



Hosted by:



VENUE

H2O Adventure & Fitness Centre
4075 Gordon Drive

POOL

8-lane 25m competition pool
Warm Down Pool: 4 lanes - 25 metre pool



2023 Summer Divisionals - North & Interior: Technical Bulletin

PRE-MEET TRAINING

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

Thursday, June 22nd - 5 Lanes SCM

3:30 – 5:00pm – Diving will only be permitted if it is ONE WAY swimming – ***coaches are to make sure to always follow this rule AND to make sure their lanes are cleared when their WU is over.***

Team Registration is required prior to access to pre-meet training. Please email: swimmeetskaj@gmail.com

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. Shallow end pool (4 lanes) will be open for all warmup periods and throughout the meet.

Group 1		Group 2	
Team	#	Team	#
KAJ	99	SOSC	10
PGB	4	CSSSC	12
CVSC	1	KCS	35
CTSC	7	VKSC	28
CKSC	5	KISU	41
CONNU	8	WLBF	20
KMSC	3		
PRASC	14		
TBSC	2		

GROUP 1 WARM UP TIMES

Friday Prelims	7:30 - 8:10am - sprint/pace 8:00am
Saturday Prelims	8:10 - 8:50am - sprint/pace 8:40am
Sunday Prelims	7:00 - 7:40am - sprint/pace 7:30am

GROUP 2 WARM UP TIMES

Friday Prelims	8:10 - 8:50am - sprint/pace 8:40am
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	143	Total	146
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MEET FORMAT

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:30 PM	7:00 PM
Saturday	11:20 PM	7:10 PM
Sunday	12:50 PM	5:40 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.

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.

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.

800 Free

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

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

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

Relay Names Change Deadlines:

Friday Relays: 4:00pm

Saturday Relays: 4:00pm

Sunday Relays: 3:00pm

OFFICIALS SPLIT REQUEST

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

JURY OF APPEAL - COACH APPOINTMENTS

Your coach selections for this meet are:

TINA HOEBEN - KISU

JOHN DOUGLAS - KAJ

CHAD WEBB - WLBF

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 on the EAST SIDE OF POOL in corner at the start end.**

Exceptions:

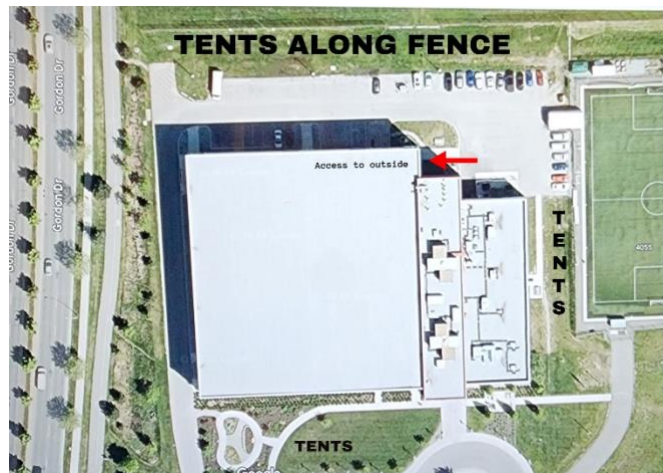
1. ***Relays*** will be presented before the start of the next day's Finals' session, except for relays swum on Sunday, those medal presentations will be as soon as possible at the end of the session.
2. ***400 Free and 400 IM Awards Presentations*** will be at the end of that day's final session (after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

POOL DECK & TENT SET UP

Seating for coaches and swimmers will be on the blue bleachers on the far west wall AND turn end of the pool. **COACHES, PLEASE BE MINDFUL OF THE FIELD OF PLAY FOR THE STROKE JUDGES AND KEEP YOUR SWIMMERS BACK FROM THE EDGE OF THE POOL...THANKS FOR YOUR COOPERATION 😊**

