



Updated Feb 28th

HOSTED BY



VENUE

Saanich Commonwealth Place
4636 Elk Lake Dr, Victoria, BC V8Z 5M1

POOL

8-lane 50-meter competition pool
2.5-meter depth
4-lane 25-meter warm-up pool
Swiss Electronic Timing

2023 Winter Provincial Championships - Technical Bulletin

ORGANIZING COMMITTEE

Meet Manager	Jeff Stevens	jeffreystevens@shaw.ca
Meet Referee	Glenn Greig	
Swim BC and Entries Contact	Carrie Matheson	carrie.matheson@swimbc.ca

42 teams
265 female swimmers
328 male swimmers
593 swimmers
3327 total entries (including relays)

PRE-MEET TRAINING

There will be training times available for teams to book on Wednesday March 1 as follows:

9:15am – 10:30am
10:30am – 1:00pm (limited space)
1:00pm – 2:00pm
5:00pm – 6:00pm (limited space)

Booking with Saanich Commonwealth Place is required. Please email: bree.dobler@saanich.ca to book space.

REGISTRATION & ACCREDITATION

Meet fees must be paid prior to the first session. Cheque or e-transfer payment only. All cheques must be made out to "Island Swimming Club". E-transfers can be sent to adminoffice@islandswimming.com, password should be **swimming**.

Accreditation will be strictly enforced and will be required for all swimmers, coaches, officials, and volunteers to access the pool deck.

WARM-UP PROCEDURES

Access to the facility in the morning will be made available 30 minutes prior to the start of warm up. All participants are to respect the start time for warm-ups to ensure that all safety protocols are in place. Athletes are NOT to enter the water without lifeguards on deck and safety marshals in place.

Assigned Warm Up Schedule: (Competition Pool Only)

Please check for your team's group and daily warm up schedule. This is for Prelims *only* - there will be no assigned warm up times for any Final sessions (with the exception of a Para Specific time/lane). 25m Pool will be open for all warmup periods and throughout the meet.

Group 1		Group 2	
Team	#	Team	#
ISC	39	KISU	26
CDSC	33	LOSC	80
HST	14	VPSC	28
CRKW	7	SPART	18
CHENA	13	RAPID	16
HYACK	35	PSW	25
KAJ	35	UVPSC	44
SKSC	24	CHIN	4
GATORS	12	COMOX	9
UVIC	19	DST	4
WSC	12	NRST	12
WVOSC	11	RIDGE	11
WDSC	11	SQUP	3
GO	1	SOSC	2
OSC	1	VKSC	4
HPCVN	2	WIND	1
PGB	3	WLBF	4
RAC	3	WSWSC	1
SFA	3	WGB	2
KCS	10		
TRUW	1	Para Designated Lane	
LCSC	2		
DELTA	8		

GROUP 1 WARM UP TIMES

Thursday Prelims 7:00 - 7:40am - sprint/pace 7:25
Friday Prelims 7:40 - 8:20am - sprint/pace 8:05
Saturday Prelims 7:00 - 7:40am - sprint/pace 7:25
Sunday Prelims 7:40 - 8:20am - sprint/pace 8:05

GROUP 2 WARM UP TIMES

Thursday Prelims 7:40 - 8:20am - sprint/pace 8:05
Para Lane until 8:05am (Lane 1)
Friday Prelims 7:00 - 7:40am - sprint/pace 7:25
Para Lane until 7:25am (Lane 1)
Saturday Prelims 7:40 - 8:20am - sprint/pace 8:05
Para Lane until 8:05am (Lane 1)
Sunday Prelims 7:00 - 7:40am - sprint/pace 7:25
Para Lane until 7:25am (Lane 1)

For both groups - lane designations:

Sprint Lanes: Lane 1 & 2 **West End** & Lane 7 & 8 **East End**
Para Specific Lane: Lane 1
Pace Lane: Lane 3

FINALS WARM UP TIMES

Para Specific Lane: Lane 1 for the first 20 mins of warm up

MEET FORMAT

All Prelims will be run as single-ended. All starts will be from the west end.

Note: Prelims with Para Swimmers, if required, pool will be cleared before next heat.

For Finals, the pool will be cleared for each heat/event.

Backstroke ledges will only be available for prelims and finals and will be available during each warm-ups session.

800 & 1500 Free:

There will be a positive check-in for the 800m and 1500m Freestyles. Deadline will be 9:00am

The Top FOUR (4) in each group will swim in a single heat at the beginning of the Final Session of that day.

All other swimmers will be seeded FOUR (4) in each age group per heat, swum fastest-to-slowest alternating genders; two per lane, if necessary, to meet session timelines.

Distance Lap Counters will not be available.

