Commonwealth Place, 4636 Elk Lake Dr, Victoria, BC
8-lane, 25m competition pool.

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1;
In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

ELIGIBILITY

This is a dual meet involving competitive swimmers from the UVic, UVPCS and possibly other clubs. Swimmers must be registered with Swim BC or other World Aquatics – related organizations. This time trial is limited to a maximum of 8 swimmers. All swimmers are required to be registered with Swim BC or other World Aquatics affiliated organizations.

GENERAL INFORMATION

1. All events are timed finals.

SAFE SPORT

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.

COACHES - ENTRIES

Please upload entries onto the PCS SCP pool computer by January 22, 2023.

MEET MANAGER

Ryan Clouston, ryanclouston@gmail.com

MEET RULES

- This meet will be conducted under Swimming Canada rules and regulations.
- Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.
- No Provincial or National records will be recognized from this Time Trial.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1

	WARM-UPS	START	TIMEOUT
	10:30 am	11:15 pm	1:10 pm
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Women Event Number	EVENT ORDER	Men Event Number	
1	200 IM	2	
3	400 IM	4	
5	50 Free	6	
7	100 Free	8	
9	200 Free	10	
11	400 Free	12	
13	800 Free	14	
15	1500 Free	16	
17	50 Breast	18	
19	100 Breast	20	
21	200 Breast	22	
23	50 Butterfly	24	
25	100 Butterfly	26	
27	200 Butterfly	28	
29	50 Backstroke	30	
31	100 Backstroke	32	
33	200 Backstroke	34	



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 5C or 40 swimmers per lane 1C, 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."