



Hosted by:



VENUE

Walnut Grove Community Centre (WGCC)
8889 Walnut Grove Dr,
Langley, BC, V1M 2N7

POOL

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



**TEAM AQUATIC
SUPPLIES LTD**

2023 Summer Divisionals - Vancouver & Fraser: Technical Bulletin

DECK ACCESS

The gym will be available to all swimmers. Only swimmers. Parents are not allowed to be in the gym. Please bring your own chair for in the gym. Swimmers must clean the gym area after they leave. **Any extra cleaning fees will be charged towards the swimmers/clubs responsible.**

Please remove all personal belongings from the gym in between sessions and overnight.

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	#
LOSC	86	VPSC	49
PSW	58	CHIN	9
RIDGE	20	DELTA	22
WGB	5	GATOR	31
DYNA	1	SKSC	47
WSWSC	1	SPART	17

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	171	Total	175
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MEET FORMAT

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:40 PM	7:00 PM
Saturday	12:40 PM	7:15 PM
Sunday	1:10 PM	5:35 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 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 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 in the Final Session

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders at the completion of the Top 8 heats.

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:

Ryan Skomoroski (LOSC)

Sarah Rudolf (Ridge)

Amber Czemiej (SKSC)

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 starting block of the North East entrance.**

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 Walnut Grove Community Centre lifeguards and facility staff.

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

Throughout the competition, we ask competitors to use the on-deck seating as **designated by the map attached** to this information. It is the COACHES responsibility to make sure that their swimmers know this before the meet starts.

The slides and recreation area of the pool are out of bounds to ALL swimmers.

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 Walnut Grove Community Centre Staff 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. Absolutely **no glass containers** will be permitted in the facility. Please place all garbage in the appropriate bins provided.

FACILITY AMENITIES

Washrooms:

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

Food & Beverage:

There are several places to eat in the vicinity.

Tobacco/Cannabis-Free Facility:

The Walnut Grove Community Centre is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items are accessed via the Guard Room of the WGCC. 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 WGCC 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**

Divisionals Meet – June 23 to 25, 2023
Walnut Grove Community Centre Pool