Para-Swimming Events:

All 200/400 events are Time Finals

Female and Male 200's will swim together

Female and Male 400's will swim together

All Female events will be time finals run in the final sessions

Male events that will be prelims and finals. (Prelims events will be integrated into able-bodied events)

- 50/100 Back, 50/100 Breast, 150/200 IM, 50 Free and 100 Free

Male Event that will be a time final and run in the finals session

- 50/100 Fly

Relay Name Change Deadlines:

Deadline for relay name/order changes will be:

- a. For relays swum in the Prelim Sessions: 9:00am
- b. For relays swum in the Final Sessions: ½ hour before the session starts

Swim Offs:

Where possible, swim offs will be run by the end of the session which the tie occurred.

Alternates for Finals:

Alternates should stand near the starter's podium and check in with one of the referees.

Taping:

Taping is strongly discouraged. If a swimmer has tape on their body, please check in with the meet referee (Glenn Greig) prior to the session swimming in to confirm with the Meet Referee that the taping will be allowed. Please note: swimmers who are wearing a device for health reasons (i.e. insulin pump) do not need to check in with the Meet Referee.

SCRATCH PROCEDURE

Pre-meet scratch deadline (no meet fees) is Monday February 27th at 12:00 PDT.

After the scratch deadline, all scratches must be submitted to the Clerk of Course on the supplied forms.

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims and/or time final events.
2. The following rules apply for all finalists plus alternates as listed on the official posting of the combined prelims results.
 - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, email scratches will not be accepted.

OFFICIALS SPLIT REQUEST

Official Split requests must be submitted to the Clerk of Course prior to the start of the session that the event is being swum. Club must provide 3 timers for the Official Split. Those timers are to check in with the Clerk of Course 20 mins prior to the race.

AWARDS & SCHEDULE

Awards presentations for all Championship Finals will occur immediately following the conclusion of the race. Once the event results are official, **the Top 3 swimmers of the Championship Final will be asked to immediately report to the podium upon conclusion of their race.**

Exceptions:

1. All Para events will be presented as soon as possible in the final session that they were swum in.
2. If there is a delay in the race being listed as official, Meet Management will announce when that event's awards will be presented.

Aggregates Awards and Team Championship Banner will be presented at the **end of Sunday finals**.

PARKING

Parking is available around the facility. An overflow parking area at the neighboring church will be clearly marked.

Please note that there is currently a construction project happening at the rear of the building and access to that area is restricted. Please respect all construction signage and stay out of closed areas.

VENUE ENTRANCE

Swimmers and parents may access Saanich Commonwealth Place through the front, side or rear doors.

POOL DECK PROTOCOLS

All athletes, coaches, officials, volunteers are to respect the directions of Saanich Commonwealth Place lifeguards and facility staff.

Outside footwear is not permitted on the pool deck or shower areas. All participants must shower before entering the water.

A single extended horn blast will be used to clearly communicate that all swimmers must exit the water.

Clean-up of the facility will occur throughout the day, between sessions and overnight – Participants are asked to be responsible for their own belongings and equipment. **Please remove all personal belongings from the facility in between sessions and overnight.** All items left behind will be removed. The Saanich Commonwealth Place and the host club are not responsible for lost or stolen items.

All competitors are asked to use personal water bottles and use the water bottle filling stations located on the pool deck within the facility. The facility will respect the swimmers' need to ensure proper nutrition as it relates to performance. However, **food is not permitted on the pool deck.** Absolutely no glass containers will be permitted in the facility. Please place all garbage in the appropriate bins provided

FACILITY AMENITIES

Wi-Fi:

The Shaw Open network is available throughout the building.

Washrooms:

Washrooms for swimmers and coaches are available in the Men's, Women's and Universal change rooms and at the west end of the pool. Additional washrooms for coaches, athletes and spectators are available in the lobby.

Food & Beverage:

Kattia's Café will be open Thursday & Friday 8:30am – 5:00pm, Saturday & Sunday 10:00am – 4:00pm

Cafés, restaurants and grocery stores are available in the Royal Oak Plaza (on West Saanich Road) and the Broadmead Village (on Royal Oak Drive)

Tobacco/Cannabis-Free Facility:

Saanich Commonwealth Place is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items are accessed via the Guard Room of the Saanich Commonwealth Place. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

WHAT IF I NEED ASSISTANCE?

The Saanich Commonwealth Place lifeguards, and front desk staff will be happy to assist you. Please report any concerns about facility cleanliness or washroom supplies to facility staff or event organizers. For emergencies, dial 911 and alert facility staff immediately.

In the event of an emergency the following procedures will take place:

- Look to the nearest lifeguard.
- **Follow the lifeguard's directions or lifeguard announcements.**
- In the event of an evacuation, locate the nearest safe exit and leave the building.
- Gather at the designated Muster Point in the north parking lot (closest to the Teen Centre)