



Vancouver & Fraser

Hosted by:



**VENUE**

Surrey Knights Swim Club  
16555 Fraser Hwy #100, Surrey, BC

**POOL**

8-lane 25m competition pool  
Warm Down Pool: 5x 21.5m width lanes



# 2024 Winter Divisionals – Vancouver & Fraser: Technical Bulletin

## PRE-MEET TRAINING

For Pre-Meet training for Out-of-Town Clubs, please contact Amber Czerniej ([coachamber@surreyknights.com](mailto:coachamber@surreyknights.com))

## CHANGES TO SESSION TIMELINES

<b>Friday Prelims:</b>	Competition starts at 9:10am
<b>Saturday Prelims:</b>	Competition starts at 9:10am
<b>Saturday Finals:</b>	Warm Ups 3:00-3:50pm; Competition starts at 4:00pm
<b>Sunday Prelims:</b>	Competition starts at 8:40am
<b>Sunday Finals:</b>	Warm Ups 3:00-3:50pm; Competition starts at 4:00pm

## VOLUNTEER SIGN UP

<https://www.surreyknights.com/event/swim-bc-divisional-championships-fraser-and-island/job-signup>

We need some Inspector of Turns and Judges of Stroke throughout the weekend, particularly Friday and for finals. Please share the above link with your families.

## 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. 5x21.5m lanes will be available for warm up and warm down throughout the meet.

Group 1		Group 2		Group 3	
Team	#	Team	#	Team	#
SKSC	52	LOSC	95	WSWSC	2
PSW	50	RIDGE	13	SPART	26
GATOR	26	DELTA	15	VPSC	38
				HYACK	48
				CHIN	8
				DYNA	1
Total	128	Total	123	Total	123

### GROUP 1 WARM UP TIMES

Friday Prelims	7:30 - 8:00am - sprint/pace 7:50am
Saturday Prelims	8:30 - 9:00am - sprint/pace 8:50am
Sunday Prelims	7:30 - 8:30am - sprint/pace 8:20am

### GROUP 2 WARM UP TIMES

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

### GROUP 3 WARM UP TIMES

Friday Prelims	8:30 - 9:00am - sprint/pace 8:50am
Saturday Prelims	8:00 - 8:30am - sprint/pace 8:20am
Sunday Prelims	7:00 - 7:30am - sprint/pace 7:50am

### For ALL Warm Ups - lane designations:

Sprint Lanes: Lane 1, 7 & 8 (last 5mins all lanes sprint)  
Pace Lane: Lane 2

### FINALS WARM UP TIMES

Friday Finals	3:30 - 4:20pm - sprint/pace 4:05pm
Saturday Finals	<b>3:00 - 3:50pm</b> - sprint/pace 3:35pm
Sunday Finals	3:00 - 3:50pm - sprint/pace 3:35pm

## MEET FORMAT

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### Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:35 PM	7:00 PM
Saturday	12:50 PM	7:00 PM
Sunday	01:10 PM	6:00 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. These wedges are not adjustable.

### 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:	4:00pm
Saturday Relays:	3:30pm
Sunday Relays:	3:30pm

## OFFICIALS SPLIT REQUEST

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- 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

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Your coach selections for this meet are:

Sarah Hynd, Jy Lawrence, and Kurt Murphy

## AWARDS & SCHEDULE

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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 underneath the scoreboard.**

### 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 end of Sunday's Prelims Session.

Ribbon 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

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All athletes, coaches, officials, volunteers are to respect the directions of Surrey Sports & Leisure 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.

Limited bleachers will be located around the pool area. Swimmers are encouraged to use these bleachers if available but are permitted to use other areas on deck within the designated zones. Swimmers are not allowed to congregate in the lobby, spectator area or leisure side of the pool. Please be aware of marked lifeguarding focal points. Swimmers are permitted to bring their own outside chairs, space permitting.

**Spectators are not allowed on the pool deck at any time.**

Spectator seating is available in the upstairs bleachers and upstairs viewing area. This is accessed via the stairs off the lobby. **No chairs will be permitted in the upstairs bleacher area of the pool. There will be a no standing zone in front of the bleachers near the main race pool.**

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 Surrey Sports & Leisure 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.

## FACILITY AMENITIES

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Wi-Fi:

The City of Surrey offers free public wifi within the SSLC facility.

Washrooms:

Spectator washrooms are located off the lobby of the pool, close to the entrance to the Ice Arena.

Food & Beverage:

Within the pool there is Booster Juice. Across the parking lot there is a Tim Hortons. Other food options are located 5 minutes west on Fraser Hwy.

Tobacco/Cannabis-Free Facility:

The Surrey Sports & Leisure Facility is a tobacco/cannabis-free facility.

Lost and Found:

Swim meet lost and found will be located in the officials room on deck. Items not found here may have been picked up by city staff and could be located at the main guard room. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

Parking

There is also a hockey tournament on the arena side through the weekend. Extra parking can be found in the Rona parking lot across from the pool, in the North End of the parking lot.

Esquire

Will be set up in the lobby selling shirts throughout the meet.

Team Aquatics Supplies

Will be set up on Sunday only.

## WHAT IF I NEED ASSISTANCE?

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The Surrey Sports & Leisure 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 the grassy area in the middle of the drop off loop.

