



Swim BC

DIVISIONALS

ISLAND & COASTAL VANCOUVER

Hosted by:



VENUE

Vancouver Aquatic Centre (VAC)
1050 Beach Avenue

POOL

8-lane 25m competition pool
Warm Down Pool: 6 lanes - 20.3 metre pool



2023 Winter Divisionals - Island & Coastal Vancouver: Technical Bulletin

ORGANIZING COMMITTEE

Meet Manager	Jeannie Lo and Randa Ridgeway	meetmgr@canadiandolphin.ca
Meet Referee	Mel Chandler	
Swim BC and Entries Contact:	Carrie Matheson	carrie.matheson@swimbc.ca

16 teams
146 female swimmers
146 male swimmers
292 swimmers
1436 total entries (including relays)

CHANGES TO START TIMES

Friday, Saturday, and Sunday morning warm ups: East and Centre tanks in assigned lanes
refer to schedule posted below for Group A and Group B

Friday, Saturday and Sunday, Lobby doors will open at VAC (Vancouver Aquatic Centre) at 6:45 AM
DO NOT come through side doors or leave by side doors at any time.

** - PLEASE respect neighbours and keep noise down outside.

- Parking limited
- **Sunday – half marathon, so road will close from 8:30 – 11:30 – 11:45 AM, so find alternative parking**
- <https://firsthalf.ca/detours/>

Friday and Saturday afternoon warm ups: East and Centre tanks in open lanes

** - open warm ups, starts at 3:30 PM – dive lanes open from 4:10 – 4:20 PM

Swimmers will be allowed on deck – Friday and Saturday at 3:10 PM

***** please make sure when leaving pool, that swimmers take everything OFF deck between heats and finals as well as overnight.**

Sunday morning warm up:

Refer to warm up schedule posted below

Sunday afternoon warm up: OPEN

Warm ups start at 1:30 PM - swimmers allowed on deck at 1:10 PM

DIVE LANES in Centre tank ONLY:

- Refer to schedule posted below

PRE-MEET TRAINING

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

Thursday, February 9th - 3 Lanes SCM/2 Lanes SCY

4:00 - 6:00pm – Diving will only be permitted if it is ONE WAY swimming – **coaches are to make sure to follow this rule at all times AND to make sure their lanes are cleared when their WU is over.**

Team Registration is required prior to access to pre-meet training. Please email: zach@canadiandolphin.ca

REGISTRATION & DECK ACCESS

Meet fees must be paid prior to the first session. **Cheque payment only. All cheques must be made out to "Canadian Dolphins".**

Deck Access will be strictly enforced and only swimmers, coaches, officials, and volunteers will have access the pool deck.

Swimmers may bring lawn chairs or fold up chairs to sit in designated areas – **NO SWIMMERS upstairs**

Spectators are to use the spectator area and NO CHAIRS are allowed in the lobby area at any time. Chairs found in the lobby will be removed by VAC staff.

WARM-UP PROCEDURES

Athletes are NOT to enter the water without lifeguards on deck and safety marshals in place.

Teams have been divided into group warm ups. Please refer to the lane assignments below.

EACH team is responsible for making sure their swimmers know the warm up procedure and times available to their teams. There is NO DIVING at any time in the outside tanks. Diving in Main tank, only, last 10 minutes of designated warm up times for each group.

PRELIM Warm Ups: - refer to the scheduled lanes for warm ups on next page. Coach supervised at all times.

Friday: MAIN TANK WARM UPS:
Group A: 7:20 – 8:05 - clear for dives at 7:55 AM
Group B: 8:10 - 8:50 - clear for dives at 8:40 AM
START: 9:00 AM

Saturday: MAIN TANK WARM UPS
Group B: 7:20 – 8:05 - clear for dives at 7:55 AM
Group A: 8:10 - 8:50 - clear for dives at 8:40 AM
START: 9:00 AM

Sunday: MAIN TANK WARM UPS
Group A: 7:10 - 7:45 AM - clear for dives at 7:35 AM
Group B: 7:45 – 8:20 AM - clear for dives at 8:10 AM
START: 8:30 AM

DIVE LANES: - COACH SUPERVISED

LAST 10 minutes of warm ups (as stated above) per group as follows:

Lanes 2, 3, 6 and 7 will be dive lanes - **ONE WAY ONLY**

Lanes 1, 4, 5 and 8 will be swim back lanes - **ONE WAY ONLY**

- Once dive lanes start, coaches are responsible to make sure their team knows the flow and rules
There will be the 1 X 8 lane Main tank with blocks for warm ups as posted below.
There will be 1 X 6 lane tank (20.3 metres) as well for warm up in the designated lanes from schedule below.
NO DIVING in SCY, (20.3m) EAST tank at ANY TIME.

