



2023

SWIMMING

CHAMPIONSHIP

INFORMATION BULLETIN



**SWIMMING
NATATION**

SECTION 1:

GENERAL INFORMATION

1. ORGANIZING COMMITTEE

Address: 3800 Finnerty Road, PO Box 1700 STN CSC, Victoria, BC V8W 2Y2
Fax: 250.721.8956
Phone: 250.721.8409
E-mail: athleticsclerk@uvic.ca
Web Site: govikesgo.com

POSITION	NAME	PHONE	E-MAIL
Championship Convenor	Katherine Brien	236-638-4967	vikesadsport@uvic.ca
Sponsorship	Nikki Grobbecker	250.818.4899	stuasponsor@uvic.ca
	Marissa Bentley	250.721.7891	vikespdo@uvic.ca
Marketing & Promotion	Marc Johns	250.721.8475	vikesdesign@uvic.ca
Communications & Media Sports Info	Kelley O'Grady	250.721.8410	vikescommunications@uvic.ca
	Alexis Chevalier	250.721.8725	vicvikes@uvic.ca
Social Media & Digital	Michael Pettit	250.217.4573	vikesdigital@uvic.ca
Ticketing	Brenda Wickware	250.721.6513	bwickwar@uvic.ca
Accreditation	Melissa Keil	250.721.7590	vikesadmep@uvic.ca
Community Outreach	Liam McDonough	250.812.1736	vikesmarleting@uvic.ca
Hospitality / VIP Services	TBC		
Awards & Ceremonies	Larissa McKinlay	250.444.0053	vikesevents@uvic.ca
Event Operations	Larissa McKinlay	250.444.0053	vikesevents@uvic.ca
Volunteers	TBC		
Team Services	TBC		
Medical	Traci Vander Byl	250.721.6130	vikesat@uvic.ca
Technical	Alexis Chevalier	250.216.1594	vicvikes@uvic.ca

2. Practice/Meeting Schedule

**All times are local*

Monday, February 20 th , 2023		
4pm-6pm	Team Practices	8 lanes short course
6pm-8pm	Team Practices	16 lanes short course
Tuesday, February 21 st , 2023		
9am-12pm	Team Practices	8 lanes long course
4pm-7pm	Team Practices	8 lanes long course
Wednesday, February 22 nd , 2023		
9am-12pm	Team Practices	16 lanes short course
12pm-4pm	Technical Meeting followed by Coaches AGM	
4pm-7pm	Team Practices	16 lanes short course

Process: For Sunday and Monday practice morning times please contact Saanich Commonwealth Place directly.

Contact: Bree Dobler bree.dobler@saanich.ca

3. COMPETITION SCHEDULE

***Note:** The competition takes place at Saanich Commonwealth Pool.

****The event order shall be the odd year order as designated in the playing regulations (attached)**

***** Information on the award schedule will be in bulletin #2**

Thursday, February 23 rd		
8:00am-9:50am	Warm-ups	16 lanes short course
10:00am	Heats	8 lanes short course
10:00am-12:00pm	Warm-up/Cool-down	8 lanes short course
4:00pm-5:50pm	Warm-ups	8 lanes long course
6:00pm	Finals	8 lanes long course
6:00pm-8:30pm	Warm-up/Cool-down	8 lanes short course

#1 Women's 50 Free

#2 Mens 50 Free

#3 Women's 100 Back

#4 Men's 100 Back

#5 Women's 50 Breast

#6 Men's 50 Breast

#7 Women's 400 Free

- #8 Men's 400 Free
- #9 Women's 100 Fly
- #10 Men's 100 Fly
- #11 Women's 200 IM
- #12 Men's 200 IM
- #13 Women's 400 MR (final only)
- #14 Men's 400 MR (final only)

Friday, February 24th

8:00am-9:50am	Warm-ups	16 lanes short course
10:00am	Heats	8 lanes short course
10:00am-1:00pm	Warm-up/Cool-down	8 lanes short course
4:00pm-5:50pm	Warm-ups	8 lanes long course
6:00pm	Finals	8 lanes long course
6:00pm-8:30pm	Warm-up/Cool-down	8 lanes short course

- #15 Women's 200 Free
- #16 Men's 200 Free
- #17 Women's 50 Back
- #18 Men's 50 Back
- #19 Women's 100 Breast
- #20 Men's 100 Breast
- #21 Women's 400 IM
- #22 Men's 400 IM
- #23 Women's 50 Fly
- #24 Men's 50 Fly
- #25 Women's 4x200 FR (final only)
- #26 Men's 4x200 FR (final only)

