



Swim BC

DIVISIONALS

NORTH & INTERIOR

Hosted by:



VENUE

Penticton Community Centre Pool
325 Power St, Penticton, BC V2A 7K9

POOL

10-lane 25m competition pool
3-lane 20m warm-up/cool down lanes



**TEAM AQUATIC
SUPPLIES LTD**

2024 Winter Divisionals - North & Interior: Technical Bulletin

PRE-MEET TRAINING

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

Thursday, February 22nd – 3 lanes SCM

5:30– 6:30pm OR 6:45-7:45pm – 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: kisuswimmeet@gmail.com

CHANGES TO SESSION TIMELINES

Friday Finals Warm Up	2:00-2:50pm; Competition Starts at 3:00pm
Saturday Finals Warm Up	2:00-2:50pm; Competition Starts at 3:00pm
Sunday Finals Warm Up	2:00-2:50pm; Competition Starts at 3:00pm

WARM-UP PROCEDURES

Athletes are NOT to enter the water without lifeguards on deck and safety marshals in place.

Assigned Warm Up Schedule:

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.

Group 1		Group 2	
Team	#	Team	#
KISU	48	SOSC	15
PGB	7	CSSSC	13
WLBF	10	KAJ	71
CTSC	10	KCS	31
WGB	13	CKSC	8
KMSC	3	CVSC	1
PRASC	11		
TBSC	5		
VKSC	32		
Total	139	Total	139

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 0, 8 & 9

Pace Lane: Lane 1

FINALS WARM UP TIMES

Friday Finals	2:00 - 2:50pm - sprint/pace 2:35pm
Saturday Finals	2:00 - 2:50pm - sprint/pace 2:35pm
Sunday Finals	2:00 - 2:50pm - sprint/pace 2:35pm

MEET FORMAT

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	11:50 AM	5:30 PM
Saturday	11:30 AM	6:00 PM
Sunday	11:50 AM	4:50 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 10 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 10 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 10 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:	2:15pm
Saturday Relays:	2:15pm
Sunday Relays:	2:15pm

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:

STEVEN VANDER MEULEN-VKSC

JERZY PARTYKA-PGB

AMANDA NEMETH - 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. **400 Free and 400 IM Awards Presentations** will be at the end of that day's final session (after the relays).
2. **800 Free Awards Presentations** will be at the prior to the start of Sunday's Finals 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, GYM ACCESS & SPECTATORS SEATING

Facility:

1. **You may enter the building and have access to the gym 30min prior to warm-up times:**
 - Friday & Saturday morning: 7am entry
 - Sunday morning: 6:30am entry
2. **Access to the change rooms and pool deck is 15min prior to the start of warm-up for each session**
3. Swimmers are to set up in the gymnasium with their team.
4. Coaches will have tables set up on the pool deck.
5. Please respect all signs and directions within the facility and from pool staff.
6. The hot tub, sauna and steam room are not open to swimmers

Spectators:

Congratulations on your swimmer qualifying for the North & Interior Divisionals! We are excited to host!

KISU Swim Club and The Penticton Community Centre have been working hard with the local Fire Marshall to ensure we provide enough seating that will be safe for everyone using the community centre facilities.

Please note that NO outside chairs will be allowed on deck OR in window viewing areas.

We kindly ask you use the bleachers only when your swimmer is racing. Please rotate through this area to allow all spectators to get a good view of their racer.

Seating options:

1-Bleachers set up on the pool deck

- Please rotate through so that everyone gets a chance to see their swimmer
- Please leave your space clean and clear bleachers between sessions

2-Facility provided chairs in designated areas in window viewing spaces

- Use only facility provided chairs
- Please keep chairs and bags within the tape marked areas
- Please leave your space clean and clear area between sessions

3-Spectator Lounge on 2nd floor behind viewing area (see signage)

- Chairs and tables will be set up for you to relax or do some work between races
- This is the only space where you may have your own chair

VOLUNTEERS:

1. We are grateful for all the visiting officials that have already stepped forward to commit their time to making our meet a success. If any other parents are still interested in volunteering, please have them fill in the form

<https://www.cognitofrms.com/KISUMeetManager/SwimBCNorthInteriorDivisionalsVolunteerSignUp2>

2. We will be sending more detailed information to all volunteers separately so keep an eye out for that ☺
3. All volunteers should check in at the volunteer desk in meeting room 4 when they arrive with their swimmers for warmup. You will be notified of your Officials meeting at that time.
4. Timer and Officials shirts will be given to you prior to your session
5. It would be appreciated if volunteers could bring their own reusable water bottle (no glass).
6. We will have a light meal and snacks available for volunteers in meeting room 4
7. Please keep the pool deck tidy

FACILITY AMENITIES

Parking:

There is a 2nd large event running all weekend at the convention centre next to the pool. We expect the parking lot may be extremely busy. You may need to use the overflow parking to the other side of the building (beside the casino and South Okanagan Events Centre). You may want to allow for a little extra time arriving at the facility.

T-Shirts:

Esquire will be present in the spectator lounge for those wishing to purchase Divisional shirts. More information will be posted at the facility.

Washrooms:

Washrooms for swimmers, coaches and spectators are available near the gym on the main level.

Tobacco/Cannabis-Free Facility:

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

Lost and Found:

Lost and found items will be kept in meeting room 4. 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 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 the **Trade and Convention Center**