



Swim BC

PROVINCIAL CHAMPIONSHIPS



HOSTED BY



VANCOUVER
PACIFIC
SWIM
CLUB



VENUE

UBC Aquatic Centre
6080 Student Union Boulevard Vancouver, BC
V6T 1Z1
recreation.ubc.ca/aquatics

POOL

10-lane 50-meter competition pool
2.5-meter depth
8-lane 25-meter warm-up pool
Swiss Electronic Timing

2022 Summer Provincial Championships - Technical Bulletin

Swim BC, Vancouver Pacific Swim Club and UBC Aquatics would like to acknowledge that the host venue located on UBC's Point Grey campus and the land on which we gather is the traditional, ancestral, unceded territory of the Musqueam people.

ORGANIZING COMMITTEE

Meet Manager	Kathy Findlay	meetmanager@vancouverpacificswimclub.com
Meet Referee	Derek Wheeler	
Swim BC and Entries Contact	Carrie Matheson	carrie.matheson@swimbc.ca
UBC Facilities	Christine Saunders	christine.saunders@ubc.ca
Volunteer Coordinator	Jon Govier	volunteers@vancouverpacificswimclub.com

37 teams
251 female swimmers
319 male swimmers
570 swimmers
3350+ total entries (including relays)

UPDATES TO MEET SCHEDULE

Thursday and Friday Preliminaries change in start times:
Warmups will start at 7:30am
Competition will start at 9:00am

PRE-MEET TRAINING

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

Wednesday July 13th 5:00 - 7:00pm
Competition Pool 10 lanes 50m

Accreditations will be required prior to accessing the pre-meet training.

REGISTRATION & ACCREDITATION

Team registration to acquire accreditation will be available between 4:30pm and 7:00pm in the UBC Aquatic Centre main lobby on Wednesday July 13th.

Meet fees must be paid by cheque prior to the first session. All cheques are to be made payable to "Vancouver Pacific Swim Club".

Accreditation will be strictly enforced and will be required for all swimmers, coaches, officials, and volunteers to access the pool deck. The facility will be restricting access to the pool during competition and access control points will be in place to verify accreditations. Please email meetmanager@vancouverpacificswimclub.com by the end of day Monday July 11th with your team's total accreditation needs for COACHES. Lost accreditation will be replaced at a cost of \$60.00 per accreditation.

WARM-UP PROCEDURES

Access to the facility in the morning will be made available **15 minutes prior to the start of warm up**. All participants are to respect the start time for warm-ups to ensure that all safety protocols are in place. Athletes are NOT to enter the water without lifeguards on deck and safety marshals in place.

Assigned Warm Up Schedule: (Competition Pool Only)

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 Final sessions. The 25m pool will be open for all warm up periods and throughout the meet.

<u>Group 1</u>		<u>Group 2</u>	
<u>Team</u>	<u>#</u>	<u>Team</u>	<u>#</u>
VPSC	36	SFA	64
NRST	10	KCS	13
ISC	33	PSW	31
SKSC	33	UVPCS	34
WGB	6	DELTA	9
HYACK	44	HST	10
RAPID	31	SPART	19
WLBF	3	CHIN	4
HANEY	11	KAJ	29
VKSC	3	LOSC	16
SOSC	2	KISU	15
CDSC	33	WDSC	9
PRASC	2	WSC	17
SQUP	1	WVOSC	12
CHENA	23	GATOR	9
KMSC	1	Para Designated Lane	
PGB	4		
RAC	5		
CONNU	1		
TBSC	1		
Total	283	Total	281

Group 1 WARM UP TIMES

Thursday Prelims. 7:30 - 8:10am - sprint/pace 7:55
 Friday Prelims 8:10 - 8:50am - sprint/pace 8:35
 Saturday Prelims 7:30 - 8:10am - sprint/pace 7:55
 Sunday Prelims 8:10 - 8:50am - sprint/pace 8:35

