

December Time Trial

Saturday, December 13th, 2025

Sanctioned by Swim BC as a Class II Time Trial: 61795

Island Swimming Club would like to acknowledge that the District of Saanich lies within the territories of the lək'wəŋən peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ peoples represented by the W̱JOŁELP (Tsartlip), BOKEĆEN (Pauquachin), S̱ÁUTW̱ (Tsawout), W̱SIKEM (Tseycum) and M̱ÁLEXEŁ (Malahat) Nations.

Safe Sport

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

Swimmer only washrooms are designated for the team changing rooms at the East Pool start end. Deck changes are explicitly prohibited. All other washrooms in Saanich Commonwealth Place are designated for public use including for volunteers, coaches, and officials. Public washrooms are located on the pool deck at the West Pool start end, SCP lobby, café, and library.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

Session Times:

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Warm Up: 9:00am- 8:50pm
Start: 10:00pm
Projected Finish: 1:00pm (approx.)

Meet Manager:

Jacqui Boone, meetmanager@islandswimming.com

Meet Referee:

Jeff Stevens, officials@islandswimming.com

Location:

Saanich Commonwealth Place
4636 Elk Lake Rd
Victoria BC, V8X 5M1

Pool Set Up:

- SCM
- 8 lanes – 25m competition pool.
- Omega Quantum electronic timing, touch pads, scoreboard.
- 3 lanes 25m warm-up area available during the meet in dive tank.

Eligibility:

All swimmers are required to be registered with Swim BC, Swimming Canada or other World Aquatics affiliated organizations.

Max Number of Participants:

The meet will be limited to 150 swimmers

Entries:

Swimmers may enter a maximum of 2 events.

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Entry Deadline:

Thursday, December 11th by 12:00PM.

Entries must be submitted through the Swimming Canada website by the entry deadline.

1. Entries may only be submitted for swimmers whose registration is ACTIVE in the REMS database.
2. All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) – this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

Entry Fees:

Individual Entry Fees: \$30.00 per athlete. (Note: entry fees include \$5.00 Swim BC Competition Surcharge)

Meet Format:

- The meet will be timed finals.
- All events will be swum as mixed gender, senior seeded, swum slowest to fastest.

Meet Rules:

1. All Swimming Canada rules will be in effect including:
 - a. The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include but is not limited to (C.2.3.2.1):
 - i. Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
 - ii. Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
 - iii. Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry. The Referee may disqualify a swimmer for such misconduct.
2. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1
3. During events only one (1) swimmer per lane is permitted.
4. No Provincial or National records will be recognized from this Time Trial.
5. Swim BC warm-up safety procedures will be in effect and will be monitored by safety marshals.
6. Swimmers are allowed to race in swimwear of their choice at Swim BC sanctioned competitions. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed buoyancy or endurance.
7. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - a. Non-verbal instruction provided by a support person from the swimmer’s own club, who is registered in the REMS as ‘support staff’
 - b. Visual hand signals given by the starter/refereeClubs must contact Meet Management by the Entry Deadline of the need for accommodations.
8. Deck entries will be allowed at the discretion of meet management. No new heats will be created. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.
9. Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool.

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10. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

Scratches:

Scratches received prior to Friday, December 12th at 12:00PM will not incur Meet Fees.

There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during the meet.

Scoring

There will be no individual or team scoring.

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Warm-ups 8:00am-8:50pm

Start 9:00pm

Timeout 1:00pm (estimated)

Event Number	Event
1	400 Free
2	50 Fly
3	50 Back
4	100 Breast
5	100 Free
6	200 Fly
7	200 Back
8	200 IM
9	800 Free
10	1500 Free
11	50 Breast
12	50 Free
13	100 Fly
14	100 Back
15	200 Breast
16	200 Free
17	400 IM

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COMPETITION WARM-UP SAFETY PROCEDURES

For all Swim BC sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

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.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- 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 or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety marshals will only be placed in the competition pool when warm-ups take place.

EQUIPMENT

- Only 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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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

PARA-SWIMMER NOTIFICATION

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."