



2023 SUMMER PROVINCIAL CHAMPIONSHIPS

TECHNICAL BULLETIN



HOSTED BY



VANCOUVER
PACIFIC
SWIM
CLUB



VENUE

UBC Aquatic Centre
6080 Student Union Boulevard Vancouver, BC
V6T 1Z1
recreation.ubc.ca/aquatics

POOL

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



2023 Summer Provincial Championships - Technical Bulletin

Swim BC, Vancouver Pacific Swim Club and UBC Aquatics would like to acknowledge that the host venue located on UBC's Point Grey campus and the land on which we gather is the traditional, ancestral, unceded territory of the Musqueam people.

PRE-MEET TRAINING

There will be open training time available for all teams on:

Wednesday July 12th 5:00 - 7:00pm
Competition Pool 10 lanes 50m

Accreditations will be required prior to accessing the pre-meet training.

REGISTRATION & ACCREDITATION

Team registration to acquire accreditation will be available between 4:30pm and 7:00pm in the UBC Aquatic Centre main lobby on Wednesday July 12th.

Meet fees must be paid prior to the first session by either cheque made payable to "Vancouver Pacific Swim Club" or by e transfer to finance@vancouverpacificswimclub.com.

Accreditation will be strictly enforced and will be required for all swimmers, coaches, officials, and volunteers to access the pool deck. The facility will be restricting access to the pool during competition and access control points will be in place to verify accreditations. Please email meetmanager@vancouverpacificswimclub.com by **the end of day Monday July 10th** with your team's total accreditation needs for **COACHES**. Lost accreditation will be replaced at a cost of \$60.00 per accreditation.

WARM-UP PROCEDURES

Access to the facility in the morning will be made available 15 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. MacInnes field, across from the Aquatic Centre front door, is available for all teams to use for activation as pool deck space is limited.

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. Lanes 5-8 of the 25m pool will be open for all warmup periods and throughout the meet.

<u>Group 1</u>		<u>Group 2</u>		
<u>Team</u>	<u>#</u>	<u>Team</u>	<u>#</u>	For Prelims
CRKW	5	DELTA	9	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
CDSC	36	DYNA	1	
CHENA	16	KCS	12	
CHIN	4	KAJ	42	
CSSSC	6	KISU	20	
GATOR	12	LOSC	73	
GLEN	2	UVPCS	36	
GO	1	PSW	29	
HPCVN	2	RAPID	38	
HST	16	SPART	22	
HYACK	30	SOSC	2	Group 2 WARM UP TIMES Thursday Prelims 7:40 - 8:20am - sprint/pace 8:05 <i>Para Lane until 8:05am (Lane 0)</i> Friday Prelims 7:00 - 7:40am - sprint/pace 7:25 <i>Para Lane until 7:25am (Lane 0)</i> Saturday Prelims 7:40 - 8:20am - sprint/pace 8:05 <i>Para Lane until 8:05am (Lane 0)</i> Sunday Prelims 7:00 - 7:40am - sprint/pace 7:25 <i>Para Lane until 7:25am (Lane 0)</i>
ISC	36	VKSC	6	
NRST	1	WVOSC	17	
PCSC	1	Para Designated Lane		
PGB	3			
RAC	2			
RIDGE	9			
SQUP	5			
SKSC	43			
TORCH	5			
UBCT	6			
WAT	1			
VPSC	31			
WSC	14			
WIND	1			
WGB	3			
WLBF	1			
WDSC	13			
Total	305	Total	307	For both groups - lane designations: Sprint Lanes: Lane 0 & 1 North End & Lane 7 & 8 South End Pace Lanes: Lane 9 and Lane 2 For Finals - Competition Pool will be open, no assigned times except: Para Lane (Lane 0) for first 30 mins of each session

MEET FORMAT

Prelims will have dive-over starts.

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

All able-bodied 50m events will start from the South end (ramp)

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

Backstroke ledges will be available for both preliminaries and finals and will be available during warm-ups for all sessions.

Post racing the recreation pool will be open for 30 minutes. The competition pool will be closed immediately post racing.