Group 2 WARM UP TIMES

Thursday Prelims 8:10 - 8:50am - sprint/pace 8:35
Para Lane until 8:35am (Lane 0)
 Friday Prelims 7:30 - 8:10am - sprint/pace 7:55
Para Lane until 7:55am (Lane 0)
 Saturday Prelims 8:10 - 8:50am - sprint/pace 8:35
Para Lane until 8:35am (Lane 0)
 Sunday Prelims 7:30 - 8:10am - sprint/pace 7:55
Para Lane until 7:55am (Lane 0)

For both groups - lane designations:

Sprint Lanes: Lane 0 & 1 North End & Lane 7 & 8 South End
 Pace Lane: Lane 9

MEET FORMAT

	North End (Scoreboard)	South End (Ramp)
Thursday	All Odd heats for 100 Back, 200 Free and 200 Fly 11-14 1500 Free All Prelim heats of 4x50 Free Relays	All Even heats for 100 Back and 200 Free M & F Para 100 Back M & F Para 200/400 Free All 50 Breaststroke
Friday	All Odd heats for 100 Free, 200 Breast, 11-14 400 Free, 15 & Over 400 IM 15 & Over 800 Free All Prelim heats of 4x50 Medley Relay	All Even heats for 100 Free, 200 Breast, 11-14 400 Free, 15 & Over 400 IM M & F Para 100 Free M & F Para 200 IM All 50 Backstroke
Saturday	All Odd heats for 15 & Over 200 IM, 11-14 400 IM, 100 Breast, 15& Over 400 Free Female Para 100 Breast 11-14 800 Free All Prelim heats of 4x100 Medley Relay	All Even heats for 15 & Over 200 IM, 11-14 400 IM, 100 Breast, 15& Over 400 Free All 50 Butterfly
Sunday	All Odd heats for 100 Fly, 200 Back, 11-14 200 IM M & F Para 50/100 Fly 15 & Over 1500 Free 4 x 200 Free Relays	All Even heats for 100 Fly, 200 Back, 11-14 200 IM All 50 Freestyle M & F Para 50 Free

Prelims will have a chase start with alternating (odd/even heats)

Note: Prelims with Para Swimmers, if required, pool will be cleared before next heat.

For Finals, the pool will be cleared for each heat/event.

Backstroke ledges will only be available for finals and will be available during warm-ups for Final sessions.

800 & 1500 Free:

There will be a positive check-in for the 800m and 1500m Freestyles.

Deadline will be 30 mins after the start of the session in which the event will be swum.

The **Top FIVE (5)** in each age group will swim in a combined heat at the beginning of the Final Session of that day.

All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders; two per lane, if necessary, to meet session timelines.

Distance Lap Counters will not be available.

Para-Swimming Events:

All 200/400 events are Time Finals

Female and Male 200's will swim together

Female and Male 400's will swim together

All Female events will be time finals run in the morning sessions

All Male events will be time finals run in the morning except for 100 Breast – para swimmers will be integrated into able-bodied 100 Breast event and seeded based on time.

Relay Card Procedure and Deadlines:

All Relay cards are included in the coaches' packages received during Team Registration.

Relay cards must be signed and submitted to the Clerk of Course as follows:

For all relays on Thursday and Friday, 30 minutes before the start of the Thursday Preliminary session.

For all Saturday relays, 30 minutes before the start of the Friday Preliminary session.

For all Sunday relays, 30 minutes before the start of the Saturday Preliminary session.

Relay Name Change Deadlines:

Relay name changes are permitted up to 30 minutes before the session in which the relays are swum by visiting the Clerk of Course desk.

Swim Offs:

Where possible, swim offs will be run by the end of the session which the tie occurred.

Potential Record:

If you believe your swimmer has the potential to break a provincial or national record, please inform meet management at the Clerk of Course desk and ensure you can provide two stop watches on your swimmer.

SCRATCH PROCEDURE

Pre-meet scratch deadline (no meet fees) is Tuesday July 12th at 12:00 PDT.

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 incomplete swims during prelims and/or time final events.
2. The following rules apply for all finalists plus alternates as listed on the official posting of the combined 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.

