



# VPSC FALL INVITATIONAL

## OCTOBER 22-23

### GENERAL INFORMATION

Sanctioned by Swim BC: #38120  
SNC rules will apply  
Swim BC Competition Warm Up Safety Procedures will be in effect and monitored by Safety Marshalls

### LOCATION

UBC Aquatic Centre  
6080 Student Union Blvd  
Vancouver, BC

### FACILITIES

10-lane 25 metre competition pool  
10-lane 25 metre warm-down pool  
Omega Electronic Timing  
Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

### ORGANIZING COMMITTEE

Meet Manager – Jane Ma  
[meetmanager@vancouverpacificswimclub.com](mailto:meetmanager@vancouverpacificswimclub.com)  
Meet Referee – Jon Govier  
[jongovier@shaw.ca](mailto:jongovier@shaw.ca)  
Entries Coordinator – Scott Wilson  
[scottwilson@vancouverpacificswimclub.com](mailto:scottwilson@vancouverpacificswimclub.com)

### ENTRIES

Entry deadline will be **Sunday October 16<sup>th</sup>** at 11:59pm.

A Swim BC Competition Surcharge of \$5.00 will be applied to each competitor.

Individual entries will \$12.00 per event for all 200's and below.

Individual entries for 400's, 800's, 1500's will be \$15.00 per event.

Entries must be submitted to the SNC Meet Entry website.

Entries will be limited to include the team that enters the **450<sup>th</sup>** swimmer into the meet. All entries submitted afterwards *may* not be entered at the discretion of the meet and facility management.

No NT times will be accepted for entry.

Payment must be made by e-transfer or cheque. Credit cards will not be accepted. Cheques must be made out to Vancouver Pacific Swim Club. E-transfer must be sent to [finance@vancouverpacificswimclub.com](mailto:finance@vancouverpacificswimclub.com)

### 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.

### ELIGIBILITY

All swimmers must be registered with a SNC, USS or FINA recognized organization.

All swimmers must meet the LMR qualification standard of 4:00.00 in the 200 IM.

The age groups are based on the age of the swimmers on the first day of the competition. Swimmers will compete in the following Age Groups:  
12 & Under, 13+14, and 15 & Over

11 & Over swimmers will be permitted to swim 9 events, with a maximum of 2 events per session, and 1 event during the distance session.

10 & Under swimmers will be limited to 8 events, with a maximum of 2 per session, and not eligible for the distance session.

### FORMAT

All events will be swum as Timed Finals, seeded slowest to fastest. All 10 lanes will be used for competition.

### DISTANCE

11 & Over swimmers will be limited to 1 swim only of the 400, 800, or 1500. The 400, 800, and 1500 will be swum as mixed events. Entries will be limited to the top 80 times for the 400, and top 50 times for the 800 and 1500. Entries will be limited to the top 40 girls' times and top 40 boys' times for the 400's, and the top 25 times for each gender for the 800 and 1500. Distance events will be swum fastest to slowest.

### DECK ENTRIES

Deck entries may be permitted at the discretion of meet management. They will be used to fill empty lanes only. A fee of \$20.00 for 200's and below, \$30.00 for 400's and above will be required for the deck entry and the swimmer will swim as exhibition only. Cash only.

### SCRATCHES

The pre-meet scratch deadline will be at 9:00pm on Wednesday, October 19th. There will be no refunds for scratches done after the deadline.

Session scratch deadline will be 30 minutes prior to the start of each session.

### MEET NOTES

Meet start times may be altered as a result of facility availability, or number of entries. If there are any changes, times will be communicated to all coaches.



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## OCTOBER 22-23

**SATURDAY, OCTOBER 22<sup>nd</sup>, 2022**

SESSION #1

Competition Pool Warm-Up: 8:00am-8:50am

Start: 9:00am

GIRLS	EVENT	BOYS
1	100 Freestyle	2
3	200 Back	4
5	50 Breast	6
7	200 IM	8

SESSION #2

Competition Pool Warm-Up: 3:30pm-4:20pm

Start: 4:30pm

GIRLS	EVENT	BOYS
9	100 Fly	10
11	200 Freestyle	12
13	50 Back	14

**SUNDAY, OCTOBER 23<sup>rd</sup>, 2022**

SESSION #3

Competition Pool Warm-Up: 7:30am-8:20am

Start: 8:30am

GIRLS	EVENT	BOYS
15	100 Breast	16
17	200 Fly	18
19	50 Free	20

30 minute break

MIXED	EVENT	MIXED
21	400 Freestyle	21
22	800 Freestyle	22
23	1500 Freestyle	23

SESSION #4

Competition Pool Warm-Up: 3:30pm-4:20pm

Start: 4:30pm

GIRLS	EVENT	BOYS
24	100 Back	25
26	200 Breast	27
28	50 Fly	29



## 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.”**