



BC Winter Provincial Championships

Hosted by Pacific Coast Swimming
March 7th - 10th, 2024
Victoria, BC

Olympic Program Age Groups:

- Individual Events: 11-12, 13 -14, 15-16, 17 & 0
- Relay Events: 11-12, 13-14, 15-17, 18 & 0

Olympic Program Time Final Events:

- 800 - 1500 Free
- 200 Free Relay, 200 Medley Relay, 400 Free Relay
- 800 Free Relay (open age category only)

Olympic Program Prelims/Final Events:

- 50-100-200-400 Free
- 50-100-200 for each Back, Breast, Fly
- 200-400 IM

Paralympic Program Multi-Class Events:

50 Free, 100 Free, 200/400 Free, 50/100 Back, 50/100 Breast, 50/100 Fly and 150/200 IM

WEDNESDAY, MARCH 6TH PRACTICE TIME
5:30-7:00PM (4 LANES)



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Hosted by Swim BC & Pacific Coast Swimming

Sanctioned by Swim BC: #41465

Swim BC and Pacific Coast Swimming would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the of the ɫə́kwəŋən peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ peoples represented by the W̱JOLƏLP (Tsartlip), BÓKÉĆEN (Pauquachin), S̱ÁUTW (Tsawout), W̱SIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

SAFE SPORT

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

COMPETITION HOSTS

Swim BC and Pacific Coast Swimming

VENUE

Saanich Commonwealth Place
4636 Elk Lake Drive, Victoria, BC,
V8Z 5M1

POOL

8-lane 50 metre competition pool
4 x 25m lanes in dive tank for warm up & warm down

MEET MANAGER(S)	Mike Sanborn & Doreen Meldrum (meets@pacificcoastswimming.com)
MEET REFEREE	Doug Petriw
OFFICIALS COORDINATOR	Doreen Meldrum (ddarbymeldrum@shaw.ca)
PARA ADVISOR	Glenn Grieg
SWIM BC & ENTRIES CONTACT	Carrie Matheson (carrie.matheson@swimbc.ca)

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ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.
2. Qualifying period is from September 1, 2022, to the entry deadline.
3. During the Qualifying Period, athletes must have attained at least ONE Swim BC Provincial Championship Time Standard in an appropriately sanctioned competition as of the entry deadline.
4. Age groups for individual events will be 11-12, 13-14, 15-16 and 17 & Over.
5. Swimmer age is as of the first day of competition.

NON-QUALIFIED SWIMS

Entries not meeting the Swim BC Provincial Championship Time Standard will not be accepted.

ENTRIES

1. Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
2. Swimmers will be limited to a maximum of NINE (9) individual entries.
3. All SCM entries will be converted to LCM by meet management and seeded accordingly.
4. See "RELAYS" section for specific rules about relay entries.
5. Individual Fees (including Swim BC Competition Surcharge and Facility Fees) are **\$95.00 per swimmer**.
6. Relay Fees are **\$15.00 per relay**.
7. Cheques payable to: Pacific Coast Swimmers' and Parents' Association (PCSPA) or you can send an e transfer to lancasteraquatics@shaw.ca
8. All fees MUST be e-transferred or paid to the Meet Administration Desk prior to the start of the meet.
9. Entries must be uploaded to SNC meet listings website prior to the entry deadline.
10. Late entries will be accepted at the discretion of Meet Management. If accepted, the Meet Fees will be doubled.

ENTRY DEADLINE:

MONDAY, FEBRUARY 26TH, 2024 AT 9:00 PM (PST)

SCRATCH DEADLINE:

MONDAY, MARCH 4TH, 2024 AT 12:00 NOON.

GENERAL MEET RULES

1. This meet will observe rules as outlined in the current SNC Rulebook.
2. POOL DEPTH Shallow End 2.5 m, Deep End 2.5 m.
 - a. Starts will be conducted from Starting Platforms (blocks) as per AQUA FR 2.3 and SW 4.1
3. There will be no deck entries, exhibition swims, or time trials.
4. Swim BC Competition Warm-up Safety Procedures will apply (policy is attached at the end of this document).
5. All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not

provide a technical advantage in terms of speed, buoyancy, or endurance.