Taping:

Taping is strongly discouraged. If a swimmer has tape on their body, please check in with the meet referee (Derek Wheeler) 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.

800 & 1500 Free Positive Check-in Deadline:

There will be a positive check-in for the 800m and 1500m Freestyles.

Thursday (800 Free): by 8:30am

Friday (11-14 1500 Free): by 8:30am

Saturday (15 & O 1500 Free): by 8:30am

Para-Swimming Events:

All 200/400 free events are Time Finals

Female and Male 400's will swim together.

All other Female events will be timed finals in the Finals sessions.

All other Male events will be integrated into able-bodied prelim events and seeded based on time. Based on Para Points the Top 10 will then swim in Para-specific event in Finals.

Relay Card Procedure and Deadlines:

All Relay cards are included in the coaches' packages received during Team Registration.

Relay cards must be signed and submitted to the Clerk of Course at the Administration Desk as follows:

For all relays on Thursday and Friday, 30 minutes before the start of the Thursday Preliminary session.

For all Saturday relays, 30 minutes before the start of the Friday Preliminary session.

For all Sunday relays, 30 minutes before the start of the Saturday Preliminary session.

Relay Name Change Deadlines:

Relay name changes are permitted up to 30 minutes prior to the session in which the relays are swum by visiting the Administration Desk and requesting your relay cards.

Courtesy Scratch Deadline for Preliminaries:

To ensure all swimmers are seeded in the best possible position, meet management would greatly appreciate receiving all scratches for preliminaries by 6:30 pm the evening before the event at the Administration Desk.

Potential Record:

If you believe your swimmer has the potential to break a provincial or national record, please inform meet management at the Administration Desk and ensure you can provide two stop watches on your swimmer.

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 prior to their event.

OFFICIALS SPLIT REQUEST

Official Split request must be submitted to the Clerk of Course at the Administration Desk 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 minutes prior to the race.

PROVINCIAL RECORDS

Provincial Records will be listed in the prelim and final heat sheets. Because the Provincial Meet age groups do not match the Provincial Records, there is a discrepancy in the labeling of records in the heat sheets.

11-12 records labeled correctly.

13-14 records labeled correctly.

15-17 records labeled as 15-16

Open (18 & O) records labeled as 17 & O.

Records set by 17 year old will be recognized as a 15-17 record, even if they are in a different event.

AWARDS & SCHEDULE

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

Exceptions:

1. All Para events will be presented as quickly as possible after each event.
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**.

UBC AQUATIC CENTRE

The UBC Aquatic Centre is proud to be the host venue of the 2023 Swim BC Summer Provincial Championships. The UBC Aquatic Centre officially opened on March 1, 2017. The facility, designed for campus, community & competition, is located adjacent to the main UBC Transit Exchange and serves hundreds of UBC students, faculty, staff, campus residents and members of the public each day. The UBC Aquatic Centre increases the University's capacity to service not only the needs of UBC Point Grey campus, but also provides the opportunity for UBC and Vancouver to host higher levels of aquatic competition while providing more amenities for the Greater Vancouver region.

General information can be found here: recreation.ubc.ca/aquatics

GETTING TO THE VENUE

The UBC Aquatic Centre is located at 6080 Student Union Boulevard, Vancouver, BC

- o [Latest information on construction and road closures](#) – Know before you go!
- o [UBC Aquatic Centre – Area Map \(printable\)](#)
- o [UBC Aquatic Centre – Virtual Tour](#)

The venue is located adjacent to the UBC Transit Exchange (aka “Bus Loop”). Transit information and trip planning information is available at translink.ca

PARKING

UBC Parking: <https://parking.ubc.ca/>

The closest long-term parking lot to the venue is:

North Parkade 6115 Student Union Boulevard

The closest short-term parking lot to the venue is:

University Blvd Lot, 6131 University Boulevard

Additional parking is available at:

Health Sciences Parkade 2250 Health Sciences Mall or Thunderbird Parkade 6085 Thunderbird Boulevard

Please note that there is currently a couple of construction projects happening around campus, including a major project affecting Wesbrook Boulevard. Please give yourself extra time to get to the UBC Aquatic Centre – recommended access from the city is via University Blvd (westbound).

