



**North & Interior
Technical Bulletin**

HOSTED BY:



VENUE

Vernon Recreation Centre
3310 37th Ave, Vernon, BC

POOL

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



2024 Summer Divisionals – North & Interior Technical Bulletin

CONTACTS

Meet Manager	Mandy Hubbard	mhubbard_78@hotmail.com
Meet Referee	Ian Johnstone	ianj@telus.net
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 20th – 7:00pm – 9:00pm

4 Lanes SCM (Lanes 5-8)

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 coach Steven Vander Meulen (coachsvan@gmail.com)

CHANGES TO SESSION TIMELINES

	Friday	Saturday	Sunday
Finals Warm Up	3:00pm – 3:50pm	3:00pm – 3:50pm	4:00pm – 4:50pm
National Anthem	3:57pm	3:57pm	4:57pm
Competition Start	4:00pm	4:00pm	5:00pm

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 Finals session.

Group 1		Group 2	
Team	#	Team	#
BVOSC	2	CSSSC	16
CKSC	2	KAJ	71
CTSC	7	PGB	13
CVSC	1	PRASC	14
KCS	30	TBSC	9
KISU	38	SOSC	15
KMSC	2		
VKSC	31		
WGB	10		
WLBF	13		
Total	136	Total	138

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	3:00 – 3:50pm - sprint/pace 3:35pm
Saturday Finals	3:00 – 3:50pm - sprint/pace 3:35pm
Sunday Finals	4:00 – 4:50pm - sprint/pace 4:35pm

**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.**

2024 Summer Divisionals – North & Interior Technical Bulletin

MEET FORMAT

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	12:05pm	6:18pm
Saturday	12:13pm	6:25pm
Sunday	1:41pm	6:28pm

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: 3:30pm

Saturday Relays: 3:30pm

Sunday Relays: 4:30pm

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:

Amanda Nemeth WLFB

Marc Tremblay KAJ

Barry Healey CSSSC

2024 Summer Divisionals – North & Interior Technical Bulletin

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 East side of the pool (Start end by the Sauna)

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 (5:00pm)

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 the Vernon Recreation 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 Vernon Recreation 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.

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 Creekside Auditorium with their teams.

Coaches will have a table on the pool deck.

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

2024 Summer Divisionals – North & Interior Technical Bulletin

Spectators:

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

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

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

Seating Options:

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

Please leave your space clean and clear between sessions

Spectator Areas:

- There will be chairs and tables set up in the Creekside Auditorium. There will also be livestreaming of the event in the Auditorium.
- There will be a limited number of chairs set up on the deck for viewing (please only use this while you are actively watching a swimmer to ensure that everyone has the opportunity to watch their swimmer).

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 parking out the front and back of the recreation center.

Wifi:

ShawGo (Public Access)

Washrooms:

Washrooms are located on deck as well as in the lobby.

Food & Beverage:

There are only vending machines in the facility.

There are convenience stores and 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 Dogwood Gym. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

Esquire and Team Aquatics:

Esquire will be located in the Creekside Auditorium

Team Aquatics will be located in the Creekside Auditorium on Friday, June 21st.

2024 Summer Divisionals – North & Interior Technical Bulletin

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 Dogwood Gym when they arrive.

WHAT IF I NEED ASSISTANCE?

The Vernon Recreation 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 by the viewing area on the pool deck.