6. Preliminary heats will be swum double-ended, divided by meet management such that both ends finish at approximately the same time.
7. Fastest three heats of all prelims/final events will be circle-seeded. Except for 400 Free and 400 IM – those two events will have the fastest 2 heats circle-seeded.
8. There will be an "A" final for each age group.
9. Backstroke Ledges will be available.
10. Time Final events (including relays) with 9 or 10 entrants, will be seeded such that the fastest heat will have all lanes filled.
11. All swim-offs are to be run at a time mutually agreed upon by coaches and officials. Every effort will be made to run the swim-off by the end of the session in which the tie occurred.
12. Coaches are asked to check in with the Meet Manager / Administration desk immediately upon arrival to pay entry fees, pick up Meet Package and receive any information regarding changes.
13. A coaches' meeting will be held 10 minutes prior to the start of the meet and as necessary throughout the meet.
14. Violations of the Swim BC Code of Conduct and Ethics policy may result in immediate disqualification from the meet.
15. **ALL** photographers must have applied for and received permission from meet management prior to the start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for their club's use only. **All approved photographers must be identified by wearing a self-provided safety vest.**
16. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

800 & 1500 FREESTYLE

1. 800 and 1500 Free events are time finals.
2. There will be a positive check-in for the 800m and 1500m events. Deadline will be the start of the session in which the event will be swum.
3. The fastest heat of women and fastest heat of men, regardless of age, will swim in finals on the event's respective day. All remaining swimmers will swim at the end of preliminaries, senior seeded, fast to slow, alternating women then men. Meet management has the option of swimming the preliminaries session two per lane.
4. Distance Lap Counters will not be available.

PARA-SWIMMING

1. Para-swimmer's complete classifications *(S, SB, SM) must be included with athlete surname in their entries.
2. Para-swimmers must have a Level 2, 3 or international sport classification by the entry deadline.
3. No sport classification will be provided at the event.
4. The most current IPS rules will be observed for all Paralympic Program events.
5. By the entry deadline para-swimmers MUST attain at least ONE (1) Junior Provincial Para swimming Time Standards.

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6. All Entries must meet their Time Standard. There are NO non-qualified swims.
 7. Swimmers with sport class NE SB9 NE are eligible to enter up to a maximum of 2 events in the S/SM10 sport class events provided they meet the S/SM10 Time Standard in each event. These swims will be exhibition.
 8. Paralympic Program events will be single-gender and multi-class, although the genders may be combined for racing.
 9. There will be SEVEN (7) "Paralympic Program events": 50 Free, 100 Free, 200/400 Free, 50/100 Back, 50/100 Breast, 50/100 Fly and 150/200IM.
 10. Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of finalists from each of those pairs of events.
 11. Paralympic events with FIVE (5) or more entries, after the entry deadline, will have prelims and finals. Prelim events will be swum with the Olympic Program events where possible. Para-swimmers will be seeded in prelims according to entry times.
 12. Paralympic events with fewer than FIVE (5) entries after the entry deadline, will be a Paralympic Program time final during the Finals sessions.
 13. The 200/400 Free event will be a time final.
 14. Placings will be determined by using the current male and female Swimming Canada Performance Points Charts.
 15. Para-swimmers may enter Olympic Program events provided they meet the Provincial Championship Standard in their age group and that event. Para-swimmers cannot enter the same event in both the Paralympic and Olympic program categories.
- b. Each club will be allowed one "Relay Only" swimmer per age group and gender in the entire competition.
 - c. **An email must also be sent to the Entries Contact notifying them of the relay-only swimmers and their SNC ID number and date of birth.**
9. Deadline for relay name/order changes will be listed in the Technical Bulletin.

SCORING

- | | |
|------------------------|-------------------------|
| 1. Individual scoring: | 20-17-16-15-14-13-12-11 |
| Relay scoring: | 40-34-32-30-28-26-24-22 |

AWARDS

1. Medals will be awarded for 1st, 2nd, and 3rd places in all individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th, and 8th places in individual events only.
3. Individual Aggregates:
 - a. Will be scored using the individual scoring system listed above.
 - b. Age Categories: 11-12, 13-14, 15-16 and 17 & Over
 - c. Awards will be presented at the end of Sunday Finals.
4. Swim BC will award a Team Banner to the Top Scoring Club. This will be presented at the end of Sunday Finals.