VENUE ENTRANCE

The entrance to the UBC Aquatic Centre is located at the south-west corner of the building. Access to the facility through emergency exits will not be permitted.

POOL DECK PROTOCOLS

All athletes, coaches, officials, volunteers are to respect the directions of UBC Aquatic Centre 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.

Throughout the competition, we ask competitors to use the on-deck seating provided which will be located to the west and south sides of the competition deck. The east side of the pool deck will be limited to officials only. The mezzanine is available to athletes and coaches. **Lawn chairs and similar seating will not be permitted inside the facility.**

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 UBC Aquatic Centre and the host clubs, are not responsible for lost or stolen items. Only the meet sponsors will have permission to display banners.

No dryland training is permitted in the facility. Please use MacInnes Field (directly across from the front doors of the facility) for team area, dryland training, etc. MacInnes Field will be available on event days for dryland training, extra seating, and team areas. Pop up tents are permitted in Field 1, but tent pegs/stakes are not permitted. No cooking appliances are permitted on the turf (i.e. BBQs).

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 but is permitted in the mezzanine area above. Absolutely no glass containers will be permitted in the facility. Please place all garbage in the appropriate bins provided.

Spectators will not be permitted inside the facility until all volunteer positions are filled.

FACILITY AMENITIES

Wi-Fi:

Wireless internet is available on the UBC campus. To connect, open your wireless setting and select the "UBC Visitor" network. After connecting to the network open your web browser. You will be prompted to read the internet terms of use and enter your email address, and you will then be connected to the internet.

Washrooms:

Washrooms are available in the Men's, Women's, and Universal change rooms on deck level. Washrooms are also available in the mezzanine and the lobby.

Food & Beverage:

There are several places to eat in the vicinity, including at the Life Building & AMS Student Nest, both located across from the UBC Aquatic Centre front lobby, at the Central building adjacent to War Memorial Gym on University Boulevard, and the University Village, located at the corner of University Boulevard and Wesbrook Mall.

Tobacco/Cannabis-Free Facility:

The UBC Aquatic Centre is a tobacco/cannabis-free facility.

Lost and Found:

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

UBC CODE OF CONDUCT

UBC Aquatic Centre / UBC Athletics & Recreation Code of Conduct: All participants, athletes, officials, visitors are expected to respect the Code of Conduct and related Policies as published by UBC.

