

2017 ODLUM BROWN COLLEGES CUP - PACIFIC

Hosted by the UBC THUNDERBIRDS

Sanctioned by Swim BC: # 22734

Dates: November 4 & 5, 2017

Location: UBC Aquatic Centre
6080 Student Union Blvd
Vancouver, BC V6T 1Z1

Pool: 25 metre 10-lane competition, OMEGA Timing
25 metre 10-lane warm up

Meet Director: Derrick Schoof 778-991-1194,
derrick.schoof@ubc.ca

Meet referee: Norma Lachance
mathdva@gmail.com

Entries: Submitted via the SNC Meet Entry System;
Foreign teams should upload their entry files
through this same process; using the "Out of
Country" option in the Province drop down list.

Entry Deadline: Tuesday, October 31 at 12:00 PDT (noon) the
earlier the better

Eligibility: All swimmers must be registered with SNC,
U-Sport, USA Swimming, NCAA or a FINA
Federation. All varsity teams to enter only
U-Sport/NCAA eligible swimmers.

Entry Fees: \$300 per combined Team (W & M).
\$50 per non-eligible swimmer (EXH, finals if
space permits at EXH) Entry into the meet is at
the discretion of the Meet Director.
20.00 fee per swimmer on "Team West"
Fees Includes \$4 per swimmer Swim BC
Provincial Team Splash Fee
Please make cheques payable to "**UBC
Athletics**"

Scoring: Individual A Final 24-21-20-19-18-17-16-15-14-
13 B Final 11-9-8-7-6-5-4-3-2-1
Relays A Final 48-42-40-38-36-34-32-30-28-26

Awards: Awards for top male and female teams

Accommodations: UBC Host hotel: Westin Bayshore Downtown
604.633.6429
UBC Conference Centre
Coast Plaza Downtown Vancouver
Coast Vancouver Airport

Format:

- FINA & SNC Rules apply
- This is a Closed Invitational Category Competition
- SNC Swimming Competition Warm-up Safety Procedures will be in effect.
- Maximum of 20 swimmers for men and women each per team. Varsity swimmers must be on the playing roster.
- No qualifying times needed to enter the meet.
- Entry times must be achieved after September 1, 2016.
- NT's will not be accepted for entry
- Entry limit of 3 individual events per day plus relays.
- Preliminaries & Finals, except where noted
- A & B Finals (10 lanes each)
- Only 4 swimmers per event per team can advance to finals and a maximum of 3 swimmers per team can race in the A or B final. (example: 3-1 / 2-2 / 1-3 / 3-0 / 0-3 or less)
- Empty lanes in the "B" finals filled with next fastest swimmers but will swim exhibition only.
- No alternates will be called for finals
- 2 Relay Teams per team may be entered in a relay event.
- Only 1 Relay Team per team in the A Final
- Only the "A" Relay Team can score with the Final Heat seeding the Top 10 "A" Team Relays.
- Relay times must be entered for seeding.
- Team scoring using U-Sport scoring format. Double for relays (see scoring.)
- Limit of 4 heats each for distance events. Teams must supply timers for swimmers entered.
- Distance events will be seeded with no team limitations
- Post high school swimmers training alongside your varsity team may enter as exhibition. (Entry into meet at Meet Director's discretion)
- "Team West" High School All Star Team will be entered in the meet (non U-Sport/NCAA eligible) and allowed to advance to finals
- **Scratch deadline for the Preliminary sessions** is Friday, Nov 3 at 5:00 pm for Saturday events and at the conclusion of 400 Free Finals for Sunday events.
- **Scratch deadline for Final sessions** is 30 minutes after prelims (50 Fly on Saturday and 200 IM on Sunday)
- Please contact Meet Director if you require pre meet training
- Host team supplies pizza and drinks on Saturday after finals.



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Saturday, November 4, 2017

Preliminaries: Warmup 09:00 – 10:20 Start 10:30

Finals: Warm up 16:00 – 17:20 Start 17:30

4 x 50 Medley Relay (Finals Only)

**400 IM
100 Free
200 Fly
50 Breast
100 Back
400 Free
100 IM
200 Breast
50 Fly**

4 x 100 Free Relay (Finals Only)

Sunday, November 5, 2017

Preliminaries: Warmup 07:30 – 08:50 Start 09:00

Finals: Warm up 13:30 – 14:50 Start 15:00

4 x 50 Free Relay (Finals Only)

**100 Breast
50 Back
200 Free
100 Fly
200 Back
50 Free
200 IM**

800 W / 1500 M Free (fastest heat in Finals)

4 x 100 Medley Relay (Finals Only)



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SWIMMING
CANADA
NATATION



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is

incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion.
(This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions



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VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's

discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

September 26, 2016



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