SCRATCHES

Scratches received prior to March 4th, 2024 noon will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
2. The following rules apply for all finalists plus alternates as listed on the official posting of prelims results.
 - a. For all final events, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, all scratches must be submitted to the Administration Desk.

RELAYS

1. Age groups for relays will be:
 - a. 200 FR, 400 FR and 200 MR: 11-12, 13-14, 15-17 and 18 & Over
 - b. 800 FR: Open category only
2. There are no qualifying times for relays.
3. All relay events are timed finals. Only the fastest EIGHT (8) validated relay entries in each age group will swim at the conclusion of finals sessions. All other relays will swim in the prelims sessions.
4. Validated relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered.
5. Relay entries that have an entry time MUST include names. If a relay is entered with less than FOUR (4) names, it will be seeded as "NT".
6. "NT" entries will be accepted.
7. For relays, no more than TWO (2) swimmers may be from a younger age group. In such cases, the swimmer(s) may swim in both their own age-group relay as well as in one or more older age group relays.
8. Relay Only swimmers must be listed on their club's Hy-tek entry file as "Relay Only"; such swimmers will be subject to the Relay-Only surcharge (\$15.00).
 - a. "Relay Only" swimmers must be at least 11 years old as of the first day of the meet.

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Schedule of Events

THURSDAY, MARCH 7, 2024 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30am - 1:30pm	
FEMALE	MALE	AGE	EVENT
1	2	15 & Over	400 IM
3	4	Open	100 Fly
101/201	102/202	Para	50/100 Fly
5	6	Open	200 Breast
7	8	Open	50 Free
103	104	Para	50 Free
9	10	11-12	200 Medley Relay
11	12	13-14	200 Medley Relay
13	14	15-17	200 Medley Relay
15	16	18 & Over	200 Medley Relay
17	18	11-14	800 Free
19	20	15 & Over	800 Free
FRIDAY, MARCH 8, 2024 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30am - 2:00pm	
FEMALE	MALE	AGE	EVENT
21	22	11-14	400 IM
23	24	Open	100 Back
105/205	106/206	Para	50/100 Back
25	26	Open	50 Fly
27	28	Open	200 Free
29	30	11-12	400 Free Relay
31	32	13-14	400 Free Relay
33	34	15-17	400 Free Relay
35	36	18 & Over	400 Free Relay
37	38	11-14	1500 Free
SATURDAY, MARCH 9, 2024 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30 - 2:00pm	
FEMALE	MALE	AGE	EVENT
39	40	Open	200 Fly
41	42	Open	100 Free
107	108	Para	100 Free
43	44	Open	100 Breast
109/209	110/210	Open	50/100 Breast
45	46	Para	50 Back
47	48	Open	800 Free Relay
49	50	15 & Over	1500 Free
SUNDAY MARCH 10, 2024 PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30am - 1:30pm	
FEMALE	MALE	AGE	EVENT
51	52	Open	200 IM
111/211	112/212	Para	150/200 IM
53	54	Open	50 Breast
55	56	Open	200 Back
57	58	Open	400 Free
59	60	11-12	200 Free Relay
61	62	13-14	200 Free Relay
63	64	15-17	200 Free Relay
65	66	18 & Over	200 Free Relay

