



Swim BC

DIVISIONALS

Island & Coastal Vancouver

Hosted by:



VENUE

Vancouver Aquatic Centre
1050 Beach Ave., Vancouver

POOL

8 lane 25 metre competition pool
6 lane 20.7 metre warm up tank

2024 Winter Divisionals - Island & Coastal Vancouver: Technical Bulletin

PRE-MEET TRAINING

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

Thursday, Feb 22nd – 5 X 25 metre lanes; 2 X 20.7 metre lanes
5:00 – 6:00pm –NO DIVING – *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: zach@canadiandolphin.ca

UPDATED SESSION TIMELINES

Friday Prelims Warm Ups	7:00am-8:40am; Competition Starts at 8:50am
Friday Finals Warm Ups:	3:00-3:50pm; Competition Starts at 4:00pm
Saturday Prelims Warm Ups	7:00am-8:40am; Competition Starts at 8:50am
Saturday Finals Warm Ups:	3:00-3:50pm; Competition Starts at 4:00pm
Saturday Prelims Warm Ups	7:00am-8:10am; Competition Starts at 8:20am
Sunday Finals Warm Ups:	2:30-3:20pm; Competition Starts at 3:30pm

WARM-UP PROCEDURES

Teams will be divided into group warm ups once all entries have been received, after the scratch deadline. EACH team is responsible for making sure their swimmers know the warm up procedure and times available to their teams. There is NO DIVING at any time in the outside tanks. Diving in Main tank, only. There will be 3 warm up sessions, rotating through each day as follows:

Group A		Group B		Group C	
Team	#	Team	#	Team	#
CDSC	52	HST	18	SQUP	21
RAC	3	CHENA	28	RAPID	52
ISC	24	UVPCS	28	WDSC	11
NRST	16	WSC	35	WVOSC	23
COMOX	18	WIND	2	SFC	8
		DST	8		
Total	113	Total	119	Total	115

For each group:

(100 – 140 swimmers in pool; 120 in main tank (15 per lane); teams can divide their groups to use both the main tank and the 2 outside tanks of 6 (20.3) metre lanes. The main tank will have 20 minutes of main warm up and 10 minutes of dives on Friday and Saturday. Sunday, the main tank will have 15 minutes of main warm up and 5 minutes of dives.

MORNING WARM UPS ROTATION:

FRIDAY MAIN TANK WARM UPS:

Group A:	7:00-7:30 - clear for dives after 20 minutes
Group B:	7:35-8:05 - clear for dives after 20 minutes
Group C:	8:10-8:40 - clear for dives after 20 minutes
START:	8:50 AM

SATURDAY MAIN TANK WARM UPS:

Group B: 7:00-7:30 - clear for dives after 20 minutes
 Group C: 7:35-8:05 - clear for dives after 20 minutes
 Group A: 8:10-8:40 - clear for dives after 20 minutes
 START: 8:50 AM

SUNDAY MAIN TANK WARM UPS:

Group C: 7:00-7:20 AM - clear for dives after 15 minutes
 Group A: 7:25-7:45 AM - clear for dives after 15 minutes
 Group B: 7:50-8:10 AM - clear for dives after 15 minutes
 START: 8:20 AM

DIVE LANES: - COACH SUPERVISED

LAST 10 minutes of warm ups per group on Friday and Saturday; last 5 minutes of WU on Sunday– as follows:

Lanes 1, 4, 5 and 8 will be dive lanes – ONE WAY ONLY

Lanes 2, 3, 6 and 7 will be swim back lanes – ONE WAY ONLY

- Once dive lanes start, coaches are responsible to make sure their team knows the flow and rules.

Group A: CDSC (52), RAC (3), ISC (24), NRST (16), COMOX (18)

CENTRE TANK

	EAST TANK	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	WEST TANK
WARM UP		CDSC	CDSC	CDSC	ISC	ISC /RAC	NRST	NRST /COMOX	COMOX	
DIVES		DIVE	SB	SB	DIVE	DIVE	SB	SB	DIVE	
SB = Swim Back; Dive = Dive Lanes – DO NOT GET OUT / STEP ON BULKHEAD!										

Group B: HST (18), CHENA (28), UVPCS (28), WSC (35), WIND (2), DST (8)

CENTRE TANK

	EAST TANK	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	WEST TANK
WARM UP		HST	WIND/ DST	CHENA	CHENA	UVPCS	UVPCS	WSC	WSC	
DIVES		DIVE	SB	SB	DIVE	DIVE	SB	SB	DIVE	
SB = Swim Back; Dive = Dive Lanes – DO NOT GET OUT / STEP ON BULKHEAD!										

