



**Vancouver & Fraser  
Technical Bulletin**

**HOSTED BY:**



**VENUE**

Chilliwack Landing Leisure Centre  
1-9145 Corbould St. Chilliwack, BC

**POOL**

8 x 25m competition pool  
2 x 18m swim down area



# 2024 Summer Divisionals – Vancouver & Fraser Technical Bulletin

## CONTACTS

<b>Meet Manager</b>	Catherine Freimark	<a href="mailto:catherine.freimark@gmail.com">catherine.freimark@gmail.com</a>
<b>Meet Referee</b>	Derek Wheeler	<a href="mailto:derekkwheeler@gmail.com">derekkwheeler@gmail.com</a>
<b>Swim BC &amp; Entries Contact</b>	Melissa Webster	<a href="mailto:melissa.webster@swimbc.ca">melissa.webster@swimbc.ca</a>

## PRE-MEET TRAINING

There is no pre-meet training available.

## SESSION TIMELINE UPDATE

	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Finals Warm Up</b>	3:30pm – 4:20pm	3:30pm – 4:20pm	Approx 2 hrs. after conclusion of prelims
<b>Competition Start</b>	4:30pm	4:30pm	1 hr. later upon completion of warm up

## WARM-UP PROCEDURES

Athletes are NOT to enter the water without lifeguards on deck and Safety Marshals in place.

Coaches and swimmers should familiarize themselves with the use of Backstroke Wedges.

### 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 Finals session.

<b>Group 1</b>		<b>Group 2</b>	
<b>Team</b>	<b>#</b>	<b>Team</b>	<b>#</b>
CHIN	9	DYNA	1
DELTA	12	GATOR	23
HYACK	38	PSW	47
OS	78	RIDGE	22
VPSC	35	SKSC	38
		SPART	36
		WSWSC	2
<b>Total</b>	<b>172</b>	<b>Total</b>	<b>169</b>

### 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 WARMUPS – LANE DESIGNATIONS

Sprint Lanes	Lanes 2 & 8 (with ledges available)
Pace Lanes	Lane 1

### FINALS WARM UP TIMES

Friday Finals	3:30 – 4:20pm - sprint/pace 4:05pm
Saturday Finals	3:30 – 4:20pm - sprint/pace 4:05pm
Sunday Finals	3:30 – 4:20pm - sprint/pace 4:05pm

**Dividing is one direction only once the lane is clear and only in designated lanes.  
Swimmers are to swim to the end of the pool and exit there.**

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## MEET FORMAT

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### Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:33pm	6:42pm
Saturday	12:31pm	7:04pm
Sunday	1:08pm	6:07pm

Prelims: Dive overs except for Backstroke Events

Finals: Pool will be cleared between races

### 400 Free:

Positive Check-In deadline is 9:00am on Friday.

The Top 8 in each age group will be swum 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.

### 1500 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 Name Change Deadline:

Friday Relays: 4:00pm

Saturday Relays: 4:00pm

Sunday Relays: 4:00pm

**It is the coach's responsibility to ensure that a Provincial qualified swimmer is NOT entered to swim a leg of the relay. Relay swimmer times will be verified by the admin desk once submitted. Any relay team found to have a Provincial qualified swimmer after the name change deadline will be removed from the event.**

## 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

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Your coach selections are TBA

## TAPING

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Taping will be allowed at this meet, falling in line with LMR meets, upholding the ideals of no improvement to Speed, Endurance or Buoyancy. However, records will not be recognized on a taped athlete at this meet.

Please refer to: Swimming Canada Rules II.C15.3.2

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## 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 located on the on the South end of the aquatic facility by the leisure pool (*Parent access via the lobby doors*).

### Exceptions:

1. **400 Free and 400 IM Awards Presentations** will occur at the end of that day's final session (after relays)
2. 1500 Free Awards Presentations will occur prior to the start of Sunday's Finals Session.

### Ribbons:

Ribbon packages will be available at the end of Sunday Finals. Coaches are responsible for picking up their packages before they leave.

## POOL DECK & SPECTATOR AREA

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### **General:**

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of the Chilliwack Landing Leisure Centre lifeguards and facility staff.

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 Chilliwack Landing Leisure Centre 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.

Team banners can be set up – if on walls, paint safe tape must be used.

### **Athletes:**

Outside footwear is not permitted on the pool deck or shower areas. All participants must shower before entering the water.

An announcement will be used to clearly communicate that all swimmers must exit the water.

### **Facility:**

You may enter the facility and have access to the facility:

Friday	7:00am entry
Saturday	7:00am entry
Sunday	6:30am entry

Access to the change rooms and pool deck:

Friday	7:00am entry
Saturday	7:00am entry
Sunday	6:30am entry

Athletes are to set up in the designated areas on deck, upper outdoor deck, outdoor grass area with their teams. Outside and upper outdoor deck tents can be set up.

Coaches will have space at a table on the pool deck (*first come first serve*).

The hot tub, sauna, and steam room are not open to swimmers.

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## **Spectators:**

Congratulations on your swimmer qualifying for the 2024 Summer Vancouver and Fraser Divisionals! We are excited to host!

Please note that no outside chairs will be allowed on deck.

## **Seating Options:**

Please only use facility provided bleachers (No outdoor or camping chairs are permitted in the facility).

Please leave your space clean and clear between sessions

## Spectator Areas:

- Upper viewing area spectator space – no swimmers – Access via lobby (stairs and elevator).

## **LIVE STREAMING**

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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 be courteous of others and the swimmers when taking pictures and videotaping from the spectator areas during the meet.**

## **FACILITY**

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### **Parking:**

There is free parking around the entire building.

### **Washrooms:**

Spectator washrooms are located in the main lobby and upper level near the elevators.

### **Food & Beverage:**

Java Hut – located in the Lobby.

9<sup>th</sup> End Café – Curling Rink – Located in building north of the facility.

### **Tobacco/Cannabis-Free Facility:**

Chilliwack Landing Leisure Centre is a tobacco/cannabis-free facility.

### **Lost and Found:**

Lost and found items will be located in the Chilliwack Landing Leisure Centre main lobby. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

Team gear and expensive items will be in the Spartans Office – Contact the Meet Manager.

### **Vendors:**

Esquire will be located in the main lobby Friday, June 28<sup>th</sup> and Saturday, June 29<sup>th</sup>.

Team Aquatics will be located in the main lobby on Friday, June 28<sup>th</sup>.

Chilliwack Tourism will be onsite Friday, June 28<sup>th</sup> and Saturday, June 29<sup>th</sup>.

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## VOLUNTEERS

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We are grateful to those local and visiting officials and volunteers that have already stepped forward to commit their time to making this meet a success. If anyone else is still interested in volunteering, please have them fill in the following form:

[Officials and Volunteer Sign-Up Form](#)

All officials and volunteers should check in at the volunteer desk in the lobby when they arrive.

### Contacts:

Volunteer Coordinator	Andrea Meister	<a href="mailto:andreameister73@yahoo.ca">andreameister73@yahoo.ca</a>
Senior Officials	Derek Wheeler	<a href="mailto:derekkwheeler@gmail.com">derekkwheeler@gmail.com</a>

## WHAT IF I NEED ASSISTANCE?

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The Chilliwack Landing Leisure Centre 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 – exit facility and proceed to playground located on the WEST side of the facility.