



2024 WINTER PROVINCIAL CHAMPIONSHIPS

TECHNICAL BULLETIN

HOSTED BY



VENUE

Saanich Commonwealth Place
4636 Elk Lake Drive, 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



2024 Winter Provincial Championships - Technical Bulletin

PRE-MEET TRAINING

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

Wednesday July 12th 5:30 - 7:00pm
Competition Pool 50m x 4 lanes

CHANGES TO SESSION TIMELINES

Friday Finals

Warmup 3:30-4:20pm Competition 4:30-7:30pm

Saturday Finals

Warmup 4:00-4:50pm Competition 5:00-7:30pm

Sunday Finals

Warmup 3:00-3:50pm Competition 4:00-7:00pm

Daylight Saving Notice: Clocks move forward 1 hour at 2:00 am on SUNDAY MARCH 10th

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.

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. Four 25m lanes in the dive tank will be open for all warmup periods and throughout the meet. Dive Tank is NOT available in between sessions.

Group 1		Group 2		
Team	#	Team	#	For Prelims
KAJ	41	CSSSC	1	Group 1 WARM UP TIMES
HYACK	30	LOSC	78	Thursday Prelims. 7:00 - 7:40am - sprint/pace 7:25
CDSC	37	KISU	20	Friday Prelims 7:40 - 8:20am - sprint/pace 8:05
ISC	44	SKSC	29	Saturday Prelims 7:00 - 7:40am - sprint/pace 7:25
HST	15	VPSC	34	Sunday Prelims 7:40 - 8:20am - sprint/pace 8:05
WEST	1	PSW	31	
PGB	3	UVPCS	51	
MPM	1	RAPID	31	Group 2 WARM UP TIMES
CHENA	13	DST	4	Thursday Prelims 7:40 - 8:20am - sprint/pace 8:05
CHIN	5	LCSC	2	Para Lane until 8:05am (Lane 1)
DELTA	11	WSWSC	1	Friday Prelims 7:00 - 7:40am - sprint/pace 7:25
WDSC	11	RAC	2	Para Lane until 7:25am (Lane 1)
WLBF	4	SFC	3	Saturday Prelims 7:40 - 8:20am - sprint/pace 8:05
NRST	12	VKSC	8	Para Lane until 8:05am (Lane 1)
SPART	17	WGB	4	Sunday Prelims 7:00 - 7:40am - sprint/pace 7:25
SOSC	4			Para Lane until 7:25am (Lane 1)
RIDGE	10			
SQUP	13			For both groups - lane designations:
WSC	11			Sprint Lanes: WEST END -1 & 2 EAST END -7 & 8
KCS	9			Para Designated Lane - Lane 1
WVOSC	17			Pace Lane: Lane 3
GATOR	12			
COMOX	9			For Finals - Competition Pool will be open, no assigned times except:
				Para Lane (Lane 1) for first 30 mins of each session
Total	319	Total	310	

MEET FORMAT

Prelims will have a chase start ***with alternating genders.***

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

	West End	East End
Thursday	All Female events, 50s (both genders), 800m freestyle (both genders), and all prelim relays.	All Male events
Friday	All Male events, 50s (both genders), 1500 freestyle (both genders), and all prelim relays.	All Female events
Saturday	All Female events, 50s (both genders), 1500 freestyle (both genders), and all prelim relays.	All Male events
Sunday	All Male events, 50s (both genders) and all prelim relays.	All Female events

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

Backstroke ledges will be available during warm-up and racing for **FINALS ONLY**.

Post racing the competition pool be open for 30 minutes. The warm down lanes in the dive tank will be closed immediately post racing.

Taping:

If a swimmer intends to swim with tape on their body, please have them present themselves to the Taping Committee via the Meet Admin Desk prior to the session they are swimming in. The Taping Committee's decision will stand for the duration of the meet for that presented swimmer. Medical Devices (i.e. electronic insulin pumps) are not required to check in prior to swimming.

Taping Committee: Doug Petriw (Meet Referee), Glenn Greig (Para Tech Advisor), and Cory Beatt (Swim BC Technical Director)

800 & 1500 Free Positive Check-in Deadline:

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

Thursday (800 Free): 8:30am

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

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

Para-Swimming Events:

All 200/400 free events are Time Finals

Female and Male will swim together.

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

All other Male events will be integrated into Olympic Program prelim events and seeded based on time. Based on Para Points the Top 8 will then swim in the Para-specific event in Finals.

Relay Name Change Deadlines:

Relay name changes are permitted up to 30 minutes prior to the session in which the relays are swum.

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.

800m FREESTYLE

Due to an overwhelming number of qualifiers for the 800m freestyle event, **all swimmers scheduled to swim during preliminaries (Thursday morning) will be required to supply a timer.** Those timers are to check in with the Clerk of Course 20 minutes prior to the race.

Timers will be provided for 800m freestyle heats during finals.

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 achieved in different event number.

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.**

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.

HOSPITALITY

The hospitality suite will be available for coaches and volunteers during preliminary and finals sessions.

In an effort to curb single use plastics, no bottled water will be provided. Please bring reusable water bottles to be filled at one of the bottle filling stations on deck.

Hospitality will start to transition to provide a meeting space for senior officials in between session 15 minutes prior to the end of session.

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)



PROVINCIAL CHAMPIONSHIP TAPING APPROVAL FORM

Date: _____ Competition: _____ Sanction #: _____
Time: _____

The following athlete presented their taping for approval to the competition committee:

Name: _____ Club: _____

Age: _____ MALE FEMALE

Description of Taping:

Event	Heat	Lane

Committee Approval: YES NO

Coach/Representative Signature: _____