Saturday, February 25th

8:00am-9:50am	Warm-ups	16 lanes short course
10:00am	Heats	8 lanes short course
10:00am-12:00pm	Warm-up/Cool-down	8 lanes short course
TBD (~ 2:00pm)	Distance Events Warm-ups	8 lanes long course
TBD (~ 3:30-5:00pm)	Distance Event Slow Heats	8 lanes long course
4:00pm-5:00pm	Short Course Warm Ups	8 lanes short course
5:00pm-5:50 pm	LC + SC Warm Ups	8 lanes s/l course
6:00pm	Finals	8 lanes long course
6:00pm-8:30pm	Warm-up/Cool-down	8 lanes short course

#27 Women's 200 Fly

#28 Men's 200 Fly

#29 Women's 100 Free

#30 Men's 100 Free

#31 Women's 200 Breast

#32 Mens' 200 Breast

#33 Women's 200 Back

#34 Men's 200 Back

#35 Women's 800 Free

#36 Men's 1500 Free

#37 Women' 4 x 100 FR (final only)

#38 Men's 4 x 100 FR (final only)

SECTION 2

PARTICIPATING TEAMS

INFORMATION

1. MEETINGS

A. TECHNICAL MEETING

Date: Wednesday, February 22nd, 2023
Time: 12pm-1pm
Location: Saanich Commonwealth Pool
Room: TBD

B. U SPORTS COACHES MEETING

Date: Wednesday, February 22nd, 2023
Time: 1pm-3pm (immediately following technical meeting)
Location: Saanich Commonwealth Pool
Room: TBD

2. PROCEDURES

See attached playing regulations for procedure reminders [here](#).

Preliminary entries must be sent by 12:00pm on Friday, February 17th

Final or amended entries must be sent by 12:00pm on Monday, February 20th

3. MEDIA INFORMATION

A. MEDIA

There will be no media conference for this event.

Printed media guides will not be required. Electronic copies can be circulated to both the U SPORTS Office and Vikes Sports Information Officer (vicvikes@uvic.ca) upon qualification for the championship.

B. ACCREDITATION

All attending sports information directors, photographers, videographers and visiting media must request pool-level accreditation. Please e-mail the Vikes Sports Information Officer at vicvikes@uvic.ca no later than Friday, February 17th at 5:00 pm Pacific Time.

Accreditation requests should include media affiliation, type and team affiliated with (if applicable).

C. PHOTOGRAPHY SERVICES

Athletes and teams who would like to request high resolution action photography from the meet can do so by a per-session or full championship package from photographers AP Shutter. Please e-mail Alexis Chevalier at vicvikes@uvic.ca to arrange your photography package.

This is for requests outside of sports information requests.

4. CHAMPIONSHIP HOTEL

U SPORTS policy 20.40.3.4.1:

All participating teams and team personnel attending a U SPORTS Championship requiring accommodation must stay at the U SPORTS Championship designated host hotel. **Please note each hotel has a room block release date listed below.**

HOST HOTEL INFORMATION:

Host Hotel: Marriott Victoria Inner Harbour

Address: 728 Humboldt Street, Victoria, BC, V8W 3Z5

Website: Marriott.com/YYJVO

Phone: (250) 480-3800

Email: sales@victoriamarriott.com

Contact Person (Miscellaneous Requests): Dawn Hopkins
dhopkins@victoriamarriott.com

Rate: \$185.00/night plus taxes

Room Types: 2 Queen or 1 King

Amenities: Indoor pool, hot tub, fitness centre, restaurant (breakfast, dinner and in-room dining, not open for lunch), convenience store

Distance from Competition Site: 10km (20 minute drive)

Booking Information: sales@victoriamarriott.com

Release Date: Room Block is available until **January 15th**, after this date availability and prices are not guaranteed.

Host Hotel: Coast Victoria Hotel & Marina by APA
Address: 146 Kingston Street, Victoria BC V8V 1V4
Website: <https://www.coasthotels.com/coast-victoria-hotel-and-marina-by-apa>
Phone: (250) 360-1211
Email: coastvictoria@coasthotels.com- Hotel Direct / Front Desk
cvh.sales@coasthotels.com - Sales Direct
Contact person: Diane Wetherill
Rate: \$159.00, plus applicable taxes
Room Types: Coast Comfort – Two Double Beds
Amenities: indoor/outdoor pool, whirlpool, sauna, fitness facility, complimentary wi-fi, concierge service, gated underground parking, electric vehicle charging station, Blue Crab Restaurant
Distance From Competition Site: 11.2 km (20 minute drive)
Booking Information: Reservations can be made by contacting Hotel Directly or the Hotel Sales Department. Please reference the Group Booking Code: CVH-GFC11682 or by requesting the U Sports Swimming Championship Group Block.
Release Date: Room Block available until **January 20th**

