

**West Coast Collegiate
February 11 & 12, 2023**

Hosted by University of Victoria Varsity Swim Team
Sanctioned by Swim BC: #38628

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
Warm-up 3:00 - 3:55 pm start 4:00 pm Estimated
finish 6:00-6:30 pm
Sunday February 13, 2022 - LCM
Warm-up 8:00 - 8:55 am start 9:00 am Estimated
finish 12:00 PM

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 facility. If the RTR system is still down, entries can be emailed directly to the entries coordinator.

ENTRY DEADLINE

Tuesday February 7th

ENTRY FEES

\$ 9.00 entry charge per swimmer which includes: •
\$ 5.00 per swimmer facility fee • \$ 5.00 per swimmer
provincial fee Please make the cheques payable to
UVic swimming.

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.

SCRATCH DEADLINE

Any scratches received on or before Friday February 10th at noon will have full reimbursement. Following this 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

SWIM BC, Swimming Canada, NCAA and World Aquatics rules will apply. The World Aquatics one-start rule will be in effect. Swim BC Warm-Up Procedures will be in effect and will be monitored by safety marshals. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1;

Events 63 and 64 LCM 800m Freestyle and Events 65 and 66 LCM 1500m Freestyle MAY be swum mixed gender if required to maintain reasonable timelines.

ELIGIBILITY

All swimmers must be registered with the NCAA, Swim BC or other World Aquatics affiliated organization

MEET MANAGER

Ryan Clouston
ryanclouston@gmail.com

MEET REFEREE

Betsy Dunphy, Level 5

ENTRIES COORDINATOR:

Ryan Clouston
ryanclouston@gmail.com

Saturday SCM

| 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 Break | | |
| 17 | 400 Free | 18 |
| 19 | 50 Back | 20 |
| 21 | 50 Breast | 22 |
| 23 | 50 Fly | 24 |
| 10 Minutes Break | | |
| 25 | 200 Back | 26 |
| 27 | 100 Free | 28 |
| 29 | 200 Breast | 30 |
| 31 | 100 Fly | 32 |
| 33 | 400 IM | 34 |

Sunday LCM

| Women | Events | Men |
|-------|------------|-----|
| 35 | 400 IM | 36 |
| 37 | 400 Free | 38 |
| 39 | 100 Back | 40 |
| 41 | 100 Breast | 42 |
| 43 | 200 Fly | 44 |
| 45 | 50 Free | 46 |
| 47 | 200 Free | 48 |
| 49 | 50 Back | 50 |
| 51 | 50 Breast | 52 |
| 53 | 50 Fly | 54 |
| 55 | 200 IM | 56 |
| 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."