THURSDAY, MARCH 7, 2024 FINALS			
Warm-Up:		4:00 - 4:50pm	
Competition:		5:00 - 8:00pm	
FEMALE	MALE	AGE	EVENT
1	2	15 & Over	400 IM
3	4	Open	100 Fly
101/201	102/202	Para	50/100 Fly
5	6	Open	200 Breast
7	8	Open	50 Free
103	104	Para	50 Free
15	16	11-14	800 Free (Overall Top 8)
17	18	15 & Over	800 Free (Overall Top 8)
9	10	11-12	200 Medley Relay
11	12	13-14	200 Medley Relay
13	14	15-17	200 Medley Relay
15	16	18 & Over	200 Medley Relay
FRIDAY, MARCH 8, 2024 FINALS			
Warm-Up:		4:30 - 5:20pm	
Competition:		5:30 - 8:30pm	
FEMALE	MALE	AGE	EVENT
21	22	11-14	400 IM
23	24	Open	100 Back
105/205	106/206	Para	50/100 Back
25	26	Open	50 Fly
27	28	Open	200 Free
37	38	11-14	1500 Free (Overall Top 8)
29	30	11-12	400 Free Relay
31	32	13-14	400 Free Relay
33	34	15-17	400 Free Relay
35	36	18 & Over	400 Free Relay
SATURDAY, MARCH 9, 2024 FINALS			
Warm-Up:		4:30 - 5:20pm	
Competition:		5:30 - 8:00pm	
FEMALE	MALE	AGE	EVENT
39	40	Open	200 Fly
41	42	Open	100 Free
107	108	Para	100 Free
43	44	Open	100 Breast
109/209	110/210	Para	50/100 Breast
45	46	Open	50 Back
49	50	15 & Over	1500 Free (Overall Top 8)
47	48	Open	800 Free Relay
SUNDAY MARCH 10, 2024 FINALS			
Warm-Up:		4:00 - 4:50pm	
Competition:		5:00 - 7:30pm	
FEMALE	MALE	AGE	EVENT
51	52	Open	200 IM
111/211	112/212	Para	150/200 IM
53	54	Open	50 Breast
55	56	Open	200 Back
57	58	Open	400 Free
113/213	114/214	Para	200/400 Free
59	60	11-12	200 Free Relay
61	62	13-14	200 Free Relay
63	64	15-17	200 Free Relay
65	66	18 & Over	200 Free Relay

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

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SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

“SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

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Event Photography and Video Policy

Section: Social Policies

Date of Approval: February 17, 2022

Approved by: Board of Directors

Next Review: February, 2024

Policy Statement

1. Swim BC believes that when used properly photography and videography are excellent tools to celebrate and promote a participant's involvement and achievements within our sport. We also understand that while the great majority of images are appropriate and are taken in good faith, certain images can be misused and/or misinterpreted to put a participant, most notably a minor participant, at risk.

Definitions:

2. The following term has this meaning in this Policy:
 - a) Photography and Videography - a blanket term referring to all forms of image capture, including but not limited to still photography, video recording, social media posts and/or video streaming.

Procedure:

3. In order to minimize risk, all photographs and video taken at Swim BC sanctioned competitions and approved events, whether taken by a professional photographer or videographer, spectator, team support staff or any participant, must observe generally accepted standards of decency - in particular:
 - a) Photography and videography are prohibited from behind swimming blocks at the start of a race or from the other end of the pool;
 - b) Photography and videography are prohibited in locker-rooms or bathrooms or any other dressing or prep area;
 - c) Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context;
 - d) Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit; and
 - e) Avoid images, camera angles and poses that may be more prone to misinterpretation or misuse by others.
4. Failure to adhere to these procedures may be subject to a complaint submitted pursuant to Swim BC's *Discipline and Complaints Policy*. In addition, failure to adhere to these procedures may also result in accreditation being revoked or removal from the event.
5. All event participants and spectators should be made aware of these photography and videography standards with event announcements.
6. It is strongly recommended that event hosts add the following announcement be added to pre-session announcements at all competitions or be posted at the start-end of the pool:

"A reminder to all athletes, coaches, officials, volunteers and spectators: Under NO circumstances are cameras or other recording devices permitted in the area immediately behind the starting blocks during practice or competition starts, OR in locker rooms, bathrooms, or any other dressing area."

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Saanich Commonwealth Place (SCP) Aquatic Event Facility Host Requirements

Saanich Commonwealth Place is proud to host High Performance, Community and School Aquatic Events. Our goal is to continue the legacy of the 1994 Commonwealth Games where competitive and high performance athletes can combine with recreational users in a common athletic facility and strive to meet their personal best. We hope that while you visit our world class facility your coaches, athletes, officials, and volunteers take pride in being a part of this legacy and help us in creating a safe, diverse, and inclusive environment by respecting the following standards:

Coaches and officials are asked to model and encourage facility standards throughout the duration of the event.