COOL DOWNS and WARM UPS throughout the meet – available in 6 lane EAST POOL following the morning scheduled assigned warm ups – **NO DIVING ALLOWED**

FINALS Warm Ups: MAIN TANK AND EAST TANK ONLY

Main tank – open warm ups for teams, supervised by coaches.

See above (Dive Lanes - Coach Supervised) for the dive lanes protocol.

BREAKDOWN OF GROUPS

Warm up lanes in designated times from above: Please follow the schedule. Sunday, the WEST tank will also be open for general warm ups throughout the morning warm up times and will close at 8.20 AM.

CENTRE TANK for All Prelims Sessions – follow session information for warm up times.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
<i>Group A</i>	<i>CDSC</i>	<i>CDSC</i>	<i>CHENA</i>	<i>CHENA/RAC</i>	<i>COMOX</i>	<i>HST/DST</i>	<i>ISC</i>	<i>ISC/SFC</i>
<i>Group B</i>	<i>PCS</i>	<i>PCS</i>	<i>RAPIDS</i>	<i>RAPIDS</i>	<i>NRST</i>	<i>WSC</i>	<i>CRKW/ SQUP</i>	<i>WVOSC/ WDSC</i>

EAST TANK for mornings

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
<i>Group A</i>	<i>ISC/SFC</i>	<i>ISC</i>	<i>DST/HST</i>	<i>COMOX</i>	<i>CHENA/RAC</i>	<i>CDSC</i>
<i>Group B</i>	<i>WVOSC/WDSC</i>	<i>SQUP/CRKW</i>	<i>WSC</i>	<i>NRST</i>	<i>RAPIDS</i>	<i>PCS</i>

EAST TANK WILL BE AVAILABLE THROUGHOUT THE MEET FOR WARM UP AND COOL DOWN, following the group warm ups in the morning schedule. IT WILL NOT BE AVAILABLE DURING BREAKS.

MEET FORMAT

Time Outs (estimates only):

	Morning Sessions	Afternoon Sessions
Friday	11:20 AM	6:40 PM
Saturday	11:40 AM	7:00 PM
Sunday	11:15 AM	5:45 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.

Alternates: alternates should be near the starters podium and check in with one of the referees.

400 Free:

Positive Check-in is 9:30am on Friday.

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.

400 IM:

Positive Check-in is 9:30am 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 is 9:30am on Sunday.

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.

Relay Name Change Deadlines:

Friday Relays:	4:00pm
Saturday Relays:	4:00pm
Sunday Relays:	8:30am

Swim Offs:

Where possible, run by the end of session which the tie occurred.

SCRATCH PROCEDURES

Pre-meet scratch deadline (no meet fees) is February 6, 2023.

All scratches must be submitted to the Clerk of Course on the supplied forms.

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 sessions, 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, email scratches will not be accepted.***

OFFICIALS SPLIT REQUEST

- Official Split request must be submitted to the Clerk of Course 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 Clerk of Course 20 mins prior to the race.

JURY OF APPEAL - COACH APPOINTMENTS

Your coach selections for this meet are:

Jennika Efford - CDSC
Leanne Sirup - DST
Tyler Lewall – COMOX
Darryl Rudolf – RAPIDS

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 beside the EAST POOL, on deck.**

Exceptions:

1. ***Relays:*** will be presented before the start of the next day's Prelims session, except for relays swum on Sunday, where medal presentations will be before the start of Sunday's final session.
2. ***Timed finals & distance events:*** medals for 400 free and 400 I.M. will be presented at the start of the next day's FINALS session. Medals for the 1500 will be presented as soon as possible during Sunday's FINALS.

PARKING

Parking:

- Limited and through EasyPark
- [Lot Details \(easypark.ca\)](http://easypark.ca)
- Additional parking at (easypark.ca) – Jervis and Beach ave.
- There are NO parking passes for any coaches or officials

*****Handicap area at front of VAC – NO CARS are to drop off or pick up in this area – anyone who is caught dropping off their swimmers or picking them up may risk the chance of having their swimmer taken out of the meet. This is a VAC policy.**

The annual First Half marathon will take place on Sunday between 8.30am-noon. Temporary road closures and parking restrictions on Beach Avenue and roads near VAC begin at 5am. Parking Restrictions begin at 5am on Beach Ave, both sides, from Granville to Howe. Westbound traffic with intermittent access to Aquatic Centre maintained with VPD assistance. Please be prepared to find alternative parking to the EasyPark adjacent to VAC on Sunday morning.

[Alternative parking for SUNDAY – please check that it will not be affected by the half marathon Lot Details \(easypark.ca\)](#) Lot 39 – 1441 Hornby street – opens at 6 AM.

VENUE ENTRANCE

The entrance to the Vancouver Aquatic Centre is at 1050 BEACH AVE., Vancouver. In the early morning, please make sure your swimmers are quiet before entering the building as there are many condos around and we want to make sure we keep the peace with our neighbours.

Absolutely NO entrance or drop off in handicap area.