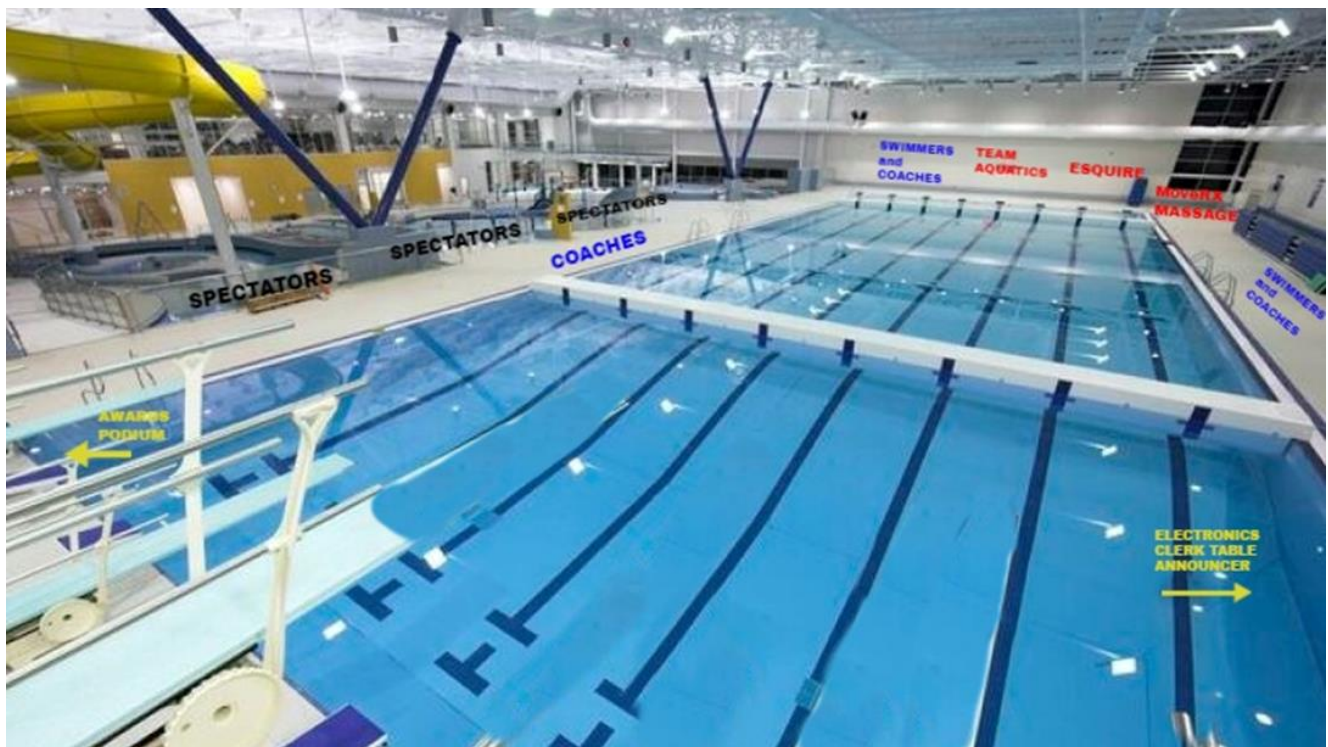
There will be some bleachers set up for spectators on the east side of the pool. Although the facility has not put a limit on the number of spectators, they have requested, in order to reduce congestion on the pool deck, that we have rotating spectators. The facility has requested that spectators watch their swimmer then leave and come back when they swim again. If parents are bringing their own chairs, they need to be taken down each night...they cannot be left on the pool deck. **TEAMS – please be aware that the air handling unit at H2O is NOT working. H2O is taking all measures to ensure it is as cool as possible. It's supposed to be a**

warm weekend...SO BIG TENTS MAY BE PUT UP OUTSIDE IN THE REAR OF BUILDING ALONG FENCE, DOWN THE SIDE BETWEEN THE POOL & SOCCER BUBBLE AS WELL AS THE FRONT GRASSY AREA (SEE PHOTO BELOW). We will TRY and have a few extra tents that spectators will be able to go outside.



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.

Below is the pool configuration for Divisionals. Esquire will be there for the entire weekend, TA will be there for Friday and Saturday and free massages with MoveRX will be during Friday prelims, Saturday finals and Sunday prelims



FACILITY AMENITIES

Wi-Fi:

Wireless internet is available on the H2O GUEST Wi-Fi or Shaw Open.

Washrooms:

Washrooms for swimmers, coaches and spectators are available in the Men's, Women's and Universal washrooms lower level of pool deck. There are also washrooms available in the lobby.

Food & Beverage:

Are available at Boomers in the Capital News Centre.

Tobacco/Cannabis-Free Facility:

H2O Adventure & Fitness Centre is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items will be located in the HOT HUB on the upper pool deck (near shallow end) of H2O. 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 H2O 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 nearest exit.
- Coaches: take attendance to ensure all swimmers are accounted for.
- Gather at the designated Muster Point in FRONT (outside) of H2O.