

2025 Christmas Cracker - Technical Bulletin #1 (REVISED)

Issued: Dec 4, 2025 18:30

The following includes important information for your club and your swimmers. Please take the time to READ, UNDERSTAND, and COMMUNICATE the information below to your athletes.

1. Coaches Meeting

A coaches meeting will be held at 7:45 am Friday Dec 5th.

2. Backstroke Starting Procedure

IMPORTANT NOTICE

This meet is very full and session lengths are an issue. In order to move things along we will not be clearing the pool between backstroke event heats.

- At the conclusion of their backstroke race, athletes are required to move to the lane rope.
- The referees will blow the long whistle, signaling the swimmers from the next heat to enter the water. Swimmers are required to enter the pool carefully, using a foot foot entry.
- Swimmers on the lane ropes are required to stay in the pool, and remain still and quiet while the officials start the next heat. Swimmers interfering with those in the starting position may be charged with an infraction.
- Once the heat has been successfully started, swimmers will be invited to clear the pool to the sides.

COACHES, PLEASE GO OVER THIS INFORMATION IN DETAIL WITH YOUR ATHLETES.

3. Warm-Up

Warm ups in the two main competition pools will be ~~OPEN~~-SPLIT INTO TWO 25 MINUTE BLOCKS TO MAINTAIN ATHLETE SAFETY, with teams entering only the competition pool where they will be swimming prelims. Assigned warm-up times for all prelims are indicated in the table below.

Warm-ups in the dive tank will be reserved for swimmers 10 years old and younger and para athletes, regardless of team, for the first 30 minutes of warm-ups. At the conclusion of this

period (20 min left in warm-ups) the dive tank will be freely available for warm-ups. No dive lanes or sprint lanes will be opened in the dive-tank during warm-ups.

		Team		Team		Team
	Friday Prelims		Saturday Prelims		Sunday Prelims	
WEST POOL	8:00 - 8:25	UCSC	8:00-8:25	UCSC	8:00-8:25	UVPCS
		CHEN		CHEN		
		GSH		GSH		
		ISC		ISC		
		LCSC		LCSC		
		OSC		OSC		
		SKSC		OS		UCSC
	8:25 - 8:50	WVOSC	8:25-8:50	PPAC	8:25 - 8:50	OSC
		UVPCS		PASC		PPAC
		RAC		RAC		PASC
				SKSC		RAC
				TRIT		SKSC
				WVOSC		TRIT
				WGB		WVOSC
EAST POOL	8:00 - 8:25	CDSC	8:00 - 8:25	CDSC	8:00 - 8:25	CDSC
		CWC		CWC		CHEN
		EKSC		EKSC		CWC
		ISC		KSC		EKSC
		PASC		SFC		GSH
						SFC
	8:25 - 8:50	KSC	8:25 - 8:50	UVIC	8:25 - 8:50	ISC
		OS		UVPCS		KSC
		PPAC				OS
		GOLD				GOLD
		SFC				UVIC
		TRIT				WAT
		UVIC				
		WGB				

4. Pool Assignments

I have attempted to provide all clubs with the chance to swim in each of the East Pool (located at the hospitality end) and the West Pool (located at the bleacher end) at least once throughout the weekend. Pool assignments for events <800m are by team as indicated below.

Friday Prelims		Saturday Prelims		Sunday Prelims	
West	East	West	East	West	East
UVPCS	ISC	ISC	UVPCS	UVPCS	ISC
CHENA	OS	OS	EKSC	SKSC	OS
RAC	TRIT	UCSC	KSC	UCSC	CWC
GSH	KSC	SKSC	CWC	RAC	GSH
OSC	SFC	CHENA	UVIC	GOLD	CDSC
SKSC	PPAC	WVOSC	WAT	TRIT	SFC
UCSC	UVIC	RAC	CDSC	PNPASC	CHENA
WVOSC	WGB	GOLD	SFC	PPAC	EKSC
LCSC	GOLD	PPAC		WVOSC	KSC
	CWC	OSC		OSC	WAT
	EKSC	TRIT		WGB	UVIC
	WAT	WGB		LCSC	
	CDSC	GSH			
	PNPASC	PNPASC			
		LCSC			

Distance Events

Pool assignments for distance events (800m and 1500m freestyle) swum during prelims sessions are by gender as follows:

1500m Freestyle (Friday)

West Pool - Girls (Event 11)

East Pool - Boys (Event 12)

800m Freestyle (Sunday)

West Pool - Boys (Event 34)

East Pool -Girls (Event 33)

5. Backstroke Protocol (Rule 6.1)

We will not be implementing a backstroke protocol where we relax swimmers and provide verbal warning if their toes are not on the touchpad.

The meet is being conducted in accordance with Swimming Canada Rules. Rule 6.1 states that "Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited."

Officials will be checking toes prior to the start, and will report infractions to the referee. Please make sure your swimmers know and understand the rules. If they are unfamiliar with the equipment, coach them during warm-ups.

6. Christmas Crackers

Christmas crackers will be available for team representatives. The facility has requested that no crackers be opened on the pool deck. Please congregate with your swimmers on the mezzanine or lobby to sing a carol and open your crackers.

7. Housekeeping

Christmas crackers will be delivered to team representatives during prelims on Friday. The facility has requested that **no crackers be opened on the pool deck**. Please congregate with your swimmers on the mezzanine or lobby, sing a carol and open your crackers.

Santa and the Grinch will be making appearances throughout the weekend. Please make sure any candies or wrappers are placed in waste receptacles on deck.

We are excited to welcome 600 swimmers and 50+ coaches.

PLEASE DO YOUR BEST TO KEEP YOUR TEAM AREAS CLEAN.

8. Finals Program

We think it's important for the clubs and swimmers to understand in advance what format finals will be swum for each event. Based on the triggers included in the meet package the formats for individual events in finals will be displayed at the admin desk.