AWARDS & SCHEDULE

Awards presentations for all Championship Finals will occur immediately following the conclusion of the race. Once the race has been announced as official, **the Top 3 swimmers of the Championship Final are asked to immediately report to the podium upon conclusion of their race.**

Exceptions:

1. All Para events will be presented as soon as possible in the session they were swum.

Aggregates Awards and Team Championship Banner will be presented at the **end of Sunday finals.**

UBC AQUATIC CENTRE

The UBC Aquatic Centre is proud to be the host venue of the Swim BC Summer Provincial Championships. The UBC Aquatic Centre officially opened on March 1, 2017. The facility, designed for campus, community & competition, is located adjacent the main UBC Transit Exchange and serves hundreds of UBC students, faculty, staff, campus residents and members of the public each day. The UBC Aquatic Centre increases the University's capacity to service not only the needs of UBC Point Grey campus, but also provides the opportunity for UBC and Vancouver to host higher levels of aquatic competition while providing more amenities for the Greater Vancouver region.

General information can be found here: recreation.ubc.ca/aquatics

GETTING TO THE VENUE

The UBC Aquatic Centre is located at 6080 Student Union Boulevard, Vancouver, BC

- [Latest information on construction and road closures](#) – Know before you go!
- [UBC Aquatic Centre – Area Map \(printable\)](#)
- [UBC Aquatic Centre – Virtual Tour](#)

The venue is located adjacent to the UBC Transit Exchange (aka “Bus Loop”). Transit information and trip planning information is available at translink.ca

PARKING

UBC Parking: <https://parking.ubc.ca/>

The closest long-term parking lot to the venue is:
North Parkade 6115 Student Union Boulevard

The closest short-term parking lot to the venue is:
University Blvd Lot, 6131 University Boulevard

Additional parking is available at:

Health Sciences Parkade 2250 Health Sciences Mall or Thunderbird Parkade 6085 Thunderbird Boulevard

Please note that there is currently a couple of construction projects happening around campus, including a major project affecting Wesbrook Boulevard. Please give yourself extra time to get to the UBC Aquatic Centre – recommended access from the city is via University Blvd (westbound).

VENUE ENTRANCE

The entrance to the UBC Aquatic Centre is located at the south-west corner of the building. Access to the facility through emergency exits will not be permitted.

POOL DECK PROTOCOLS

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

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 communicate that all swimmers must exit the water.

Throughout the competition, we ask competitors to use the on-deck seating provided which will be located to the west and south sides of the competition deck. The east side of the pool deck will be limited to officials only. The mezzanine is available to athletes and coaches. **Lawn chairs and similar seating will not be permitted inside the facility.**

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 UBC Aquatic Centre and the host clubs, are not responsible for lost or stolen items. Only the meet sponsors will have permission to display banners.

No dryland training is permitted in the facility. Please use MacInnes Field (directly across from the front doors of the facility) for team area, dryland training, etc. MacInnes Field will be available from 6:00am – 1:00pm on event days for dryland training, extra seating, and team areas. Pop up tents are permitted in Field 1 but tent pegs/stakes are not permitted. No cooking appliances are permitted on the turf (i.e. BBQs).

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 but is permitted in the mezzanine area above. Absolutely no glass containers will be permitted in the facility. Please place all garbage in the appropriate bins provided

Spectators will not be permitted inside the facility. The competition will be live streamed. Link for day of racing can be found on the meet webpage [here](#).

FACILITY AMENITIES

Wi-Fi:

Wireless internet is available on the UBC campus. To connect, open your wireless setting and select the “UBC Visitor” network. After connecting to the network open your web browser. You will be prompted to read the internet terms of use and enter your email address, and you will then be connected to the internet.

Washrooms:

Washrooms are available in the Men’s, Women’s and Universal change rooms on deck level. Washrooms are also available in the mezzanine and the lobby.

Food & Beverage:

There are several places to eat in the vicinity, including at the Life Building & AMS Student Nest, both located across from the UBC Aquatic Centre front lobby, at the Central building adjacent to War Memorial Gym on University Boulevard, and the University Village, located at the corner of University Boulevard and Wesbrook Mall.