Host Hotel: Accent Inn Victoria
Address: 3233 Maple St, Victoria, BC V8X 4Y9
Website: <https://www.accentinns.com/locations/victoria-hotel/>
Phone: 1-800-663-0298
Email: dprice@accentinns.com
Contact person: Donna Price
Rate: \$139.00 plus tax/night/2 queen standards
\$159.00 plus tax/night/ One bedroom suites with kitchenette
Room Types: 2 Queen or 1 Bedroom suite
Amenities: Free WiFi, coffee/tea in rooms, fitness room, coin laundry, free parking.
Distance from Competition Site: 6.6 km (approximately 10-13 minute drive)
Booking Information: For reservations call 1-800-663-0298 or email Donna Price dprice@accentinns.com and quote GROUP ID 6223747 "U Sports Swimming".
Release Date: Room block available until **January 30th**

Host Hotel: Howard Johnson (**FULLY BOOKED**)

5. TRANSPORTATION

A. TRAVEL TO THE CHAMPIONSHIP

DIRECTIONS

From Vancouver to Saanich Commonwealth Place: As you exit the ferry terminal, you will be traveling on the Pat Bay Highway (Highway #17) towards the city of Victoria. The trip to Saanich Commonwealth Place should take about 25-35 minutes depending on traffic. After about 15-20 minutes on the highway you will pass Elk and Beaver Lakes on your right. Take a slight right onto Elk Lake Drive just past Elk/Beaver Lake. Saanich Commonwealth Place is around 2km (5 minutes) from the exit onto Elk Lake Drive. Located on your right at 4636 Elk Lake Drive

From Victoria International Airport

The Victoria Airport is located along Highway 17, about 25-30 minutes north of Saanich Commonwealth Place. For more information about flights, transport options, and services, visit the Victoria Airport website. When leaving the airport, follow the signs to Victoria. Just outside the airport you'll turn onto Highway 17. From here follow the directions from Vancouver above.

B. ON-SITE TRANSPORTATION

Enterprise Rental-A-Car

- Access to 7-seater and 5-seater vehicles, upon availability.
- All visiting teams will receive discounted rates ranging from \$42 to \$113 per day dependent on vehicle. All rates include coverage.
- Contact information:
 - Zach Neveu
 - Email: zachary.p.neveu@ehi.ca
 - Account Number: XVC4102
- To confirm your discounted rates, please have your event accreditation available upon your arrival to show proof of event association.

Wilson's Transportation

Website: [The Wilson Group](#) (Chartered Bus Services)

More Information: Visiting teams can send their requests to sales@gowilsonsgroup.com

6. TEAM REGISTRATION AND ACCREDITATION

A. TEAM ACCREDITATIONS

Each team will receive a number of staff passes based on the number of entered swimmers:

1 to 15 swimmers: 3 accreditations

16 to 30 swimmers: 5 accreditations

30 & more: 7 accreditations

B. ACCREDITATION PICK-UP

More information coming in bulletin #2

7. TEAM SERVICES

More information coming in bulletin #2

8. SPONSORSHIP

A. U SPORTS SPONSORS

We encourage hosts and participating teams to help grow these important partnerships.

B. LOCAL SPONSORS

More information coming in bulletin #2

9. TECHNICAL INFORMATION

A. VENUE

Saanich Commonwealth Place
4636 Elk Lake Drive
250.475.7600

8 lane x 25 metre/50 metre competition pool
25 metre warm up pool available

B. SCORING & RESULTS

Omega Electronic Timing System
Hy-Tek real Time Results

Rules and Regulations for the competition can be found [here](#)

10. MEDICAL SERVICES

Contact: Traci Vander Byl vikesat@uvic.ca

On-site coverage

SCP lifesaving staff will be available on-deck for first responder and/or emergency care during the meet. Emergency & first aid supplies will be on-site - access by contacting the staff on-deck.

A certified athletic therapist will be on-call for consult during the meet. Athletes / teams requiring the services of a designated therapist are requested to contact Traci Vander Byl in advance of the meet (there will be a charge for this service). No physician on-deck. See attached detailed medical information.