- Observing the Visitor Code of Conduct while in Saanich Recreation Facilities
- Removing street/outdoor shoes prior to going onto the pool deck: This includes athletes, coaches, officials, and volunteers. Clean nonslip deck shoes can be worn.
- Food is not permitted on the pool deck. Garbage, recycling, and compost centres are available for use in many areas of the building.
- Per Swim BC Warm-Up Safety Procedures, Athletes must enter the pool feet first in a cautious manner and exit the pool via the side lanes to ensure safety and protect the integrity of the equipment.
- Athletes are required to swim under the lane ropes (not over) to protect the integrity of the equipment.
- Swimming Canada and SCP would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available.
- Glass bottles are not permitted on the pool deck or in changerooms.
- The CRD Parks Bylaw prohibits smoking (including e-cigarettes/vapes/cannabis),
- Alcohol is not permitted without appropriate permits and licenses.
- Athletes need to dry off and wear proper footwear while in lobby areas and café.
- Saanich staff are solely responsible for, moving and maintaining technical equipment. Unless discussed prior to event.
- In the event of an emergency, event organizers and volunteers are asked to follow the directions of Saanich staff and assist with these procedures.
- Visiting Clubs who wish to request practice time prior to an event must do so in advance. Any available water will be assigned on a first come first serve basis unless otherwise arranged by event host. **Athletes and coaches attending public lane times is not permitted.**

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2023-24 SWIM BC PROVINCIAL CHAMPIONSHIP TIME STANDARDS

WOMEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.80	30.20	29.40	28.80	29.00	28.40	28.70	28.10
100 Free	1:07.20	1:05.90	1:04.00	1:02.70	1:02.60	1:01.40	1:02.00	1:00.80
200 Free	2:25.00	2:22.20	2:17.50	2:14.80	2:14.60	2:12.00	2:13.00	2:10.30
400 Free	5:04.70	4:58.80	4:49.00	4:43.30	4:44.80	4:39.20	4:41.40	4:35.90
800 Free	10:28.10	10:15.80	9:56.80	9:45.10	9:46.70	9:35.20	9:46.10	9:34.70
1500 Free	20:22.50	19:58.50	19:20.00	18:57.30	19:04.70	18:42.30	18:42.10	18:20.10
50 Back	35.70	35.00	33.40	32.70	32.80	32.20	32.80	32.20
100 Back	1:15.70	1:14.20	1:11.30	1:09.90	1:09.90	1:08.50	1:09.60	1:08.20
200 Back	2:42.00	2:38.80	2:32.50	2:29.50	2:29.70	2:26.80	2:28.40	2:25.50
50 Breast	41.40	40.00	38.40	37.10	37.90	36.60	37.90	36.60
100 Breast	1:28.60	1:25.60	1:22.70	1:19.90	1:21.50	1:18.70	1:21.50	1:18.70
200 Breast	3:09.40	3:03.00	2:57.90	2:51.90	2:54.90	2:49.00	2:54.90	2:49.00
50 Fly	34.10	33.40	32.10	31.50	31.40	30.80	31.30	30.70
100 Fly	1:15.90	1:14.40	1:10.90	1:09.50	1:09.60	1:08.20	1:08.30	1:07.00
200 Fly	2:51.10	2:47.70	2:39.00	2:35.90	2:35.40	2:32.40	2:33.80	2:30.80
200 IM	2:43.20	2:40.00	2:36.20	2:33.10	2:32.40	2:29.40	2:29.80	2:26.90
400 IM	5:45.10	5:38.40	5:29.20	5:22.70	5:24.40	5:18.00	5:21.20	5:14.90

