

PCSC Invitational 2025

Essential preparation and guidelines
for COACHES

Event Overview

Event Dates and Venue

The PCSC Invitational is scheduled for December 4–7, 2025, at Pointe-Claire Aquatic Centre in Québec.

Competition Group 1 (G1)

Group 1 includes events 101–199 including individual and relay events.

Competition Group 2 (G2)

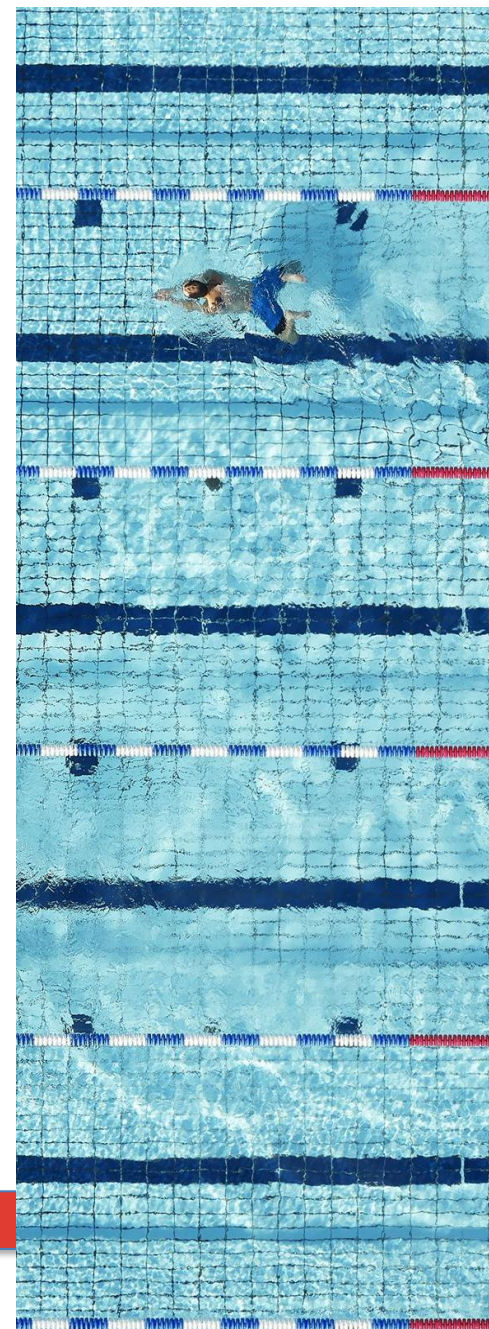
Group 2 includes events 201–299 including individual and relay events.

Events for Ages 15+

Events numbered 301–399 are for both G1 and G2 including individual and relays.

Knock-Out events

Events numbered 800–899



Deep and Shallow End Assignments

Deep End Group Assignments

The deep end is assigned to swimmers of G1, top 40 knock-out rounds, all relays and the fastest group of G2 for 1500m.

Shallow End Group Assignments

The shallow end is assigned to swimmers of G2.

Attention! We might need to move swimmers from the SE to the DE: Check Itemface to keep up.

Swimmer Protocols and Safety

Swimmers must remain in the water until after the next start, ensuring smooth event transitions and safety EXCEPT for backstroke and relays.



Warm-up Guidelines

Importance of Communication


Coaches need to clearly communicate pool warm-up assignments and rules to maintain order and safety during competition.

Safety Procedures Compliance

Warm-up sessions strictly follow Swimming Canada's safety rules to prevent accidents and injuries.

Lane Assignments for Warm-up

Prelims: Lanes 8 and 9 in the 10x50m DE pool are reserved for sprint and diving during the last 15 minutes of warm-up.

A solid red horizontal bar spanning the width of the slide, located at the bottom.

Positive Check-in, WDR from Finals and Long Distance Events

Mandatory Positive Check-in

All swimmers in 800m and 1500m freestyle must complete positive check-in via Itemface before deadlines.

Automatic Split Timing

1500m events and official split time at 800m: pending more volunteers. Bring your own timer is an option. 10 lap counters available and coach is responsible to do this.

WDR from Finals

If done after the deadline, the swimmer will be removed from all the remaining final events (including relay events) of that day.



Friday Night Knock-Out

Four Rounds

Separate and alternate swimming (Male-Female). Check program!

Who wins?

The winner of the final heat per gender.

No Medal, Just Money

Claiming the \$250.

Automatic entries and WDR

If your swimmer automatically entered doesn't want to swim, please WDR using Itemface before 12 pm Friday.

Medal Procedures

Medal Award Timing

Medals are awarded a few minutes after each A Final in Competition Groups 1 and 2 to recognize top swimmers promptly.

Podium Procedure

Swimmers placing first, second, or third must proceed directly to the podium on the 3m diving platform after their race.

Medal Collection and Raffle

Prompt medal collection enters athletes into a raffle; unclaimed medals are retrievable by coaches at designated times right after the session.

800–1500 and Relay Medal Availability

Medals for 800m and 1500m events are available Friday morning; relay medals for the whole team will be ready otherwise the following morning coaches pick it up; no mailing after event.

Courtesy & Services

Food Provision for Coaches and Officials

Snacks are provided for coaches in the tent near the Admin Desk, and meals in the gym.

Canteen with Electronic Payments

A canteen in the lobby offers refreshments and accepts electronic payments for convenience.

Photo Booth for Team Spirit

A photo booth is available for swimmers to capture team spirit and win gift cards!



Safety Protocols and First Aid

First Aid Availability

First aid services are accessible at the lifeguard station to provide immediate assistance during emergencies.

Emergency Instructions

Lifeguards will provide detailed emergency instructions, and they have protocols to ensure preparedness.

Power Backup System

A generator activates within minutes to restore power, ensuring safety and lighting in emergencies.

Visibility and Event Pause

Swimming events pause during low visibility to protect swimmer safety and prevent accidents.



Need more Info?

Please visit our website or Itemface



Closing Remarks

- Payments accepted are only checks and credit cards at the front desk.
- Come and have fun this Saturday, 6-Dec-2025 and celebrate with us at the gym!
- Bring the hype and excitement to the relays and knock-out: encourage your swimmers to shout and applaud for their team.
- Bring clean shoes and a water bottle to the pool. No glass allowed on deck.
- Always address all our volunteers with respect and courtesy.