Group C: SQUP (21), RAPID (52), WDSC (11), WVOSC (23), SFC (8)

CENTRE TANK

	EAST TANK	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	WEST TANK
WARM UP		WDSC	RAPID	RAPID	RAPID	SQUP	SQUP/ SFC	WVOSC	WVOSC	
DIVES		DIVE	SB	SB	DIVE	DIVE	SB	SB	DIVE	
SB = Swim Back; Dive = Dive Lanes – DO NOT GET OUT / STEP ON BULKHEAD!										

SIDE TANKS

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
WEST	OPEN TO CLUBS IN THE SAME GROUP DURING THEIR TIME (can move some swimmers over to alleviate congestion in 25m lanes)					
EAST						
No Diving in the East and West Tank! Only Competition Tank						

AFTERNOON WARM UPS:

Main tank – open warm ups for teams, NO MORE than 20 per lane, supervised by coaches.

First 40 mins General warm ups - suggested that those not in individual events, warm up in outside tanks.

Last 10 mins DIVE lanes open

COOL DOWNS and WARM UPS throughout the meet – available in 6 lane EAST POOL – NO DIVING ALLOWED

MEET FORMAT

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:40 PM	6:30 PM
Saturday	12:50 PM	7:00 PM
Sunday	1:05 PM	5:30 PM

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

Backstroke ledges will be available in **2 of the dive lanes only** 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:	3:15pm
Saturday Relays:	3:15pm
Sunday Relays:	2:45pm

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 Meet Admin Desk 20 mins prior to the race.

JURY OF APPEAL - COACH APPOINTMENTS

Your coach selections for this meet are:

Brad Hutton (HST); Tyler Lewall (COMOX); Leanne Sirup (DST)

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. **Relay Awards Presentations** will be presented at the end of the Finals' session in which they were swum.
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.

Ribbons packages will be available at the end of Sunday Finals, coaches are responsible for picking up their package before they leave.

POOL DECK & SPECTATOR AREAS

All athletes, coaches, officials, volunteers are to respect the directions of Vancouver Aquatics 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.

Information on where swimmers will be able to sit – please see attached diagram

Lawn chairs and similar seating will be permitted on deck. ABSOLUTELY – NO chairs allowed in the lobby area. Spectators must sit in the designated bleacher area ONLY.

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 Vancouver Aquatics 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. 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.

LIVESTREAMING ACCESS

Swim BC is working with [Sports Canada TV](#), Canada's premier online amateur sport network, to provide live streaming for all Divisionals and the Provincial Champs.

Access to the Livestreaming: [Swim BC YouTube Channel](#)

Please note that spectators are not permitted to video tape from the bleachers during the meet. Please make sure that your members understand this VAC rule.

FACILITY AMENITIES

Wi-Fi:

Wireless internet is available on the #VanWifi.

Washrooms:

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

Food & Beverage:

Light concession available. Restaurants within walking distance.

Tobacco/Cannabis-Free Facility:

Vancouver Aquatic Centre is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items will be located near the guard room downstairs or the cashier's office upstairs. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

VOLUNTEER SIGN UP

We are still looking for some officials to help us run the meet. We are looking for more timers to help out.

Please sign up at

<https://www.signupgenius.com/go/20F0844AFAA28A4FE3-47732299-icvwinter>

WHAT IF I NEED ASSISTANCE?

The Vancouver Aquatics 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 out the Sunset Beach Parking lot – WEST DOOR downstairs exit of Vancouver Aquatic Centre.

PLEASE NOTE – there have been some news items broadcast recently regarding the Vancouver Aquatic Centre. Everything has been deemed safe and approved by the Engineering department of the City of Vancouver and the facility has been open throughout this work. Certain sections were closed while repairs were ongoing.

Divers Storage Equipment
OFF LIMITS

Official Area
4 Tables
Official briefing

SQU, HST, DST, CRKW, WIND

Coaches
2 tables
8 chairs

Dive Tank
NO ENTRY

Team sitting area
Bring chairs to sit

Dryland area
ISC
NRST
COMOX
West area
LCSC, Chena

3 tables
12 chairs
coaches area

7.5M
Dive tower

4 Tables
EAST
Coaches tables (3)
RAPIDS
SFC
WVOSC
Chairs for swimmers set up

Clerk area
Printing
Team check in

Lifeguard Tower

Bulkhead - 4 chairs

COACHES
2 tables - 8 chairs

WARM UP
EAST
6 LANES
Available through **MEET**

OFFICIALS

COACH AREA

WARM UP
WEST
6 LANES
Available Before sessions only
PUBLIC
4 LANES

EXIT

Starting blocks 8-1

PCS, WSC
Bleachers and chairs

Timers area
20 chairs - 2 tables

CDSC 60
Swimmers Bleachers & chairs

Guard office - CDSC coaches area
NORTH - spectator area

WEST EXIT To Muster area