

# EIGHTH ANNUAL PCS XMAS CRACKER INVITATIONAL SC SWIM MEET

Live results at <http://results.pacificcoastswimming.com>



December 11-13, 2009  
 Saanich Commonwealth Place  
 4636 Elk Lake Drive  
 Victoria BC CANADA V8Z 5M1  
 Sanctioned by Swim BC: #8673



## START TIMES

Date	Morning			Afternoon		
	Warm-ups	Preliminaries	Estimated Timeout	Warm-ups	Finals	Estimated Timeout
Friday, December 11, 2009	7:30 am	8:30 am	1:00 pm	4:30 pm	5:30 pm	8:30 pm
Saturday, December 12, 2009	7:30 am	8:30 am	1:30 pm	4:30 pm	5:30 pm	8:30 pm
Sunday, December 13, 2009	7:30 am	8:30 am	1:30 pm	4:00 pm	5:00 pm	8:00 pm

### POOL AND FACILITIES

Eight lanes with central bulkhead for two short-course pools; with a third six lane short-course pool in the dive tank. Ares-Omega electronic timing, touch pads and scoreboard. Six short-course lanes available for warm-up & warm-down. Coffee shop available on site.

### ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations. Swimmer age is determined on December 11, 2009.

### GENERAL INFORMATION

- This meet is designed to enable teams to bring competitive swimmers representing all ages and all levels to a heats and finals event. Invited teams may reserve to a maximum of 50 swimmers; additional swimmers will be admitted only if space allows. The meet will be limited to a maximum of 850 swimmers.
- The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring and the one-start rule.
- The current SNC swimsuit rule will also be in effect.
- Individual entries are limited to 9 events *per* swimmer.
- Heats will swim in three pools, slowest to fastest, all age groups combined. Pool assignment may be based on team.
- 50 Fly, 50 Back and 50 Breast are timed final events during preliminary sessions. 50 Free will swim as heats and finals.
- Finals for all events except 800 & 1500 Freestyle will swim in one pool and in age groups: 12 & under, 14 & under and Senior. In addition, there will be a single consolation final (Open age group) for swimmers with the fastest 8 preliminary times not competing in an age group final.
- PCS reserves the right to limit entries, double-lane and/or reschedule slower heats for 400m events. *We suggest teams use the applicable BC A-standard as a cut-off when considering entries for 400 Freestyle and 400 IM.*
- Entries will be limited for 800 and 1500 Freestyle events. These events are timed finals. There will be two morning heats for each event, swimming fastest to slowest, as mixed open age group. Finals for these events only will swim in two pools, and consist of the top-8 entries for each gender in age groups 12 & under, 14 & under and Senior (age groups may swim together given number of entries). These will take place at the end of Friday and Sunday finals

sessions. *Positive check-in required for both heats and finals participants.*

- Teams will be notified as soon as possible after the entry deadline if there are changes to the distance events, or if changes in team entries are required.
- Teams are limited to three relays *per* team *per* age-group and gender, however only two are eligible for scoring. Relays are timed finals and will swim at the beginning of Friday and Saturday afternoon finals sessions. No Sunday relays.
- Scratch deadline for finals is 30 minutes from the conclusion of heats on the day the final is to swim.
- Awards: Seasonal prizes will be distributed among top-3 finals performances by random draw. Special prizes will be awarded to the broken 200 IM winners produced by combining 50m events. Best time prizes will also be awarded by draw (3 female, 3 male).

### ENTRIES

Entries must be uploaded prior to the entry deadline to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx>. Entries mailed or emailed to meet management will not be accepted (foreign teams notwithstanding).

Send entry reports and fees reports to:

Margaret Penning  
 Phone: 1-250-656-7359  
 Email: [meets@pacificcoastswimming.com](mailto:meets@pacificcoastswimming.com)

- Final entries must be uploaded by Tuesday, **December 1, 2009**.
- Entries are \$6.50 *per* individual event; \$8.00 *per* relay.
- Note that Saanich Commonwealth Place requires a \$5.00 *per* swimmer Facility Improvement Fee and Swim BC requires a \$4.00 *per* swimmer Provincial Team Splash Fee.
- Please make cheques for the total amount, including all individual and relay entries, *and* Swim BC and SCP facility fees, payable to **Pacific Coast Swimmers and Parents Association (PCSPA)**.
- Entries must show swimmers' ages, or swimmers will be entered in the Senior category.
- No refunds of fees for scratched events after the entry deadline except with a medical certificate.

## EVENT ORDER

Friday			Saturday			Sunday		
Women		Men	Women		Men	Women		Men
1	50 Fly	2	15	400 Free	16	27	400 IM	28
3	200 Free	4	17	100 Breast	18	29	100 Fly	30
5	50 Back	6	19	200 Back	20	31	50 Free	32
7	200 IM	8	21	100 Free	22	33	100 Back	34
9	50 Breast	10	23	200 Fly	24	35	200 Breast	36
11	Mixed 1500 Free	11	25	200 Free Relay	26	37	Mixed 800 Free	37
13	200 Medley Relay	14						