



**Island & Coastal Vancouver
Technical Bulletin**

HOSTED BY:



VENUE

Watermania
14300 Entertainment Blvd, Richmond, BC

POOL

8 x 25m competition pool
6 x 25m warm-up / swim down



2024 Summer Divisionals – Island & Coastal Vancouver Technical Bulletin

CONTACTS

Meet Manager	Darryl Rudolf	darryl@richmondrapids.com
Meet Referee	Norma Lachance	mathdva@gmail.com
Swim BC & Entries Contact	Melissa Webster	melissa.webster@swimbc.ca

PRE-MEET TRAINING

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

Thursday, June 27th – 4:00pm – 6:00pm

4 Lanes SCM

Diving is only permitted if it is ONE WAY swimming – *coaches are to make sure to always follow this rule AND to make sure that their lane(s) are cleared when their WU is over.*

Team Registration is required prior to access pre-meet training:

Please email Darryl Rudolf (darryl@richmondrapids.com)

SESSION TIMELINES

	Friday	Saturday	Sunday
Finals Warm Up	3:30pm – 4:20pm	3:30pm – 4:20pm	3:30pm – 4:20pm
Competition Start	4:30pm	4:30pm	4:30pm

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 Finals session.

Group 1		Group 2	
Team	#	Team	#
CDSC	54	HST	13
CHENA	31	RAPID	66
CRKW	14	SQUP	21
ISC	24	WDSC	8
RAC	3	WSC	31
SFC	12	WVOSC	22
UVPCS	19		

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

Total 157 Total 161

**Diving 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

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:37pm	6:45pm
Saturday	12:27pm	7:02pm
Sunday	1:35pm	6:01pm

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 that they have a Provincial qualifying time. Relay swimmer times will be verified by the admin desk after submitted. The relay team will be removed from the relay event if they are found to have a Provincial qualified swimmer entered to swim when they should not.

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

Your coach selections for this meet are:

Vincent Chung CHENA

Alex Pettifier RAPID

Cole Bergen ISC

TAPING

No records can be set from taped athletes.

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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 located on the North Side shallow end (same side as starter).

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

General:

All athletes, coaches, officials, volunteers, and spectators are to respect the directions of Watermania 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 Watermania 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.

Athletes:

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 communicated that all swimmers must exit the water.

Facility:

You may enter the facility and have access to the facility 30 mins prior to warm-up times.

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

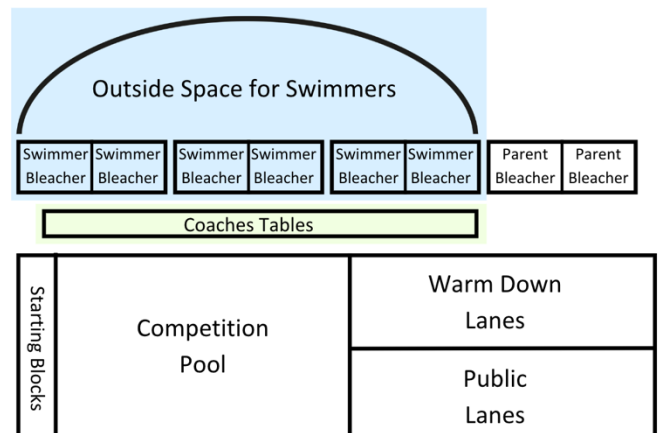
Access to the change rooms and pool deck is 30 mins prior to the start of warm up for each session.

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

Athletes are to set up in the on the bleachers or outside with their teams (see blue highlighted area of diagram).

Coaches will have a table on the pool deck (see green highlighted area of diagram).

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



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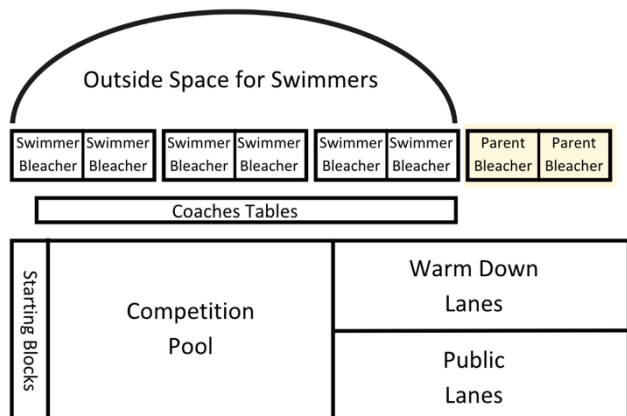
Spectators:

Congratulations on your swimmer qualifying for the 2024 Summer Island & Coastal Vancouver 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 (*see yellow highlighted area of diagram*) (No outdoor or camping chairs are permitted in the facility).

Please leave your space clean and clear between sessions



LIVE STREAMING

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

Parking:

There is free parking located around the pool.

Wifi:

Free city Wi-Fi is available.

Washrooms:

Swimmers: Washrooms are located in the change room.

Spectators: Washrooms are located in the hallway to the pool.

Food & Beverage:

There are only vending machines in the facility.

There are restaurants within walking distance of the facility.

Tobacco/Cannabis-Free Facility:

Vernon Recreation Centre is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items will be located in the Guard Office. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

Esquire:

Esquire will be located in outside the back doors on Friday and Saturday.

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VOLUNTEERS

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 Multipurpose room by the pool entrance when they arrive.

WHAT IF I NEED ASSISTANCE?

The Watermania 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 at the ice rink across the parking lot.