Please note road closures impacting access to VAC on Sunday morning due to the First Half Marathon:

Pacific Blvd: Westbound traffic open*. Pacific Blvd Eastbound Roads closed between Seymour St and Drake St from 5am-12pm and between Drake St and Carral St from 8am to 9am. *Parking Restrictions will begin at 5am on Pacific Blvd, south side Eastbound lanes, from Granville to Abbott.

Beach Ave: Westbound traffic open*. Intermittent access to Aquatic Centre maintained with VPD assistance. Buildings that exit directly onto Beach or the eastside of Pacific Blvd will be monitored by Vancouver Police who will ensure safe entrance or exit from the building at the earliest safe opportunity. *Parking Restrictions begin at 5am on Beach Ave, both sides, from Granville to Howe.

POOL DECK PROTOCOLS

All athletes, coaches, officials, volunteers are to respect the directions of VAC Aquatic Centre lifeguards and facility staff.

Outside footwear is not permitted on the pool deck or shower areas.

Throughout the competition, we ask competitors to use the on-deck seating as designated by the map attached to this information. There are 2 bulkheads on each side of the competition pool. The front bulkhead is to be used by OFFICIALS ONLY. The one behind, is to be used by COACHES ONLY. ANY SWIMMERS on the bulkheads may be subject to disqualification. It is the COACHES responsibility to make sure that their swimmers know this before the meet starts.

THE SPECTATOR AREA IN FRONT OF THE LOBBY IS RESERVED FOR SPECTATOR SEATING. THERE ARE NO CHAIRS TO BE USED IN THE LOBBY BY SPECTATORS AND THESE WILL BE REMOVED IF PLACED IN THE LOBBY AREA.

Lawn chairs and similar seating will only be permitted on deck, in the designated seating areas assigned to teams.

- Dive storage area on East side of the pool is out of bounds to ALL swimmers

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 VAC 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. Absolutely **no glass containers** will be permitted in the facility. Please place all garbage in the appropriate bins provided.

FACILITY AMENITIES

Wi-Fi:

Wireless internet is available on the VAN wifi.

Washrooms:

Washrooms for swimmers and coaches are available in the Men's, Women's and upstairs washrooms. Washrooms for *spectators* are available in the lobby only.

Food & Beverage:

There are several places to eat in the vicinity. And at Granville Island market area.

Tobacco/Cannabis-Free Facility:

The VAC Aquatic Centre is a tobacco/cannabis-free facility.

Lost and Found:

Lost and found items are accessed via the Guard Room of the VAC Aquatic Centre. After the weekend of the swim meet, lost and found items not claimed will be donated to a local charity.

WHAT IF I NEED ASSISTANCE?

The VAC 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 west deck door by the tot pool**
- **N.B. club manager/coaches: take attendance to ensure no swimmers are left behind**
- Gather at the designated Muster Point **at Sunset parking lot.**

Divers Storage Equipment

OFF LIMITS TO ALL SWIMMERS

Official Area

4 Tables

Official briefing

NRST – 16, SQUP – 14, WDSC – 7, SFC – 2,
CRKW – 12, RAC – 5 – **Bring chairs**

Coaches
2 tables
8 chairs

Dive Tank
NO ENTRY

3 tables

12 chairs

coaches area

7.5M
Dive tower

Team sitting area
Bring chairs to sit

Chena - 26
PCS – 29
ISC – 26
COMOX - 18

4 Tables

EAST
Coaches tables (3)

RAPIDS
42 swimmers
WVOSC - 9

Bring chairs to sit

MEDAL

Clerk area
Printing
Team check in

Lifeguard Tower

Bulkhead – 4 chairs

COACHES
2 tables – 8 chairs

WARM UP

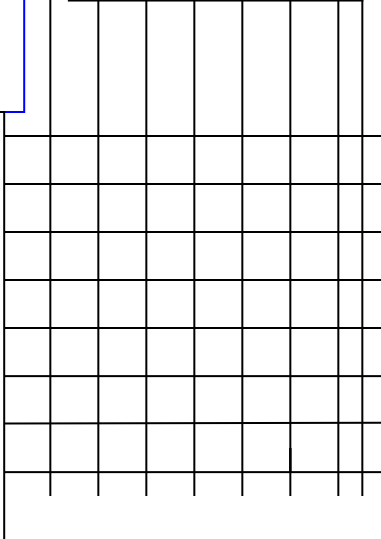
EAST

6 LANES

Available through MEET when running

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PUBLIC SWIM ONLY

NOT AVAILABLE

PUBLIC
4 LANES

PUBLIC AREA

NO SWIMMERS

PUBLIC ONLY

EXIT

To Muster area

WSC/HST/DST
46 swimmers
Bleachers and chairs

Swim BC
Senior Official Table

Starting blocks 8-1

Timers area
20 chairs – 2 tables

CDSC
40 Swimmers
Bleachers

Guard office – CDSC coaches area
NORTH – spectator area

EXIT