11. HOSPITALITY ROOMS

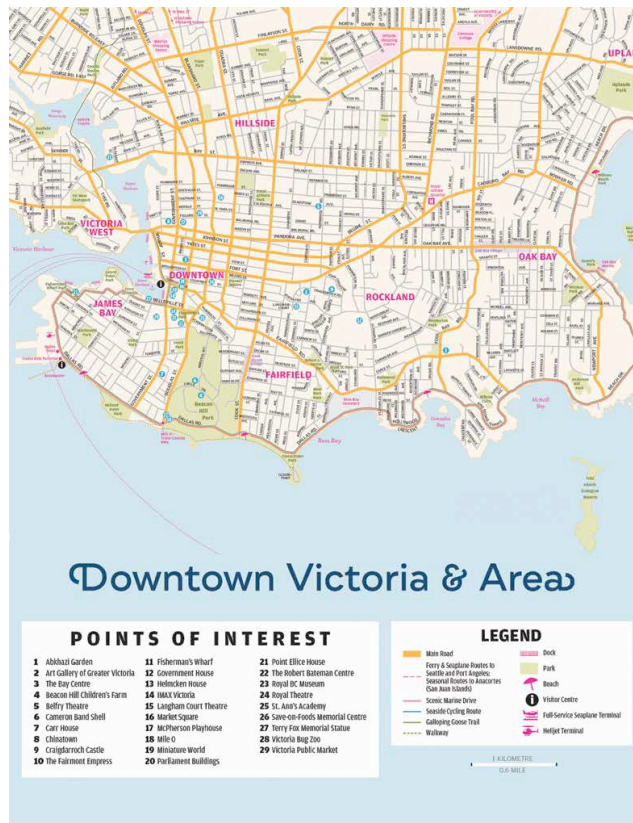
A. VIPs/COACHES, OFFICIALS

More information coming in bulletin #2

SECTION 3 THE FANS CORNER

1. CITY GUIDE

A. ABOUT THE CITY



Re-awaken what drives you by connecting with a Pacific coast setting like you've never experienced before. Disconnect from the hustle and bustle of regular life and reconnect with experiences that feed your soul. Relish in the gift of being present as you relax into Victoria.

B. ATTRACTIONS

C. DOWNTOWN RESTAURANTS & BARS

Victoria's cuisine scene is honest. Our chefs take full advantage of surrounding coastal waters and rich farming regions, which result in food and drink that's uniquely West Coast: diverse, flavorful, locally-sourced and truly inspired.

Full listing for restaurants, bistros, bars, and cafes can be found on [here](#).

D. COMPETITION AREA RESTAURANTS & BARS

Sit Down Restaurants

Romeo's

777 Royal Oak Drive (250) 744.1177

o 11am – 10pm

Med Grill

Royal Oak 4512 West Saanich Rd. (250) 727.3444

The Village Restaurant

5 – 4517 West Saanich Rd. (778) 265.8898

Fireside Grill

4509 West Saanich Road (250) 479.1222

Sharky's Fish and Chips

4517 West Saanich Rd, #4 (250) 727.3110

Little Thai Place 4480 West Saanich Road (250) 477.3377

Grab and Go

Tim Hortons 4440 West Saanich Road

Starbucks 777 Royal Oak Drive

Giovanni's 5-4517 West Saanich Rd.

Café Mexigo 777 Royal Oak Dr. (250) 881.7674

Grocery Stores

Mattick's Farm 5325 Cordova Bay Rd. (250) 658.4700

Country Grocer

Whole Foods

Thrifty Foods 777 Royal Oak Drive (250) 727.7633

D. EXPERIENCES & UPCOMING EVENTS

Greater Victoria is host to many experience and events for the latest information on city festivals and events please visit the Tourism Victoria [calendar](#).

2. FAMILY & FRIENDS ACCOMMODATIONS

Best Western Plus Carlton Plaza Hotel

642 Johnson Street

Victoria, British Columbia V8W 1M6

Discount: 25% off room rate

Promotional code: SNATIONAL (active as of December 12th)

Booking procedure: Reservation must be made via [Best Western Official](#) website with the promo code. On [Best Western Official](#), like a normal booking, choose "Promotional" in RATE section and type in the promo code **SNATIONAL**.

Rates cannot be changed if booked by a third party.

To validate promotion, game day ticket/tournament pass must be presented at check in.

Offer valid from Feb 22- 26th, 2023

Contact: Chris Watson

Email: chris@bestwesterncarlton.com

Tel: (250)-388-5513

Website: bestwesterncarltonplazahotel.com

3. TICKETING INFORMATION

Please note tickets are only required for the final sessions. Preliminaries will be open to the public on a first come first serve basis. Tickets will be available online at govikesgo.com/tickets and in person at CARSA Membership Services on the University of Victoria campus during building hours as well as 1.5 hours prior to the final session start at Saanich Commonwealth Place. Tickets will be available to purchase beginning January 20th, 2020.

4. ON-SITE FAN INFORMATION

A. ACCESS & PARKING

Saanich Commonwealth Place has 2 large parking lots located outside of the building for parking. These lots are monitored by city employees and in order to ensure they are available to those using the facility please ensure you are only parking in the lots while at Saanich Commonwealth Place.

B. SERVICES

Concession services will be available throughout the day at the café located inside Saanich Commonwealth Place. The café contains a variety of hot and cold beverages as well as hot food.