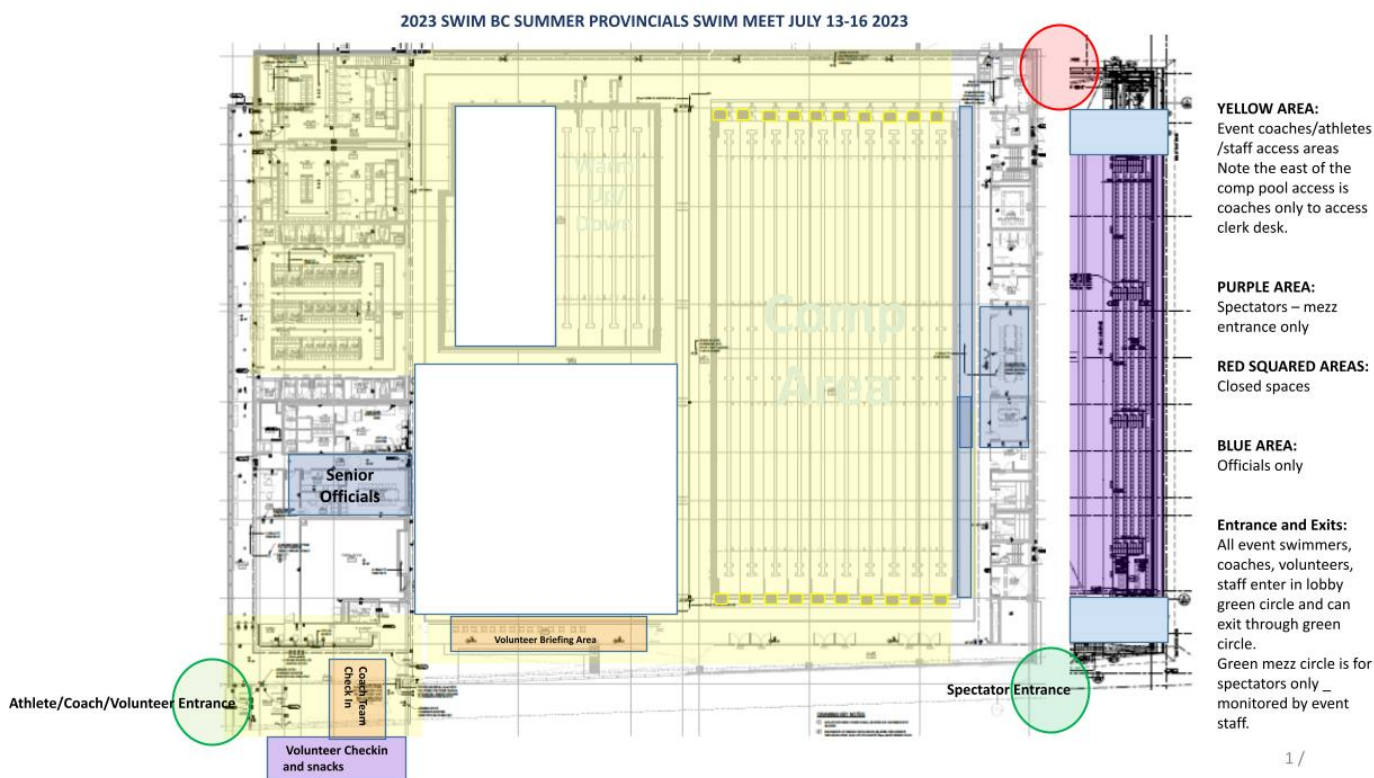
<https://recreation.ubc.ca/aquatics/about/etiquette/> <https://recreation.ubc.ca/home/policies/> <https://hr.ubc.ca/working-ubc/respectful-environment>

WHAT IF I NEED ASSISTANCE?

The UBC Aquatic Centre 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 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 at MacInnes Field.



RACETEK – ACCESS TO RACE VIDEOS

All swimmers in the finals session each day will be videoed as per Swim BC's partnership with RaceTek. We recommend that coaches have their tablet, laptop, or phone available for downloading the video for playback. To access the race video during the competition, please visit the [swim meet folder](#).

After the conclusion of the meet, Swim BC will be providing a VRA Report post competition for all medalists in the 13 – 14, 15 – 16, and 17 & Over age groups.



BC Summer Provincial Champs - UBC
July 13-16, 2023

- **Swim BC has contracted RaceTek to provide full Race Video coverage for all Finals at the BC Summer Provincial Champs at the UBC Aquatic Centre. Each Final will have three Race Videos according to the Gender, Age Group, Event and Lanes. The file naming code will look like this:**
 - **2023BCSUM-GIRLS-11-12-50FR-FINAL-L3-6**
- **During the Competition, these Race Video files will be uploaded to RaceTek's One-Drive "Cloud" Storage Account.**
 - **Head Coaches will receive the competition link to the files and may share the link with their Assistant Coaches who may arrange to show-back Race Videos on their own laptops or tablets.**
- **After the Competition (July 17, 2023), the Coaching Staff of each team may share the link with the participants of the BC Summer Champs. These swimmers may download their own files for their own use.**
 - **Race Analysis Data Reports will be generated for Finalists (Top 3) in the following age categories – 13-14, 15-16, 17 Over.**
 - **These Data Reports will also be uploaded to the 2023 BC Summer Champs folder for delivery.**
- **Additional Race Data Reports may be purchased for swimmers not in the top 3 and in the 11 & 12 age category. Just fill in the order form below or contact Ken Olson directly.**
 - **Individual VRA Pricing (all events except 800/1500 X 2):**
 - **\$8.00/VRA Data Reports**

For Further Information

Contact Ken Olson: text: 403-815-5516 or email: ken@racetek.ca

RaceTek Systems Inc. - www.racetek.ca