Tobacco/Cannabis-Free Facility:

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

Lost and Found:

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

UBC CODE OF CONDUCT

UBC Aquatic Centre / UBC Athletics & Recreation Code of Conduct: All participants, athletes, officials, visitors are expected to respect the Code of Conduct and related Policies as published by UBC.

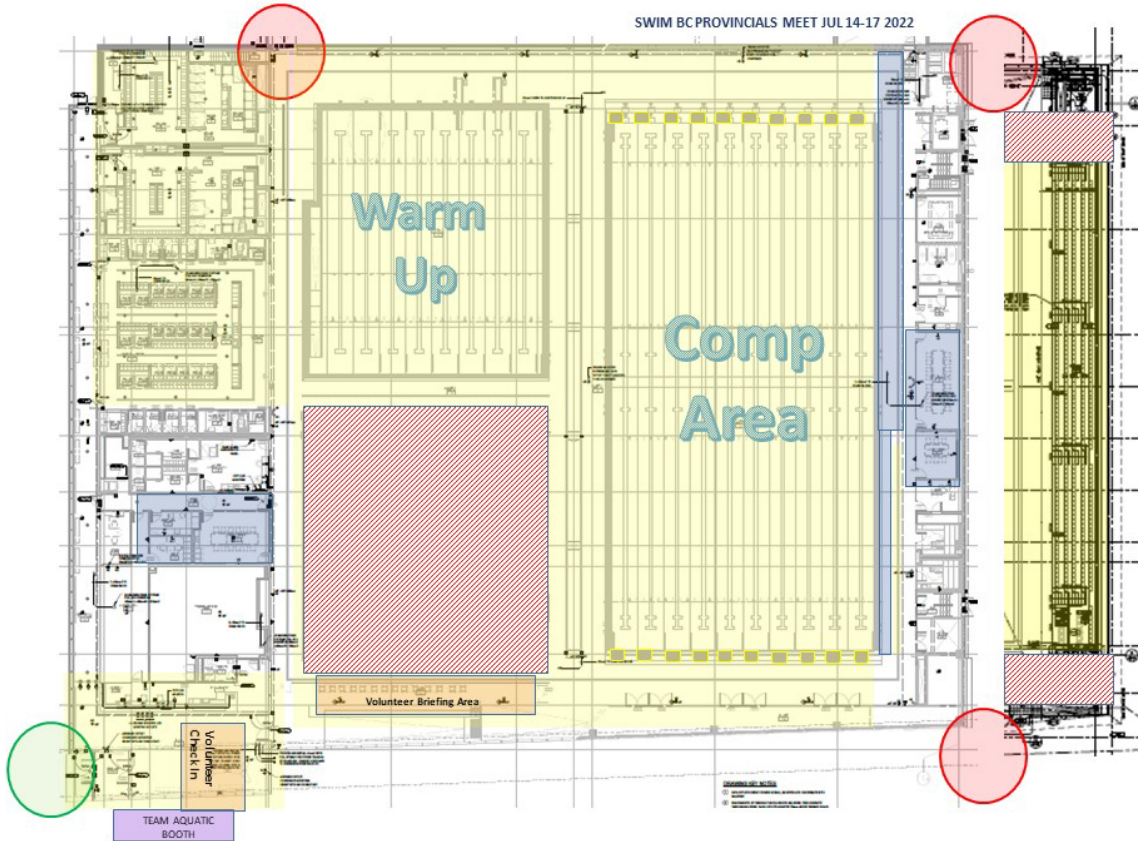
<https://recreation.ubc.ca/aquatics/about/etiquette/> <https://recreation.ubc.ca/home/policies/> <https://hr.ubc.ca/working-ubc/respectful-environment>

WHAT IF I NEED ASSISTANCE?

The UBC Aquatic 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, locate the nearest safe exit and leave the building.
- Gather at the designated Muster Point at MacInnes Field.



YELLOW AREA:
Event coaches/athletes /staff access areas
Note the east of the comp pool access is coaches only to access clerk desk.

RED SQUARED AREAS:
Closed spaces

BLUE AREA:
Officials only

Entrance and Exits:
All event swimmers, coaches, volunteers, staff enter in green circle and can exit through green or red circles.