MEN								
EVENT	11 – 12		13 – 14		15 – 16		17 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	30.90	30.30	27.50	27.00	26.20	25.70	25.80	25.30
100 Free	1:07.60	1:06.30	1:00.30	0:59.10	0:57.20	0:56.10	0:56.00	0:54.90
200 Free	2:25.50	2:22.70	2:10.70	2:08.10	2:04.10	2:01.70	2:01.30	1:58.90
400 Free	5:05.80	4:59.80	4:39.80	4:34.30	4:25.40	4:20.20	4:18.50	4:13.40
800 Free	10:36.30	10:23.80	9:42.50	9:31.10	9:19.70	9:08.70	9:07.00	8:56.30
1500 Free	20:13.80	19:50.00	18:25.70	18:04.00	17:41.60	17:20.80	17:19.80	16:59.40
50 Back	36.00	35.30	32.10	31.50	30.10	29.50	29.60	29.00
100 Back	1:16.80	1:15.30	1:08.50	1:07.20	1:04.50	1:03.20	1:03.00	1:01.80
200 Back	2:42.60	2:39.40	2:27.40	2:24.50	2:19.60	2:16.90	2:16.40	2:13.70
50 Breast	41.10	39.70	36.50	35.30	34.30	33.10	33.70	32.50
100 Breast	1:28.90	1:25.90	1:18.00	1:15.40	1:13.80	1:11.30	1:12.50	1:10.10
200 Breast	3:10.00	3:03.60	2:48.90	2:43.20	2:39.70	2:34.30	2:38.70	2:33.30
50 Fly	34.30	33.60	30.60	30.00	28.80	28.20	28.10	27.50
100 Fly	1:16.50	1:15.00	1:07.10	1:05.80	1:03.50	1:02.30	1:01.80	1:00.60
200 Fly	2:51.10	2:47.70	2:31.80	2:28.80	2:22.10	2:19.30	2:18.10	2:15.40
200 IM	2:44.60	2:41.40	2:28.00	2:25.10	2:20.40	2:17.60	2:17.50	2:14.80
400 IM	5:47.30	5:40.50	5:14.70	5:08.50	5:00.30	4:54.40	4:54.50	4:48.70

September 25, 2023

BC Winter Provincial Championships

March 7-10, 2024

Hosted by Swim BC & Pacific Coast Swimming



MEN LCM JUNIOR PROVINCIAL - MINIMAL QUALIFYING STANDARD															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:26.53	01:44.72	01:27.23	01:08.75	00:57.90	00:50.18	00:47.90	00:45.82	00:43.46	00:40.75	00:45.55	00:42.88	00:40.88	00:40.72
100	Freestyle	05:27.28	03:52.72	03:16.37	02:36.27	02:09.12	01:54.37	01:46.18	01:38.86	01:33.82	01:28.45	01:38.18	01:32.72	01:27.28	01:28.72
200	Freestyle	12:14.54	08:45.02	07:33.92	05:47.57	04:51.57									03:14.06
400	Freestyle						09:01.55	08:14.37	07:44.40	07:11.68	06:56.72	08:38.02	07:01.82	07:19.38	
50	Backstroke	02:42.43	01:59.28	01:34.50	01:24.27	01:07.33									
100	Backstroke	05:36.93	04:16.29				02:15.90	02:07.26	01:56.45	01:46.14	01:42.14	02:06.32	01:50.37	01:43.33	01:43.04
50	Breaststroke	05:34.54	05:17.39	01:30.24											
100	Breaststroke				03:09.10	02:54.08	02:21.70	02:18.42	02:06.13	01:57.57		02:16.86	02:01.87	01:58.62	01:52.26
50	Butterfly	01:38.53	01:27.28	01:19.28	01:11.28	01:04.98	00:55.94	00:52.64							
100	Butterfly								01:46.30	01:42.53	01:37.55	02:08.35	01:42.53	01:37.47	01:35.79
150	Medley	16:29.09	13:34.54	07:32.75	05:03.54										
200	Medley					07:29.84	04:57.31	04:34.22	04:07.33	03:54.40	03:42.34	04:31.87	03:52.72	03:46.38	03:40.29

