



Swim BC

DIVISIONALS

ISLAND & COASTAL VANCOUVER

Hosted by:



VENUE

Watermania Pool
14300 Entertainment BLVD

POOL

8-lane 25m competition pool
Warm Down Pool: Shallow end (number of lanes will vary throughout the meet)



**TEAM AQUATIC
SUPPLIES LTD**

2023 Summer Divisionals - Island & Coastal Vancouver: Technical Bulletin

PRE-MEET TRAINING

There will be pre-meet training time available for teams on June 22 between 4:00-8:00.

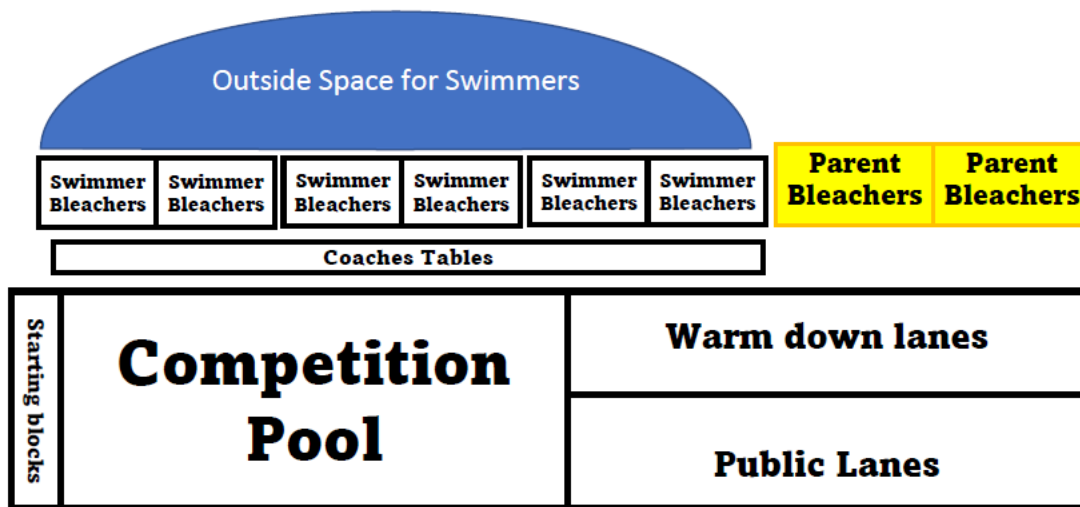
Please email darryl@richmondrapids.com to secure lanes.

DECK ACCESS

Deck Access will be strictly enforced and only swimmers, coaches, officials, and volunteers will have access the pool deck on the competition side.

Swimmers may bring lawn chairs or fold up chairs to sit in designated areas.

Spectators are to use the spectator area only. See below diagram.



WARM-UP PROCEDURES

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 session. Warm Down Lanes will be open for all warmup periods and throughout the meet.

Group 1		Group 2			
Team	#	Team	#		
RAPID	66	CDSC	46	GROUP 1 WARM UP TIMES	
LCSC	2	WDSC	21	Friday Prelims	7:30 - 8:10am - sprint/pace 8:00am
CRKW	14	WSC	27	Saturday Prelims	8:10 - 8:50am - sprint/pace 8:40am
RAC	4	WVOSC	24	Sunday Prelims	7:00 - 7:40am - sprint/pace 7:30am
ISC	32	HST	19	GROUP 2 WARM UP TIMES	
UVPCS	38	CHENA	33	Friday Prelims	8:10 - 8:50am - sprint/pace 8:40am
SQUP	17	SFC	4	Saturday Prelims	7:30 - 8:10am - sprint/pace 8:00am
				Sunday Prelims	7:40 - 8:20am - sprint/pace 8:10am
				For ALL Warm Ups - lane designations:	
				Sprint Lanes: Lane 1, 7 & 8	
				Pace Lane: Lane 2	
				FINALS WARM UP TIMES	
				Friday Finals	3:30 - 4:20pm - sprint/pace 4:05pm
				Saturday Finals	3:30 - 4:20pm - sprint/pace 4:05pm
				Sunday Finals	2:30 - 3:20pm - sprint/pace 3:05pm
Total	173	Total	174		

MEET FORMAT

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:40 PM	7:00 PM
Saturday	12:40 PM	7:20 PM
Sunday	1:00 PM	5:30 PM

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

Backstroke ledges will be available during warm-ups for sessions where backstroke is being swum.

Please make sure swimmers have watched the video on how to use the backstroke ledges,

400 Free:

Positive Check-in deadline is 9:00am on Friday.

The Top 8 in each age group will swim in a single heat in the Final Session

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders, and swum in the Prelims Session.

400 IM:

Positive Check-in deadline is 9:00am on Saturday.

The Top 8 in each age group will swim in a single heat in the Final Session

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders, and swum in the Prelims Session.

800 Free

Positive Check-in deadline is 8:30am on Sunday.

The Top 8 in each age group will swim in a single heat as part of the Prelim Session

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders.

Relay Names Change Deadlines:

Friday Relays: 4:00 PM

Saturday Relays: 4:00 PM

Sunday Relays: 3:00 PM

OFFICIALS SPLIT REQUEST

- Official Split request must be submitted to the Meet Admin 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 Meet Admin Desk 20 mins prior to the race.

JURY OF APPEAL - COACH APPOINTMENTS

Your coach selections for this meet are:

Riley Janes (ISC)

Jennika Efford (CDSC)

Vincent Chung (CHENA)

AWARDS & SCHEDULE

Awards presentations for all Finals will occur once the final has been made official, **the Top 3 swimmers of that Final are asked to immediately report to the podium upon official results being announced and ratified. Medal podium is beside the warm down pool, on deck.**

Exceptions:

1. **Relays** will be presented before the start of the next day's Finals' session, except for relays swum on Sunday, where medal presentations will be as soon as possible at the end of the session.
2. **400 Free and 400 IM Awards Presentations** will be at the end of that day's final session (after the relays).
3. **800 Free Awards Presentations** will be at the end of Sunday's Prelims Session.

POOL DECK PROTOCOLS

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

Outside footwear is not permitted on the pool deck or shower areas.

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. Absolutely no glass containers will be permitted in the facility. Please place all garbage in the appropriate bins provided.

FACILITY AMENITIES

Wi-Fi:

Wireless internet is available on the Richmond wifi.

Washrooms:

Washrooms for swimmers, coaches, and officials are available in the Men's, Women's washrooms. Washrooms for **spectators** are available in the lobby only.

Food & Beverage:

There are several places to eat in the vicinity.

Tobacco/Cannabis-Free Facility:

Watermania is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items are accessed via the Guard Room of the Watermania. 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 Watermania 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, exit via the closest safe exit
- Club manager/coaches: take attendance to ensure all swimmers are accounted for.
- Gather at the designated Muster Point at Richmond Ice Centre