MEN SCM JUNIOR PROVINCIAL - MINIMAL QUALIFYING STANDARD															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:29.46	01:46.81	01:28.97	01:10.12	00:59.06	00:50.18	00:47.90	00:45.82	00:42.59	00:39.94	00:44.64	00:42.02	00:40.06	00:39.91
100	Freestyle	05:33.83	03:57.37	03:20.30	02:39.40	02:11.70	01:54.37	01:46.18	01:38.86	01:31.94	01:26.68	01:36.22	01:30.87	01:25.53	01:26.95
200	Freestyle	12:29.23	08:55.52	07:43.00	05:54.52	04:57.40									03:10.18
400	Freestyle						09:01.55	08:14.37	07:44.40	07:03.05	06:48.39	08:27.66	06:53.38	07:10.59	
50	Backstroke	02:45.68	02:01.67	01:36.39	01:25.96	01:08.68									
100	Backstroke	05:43.67	04:21.42				02:15.90	02:07.26	01:56.45	01:44.02	01:40.10	02:03.79	01:48.16	01:41.26	01:40.98
50	Breaststroke	05:41.23	05:23.74	01:32.04											
100	Breaststroke				03:12.88	02:57.56	02:21.70	02:18.42	02:06.13	01:55.22		02:14.12	01:59.43	01:56.25	01:50.01
50	Butterfly	01:40.50	01:29.03	01:20.87	01:12.71	01:06.28	00:55.94	00:52.64							
100	Butterfly								01:46.30	01:40.48	01:35.60	02:05.78	01:40.48	01:35.52	01:33.87
150	Medley	16:48.87	13:50.83	07:41.80	05:09.61										
200	Medley					07:38.84	04:57.31	04:34.22	04:07.33	03:49.71	03:37.89	04:26.43	03:48.07	03:41.85	03:35.88

WOMEN LCM JUNIOR PROVINCIAL - MINIMAL QUALIFYING STANDARD															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	03:09.09	02:10.53	01:43.28	01:16.54	01:08.37	01:00.45	00:57.09	00:53.78	00:49.57	00:46.38	00:53.95	00:50.18	00:46.21	00:46.54
100	Freestyle	06:47.28	04:43.63	04:06.05	03:09.09	02:31.78	02:15.62	02:04.77	01:54.91	01:45.47	01:40.98	02:00.77	01:48.88	01:41.09	01:41.82
200	Freestyle	14:54.54	10:10.91	09:06.53	07:52.72	05:41.98									03:41.14
400	Freestyle						09:29.47	09:14.86	08:34.93	08:06.51	07:42.62	09:32.13	08:50.91	07:58.43	
50	Backstroke	03:38.18	02:47.26	01:59.54	01:41.02	01:21.73									
100	Backstroke	07:16.37	05:45.22				02:31.60	02:24.93	02:14.38	02:02.00	01:59.23	02:21.23	02:11.15	01:56.85	01:59.33
50	Breaststroke	04:21.82	02:32.72	01:50.27											
100	Breaststroke				03:51.18	03:11.33	02:55.62	02:48.67	02:27.98	02:15.49		02:41.78	02:26.42	02:17.07	02:17.73
50	Butterfly	03:30.91	03:09.09	02:18.18	01:56.37	01:30.54	01:07.98	01:04.40							
100	Butterfly								02:10.43	01:56.30	01:52.56	02:18.18	02:06.54	01:59.33	01:55.17
150	Medley	13:49.09	11:38.18	07:16.37	05:57.68										
200	Medley					07:29.84	05:26.83	05:23.46	04:59.36	04:26.45	04:11.07	05:04.72	04:43.63	04:16.77	04:18.13

WOMEN SCM JUNIOR PROVINCIAL - MINIMAL QUALIFYING STANDARD															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	03:12.87	02:13.14	01:45.35	01:18.07	01:09.74	01:00.45	00:57.09	00:53.78	00:48.58	00:45.45	00:52.87	00:49.18	00:45.29	00:45.61
100	Freestyle	06:55.43	04:49.30	04:10.97	03:12.87	02:34.82	02:15.62	02:04.77	01:54.91	01:43.36	01:38.96	01:58.35	01:46.70	01:39.07	01:39.78
200	Freestyle	15:12.43	10:23.13	09:17.46	08:02.17	05:48.82									03:36.72
400	Freestyle						09:29.47	09:14.86	08:34.93	07:56.78	07:33.37	09:20.69	08:40.29	07:48.86	
50	Backstroke	03:42.54	02:50.61	02:01.93	01:43.04	01:23.36									
100	Backstroke	07:25.10	05:52.12				02:31.60	02:24.93	02:14.38	01:59.56	01:56.85	02:18.41	02:08.53	01:54.51	01:56.94
50	Breaststroke	04:27.06	02:35.77	01:52.48											
100	Breaststroke				03:55.80	03:15.16	02:55.62	02:48.67	02:27.98	02:12.78		02:38.54	02:23.49	02:14.33	02:14.98
50	Butterfly	03:35.13	03:12.87	02:20.94	01:58.70	01:32.35	01:07.98	01:04.40							
100	Butterfly								02:10.43	01:53.97	01:50.31	02:15.42	02:04.01	01:56.94	01:52.87
150	Medley	14:05.67	11:52.14	07:25.10	06:04.83										
200	Medley					07:38.84	05:26.83	05:23.46	04:59.36	04:21.12	04:06.05	04:58.63	04:37.96	04:11.63	04:12.97

BC Winter Provincial Championships

March 7-10, 2024

Hosted by Swim BC & Pacific Coast Swimming



2024 Provincials Sponsored Accommodations and Rates

Hotel Grand Pacific:

463 Belleville St. Victoria, BC V8V 1X3

March 7-10, 2024 - rate of \$179 per room, per night (Booking cut-off date: January 26th, 2024)

- The guest room rates quoted are Canadian dollars, and exclude applicable taxes (Currently a total of 17.16% in applicable taxes). Applicable taxes subject to change without notice.
- Guestrooms are also available (3 days) pre and post, based on guestroom availability at the time of booking for guests who would like to extend their stay.
- Parking is \$21 per car/per night (self-park) for under-height vehicles only. Our underground parking garage maximum height is 6'4"; therefore, many large trucks and vans do not fit in our parking garage.
- Please note that the group rate will only be available until the cut-off date noted. Reservation requests received after this date are based on availability at the hotel's best available rate.
- CANCELLATION POLICY: Room reservations may be cancelled up to 24 hours prior to arrival without penalty. After that time a one night room charge will be applied.
- In order to qualify for the group rate, it is imperative that your guests ask for the Pacific Coast Swimming rate.

To reserve, please contact the Hotel Grand Pacific directly at:

T: 250.386.0450 | F: 250.380.4475 | TF: 1.800.663.7550

Email: reserve@hotelgrandpacific.com

Motel 6:

2401 Mount Newton Cross Road Victoria, British Columbia V8M 1T8

March 7-10, 2024 - \$119 per night; \$129 per night with breakfast

To reserve, please contact [\(250\) 652-4464](tel:2506524464)

Holiday Inn Express & Suites, Victoria-Colwood:

318 Wale Road Victoria, British Columbia V9B 0J8

Mar 7-10, 2024 - \$169 per room per night plus applicable taxes

To reserve, visit [Online Registration](#) or call 1-877-660-8550

Accent Inns:

3233 Maple St Victoria, BC V8X 4Y9

March 7-10, 2024 Accent standards \$199 Kitchenettes \$219

GROUP ID 6355709, 2 night minimum stay, 30 day release

For reservations: Individuals: 1-800-663-0298 and quote appropriate group ID and dates.

All rates are nightly and subject to 15% taxes. Standard rooms have two queen beds.

For anymore information please contact Donna Price dprice@accentinns.com

Marriott Victoria Inner Harbour

728 Humboldt Street Victoria, BC V8W 3Z5

March 7th-10th \$195.00 per room, per night, plus taxes (17.16%)

To book, please email ajblane22@gmail.com at PCS for booking link

Sandman Hotel Victoria

2852 Douglas St, Victoria, BC V8T 4M5

Standard room \$159, Suite room \$179

To reserve, please contact Sandman Hotel [\(250\) 388-0788](tel:2503880788) and request sales