



ISC MEDLEY CHALLENGE

May 26-28, 2023



We acknowledge that the District of Saanich lies within the territories of the lək'wəŋən peoples represented by the Songhees and Esquimalt Nations and the W SÁNEĆ peoples represented by the W JOŁŁLP (Tsartlip), BOKEĆEN (Pauquachin), STÁUTW (T sawout), W SIKEM (Tseycum) and MÁLEXEL (Malahat) Nations.

*Hosted by Island Swimming Club
May 26-28, 2023
Saanich Commonwealth Pool
Victoria, BC*

Age Groups:

- 12&U; 13&14; 15&O

Timed Final Events:

- 50m Back, Breast, Fly
- 4x100m Medley Relay; 4x100m Medley Relay

Prelims/Final Events:

- 50m, 100m, 200m & 400m Free
- 100m & 200m Back, Breast, & Fly
- 200m & 400m IM

Qualification Requirements:

- 1-5 VIR qualifications = 5 swims
- Over 5 VIR qualifications = 7 swims



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Sanctioned by SWIM BC: 38737

DATE: May 26-28, 2023
HOST: Island Swimming Club
MEET REFEREE: Jeff Stevens
VENUE: Saanich Commonwealth Place
4636 Elk Lake Dr, Victoria, BC V8Z 5M1

One 50-meter, 8-lane pool
Dive Tank will be available for warm up and warm down

CLUB CONTACTS:

Head Coach: Lucien Zucchi Lucien.zucchi@islandswimming.com
Meet Manager: Mathias Hulten meetmanager@islandswimming.com
Officials Coordinators: Karen Medler officials@islandswimming.com
Meet Administrator: Riley Janes meetadmin@islandswimming.com

SAFE SPORT STATEMENT:

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.

ELIGIBILITY:

1. All swimmers must be registered properly with Swimming Canada/Swim BC, or other World Aquatics-affiliated organization.
2. Age group is determined by the age of the swimmer as of May 26th, 2023.
3. Qualifying time standards for events follow the 2022-23 VIR standards
4. Any event that does not have a qualifying time standard can be swum by any swimmer who qualifies for any other event in the meet.
5. Island Swimming reserves the right to enter ISC swimmers into events regardless of qualifying times.
6. Meet management reserves the right to limit the number of heats in any event to maintain reasonable timelines.

MEET RULES:

1. All Swimming Canada rules will be in effect.
2. All starts will be conducted from starting platforms (Blocks) as per FINA FR2.3 and SW 4.1
3. Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
4. Age Groups for all individual events 12&U, 13&14, 15+.
5. Technical bulletins and updates will be posted at Clerk of Course. We will use the timing scoreboard if it is operational.
6. Parents are not permitted on deck unless volunteering for that session.
7. **ALL photographers** must have applied for and received permission from meet management prior to start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the clubs use only. Requests for photographers can be sent to Meet Manager. Flash photography will not be permitted at the start of each race.
8. All participants are to respect the facility rules including: no food on deck, no deck changing and no outside shoes on deck.
9. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
10. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

ENTRY INFORMATION:

1. Fees will be \$10 per individual event and \$12.00 per relay event.
2. There will be an additional \$10.00 surcharge for each swimmer which includes the \$5.00 SCP Facility Enhancement fee plus a \$5.00 BC Competition Surcharge.
3. **Entry deadline is May 19th 2023 at 12pm PST**
4. **Scratch deadline is Wednesday May 24th** (no refunds past this date unless with a medical note).
5. All scratches and changes to entries must be emailed to riley.janes@islandswimming.com
6. Entry fees are due by the beginning of the meet to the Clerk of Course by cheque made payable to Island Swimming Club, by credit card payment or by e-transfer to adminoffice@islandswimming.com
7. Swimmers may enter a maximum of 7 individual events.
8. Entries will be limited to 400 swimmers to ensure reasonable session lengths. Priority for entries will be given to those teams that have reserved space in the meet. The 400th swimmer's team will be the last team entered. Teams will be notified after the entry deadline if entries cannot be accepted.

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9. All entries must have an LCM entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted. If a swimmer wishes to enter an event for which they don't have an official time, we request that their coach submit a seeding time.
10. Entries with entry times must be submitted through the Swimming Canada website by the entry deadline.
11. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes, but no new heats will be created.
12. Deck entries will be charged \$20.00 per event and must be paid to the Clerk of Course at the time of entry.

INDIVIDUAL EVENTS:

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Fastest 3 heats will be circle seeded. Finals for these events will be swum by age group.
2. For events with finals, there will be an "A" final only.
3. There will be no 1500 FR or 800 FR offered.
4. The Stroke 50m events will be timed final events.
5. Backstroke ledges will only be used during Final Sessions.

RELAY EVENTS

1. All relay events are Timed Finals
2. Relays will be swum OPEN age category.
3. Teams may enter as many relay groups per event as they wish. Meet management may restrict the number of relays entered per team in order to maintain appropriate session timelines however a minimum of three relay teams (regardless of age) will be allowed for each team for each relay event.
4. Names and all relay changes must be submitted to the clerk of the course no later than 30 minutes after the start of warm up for the session in which that relay will be swum

SCRATCHES:

1. All scratches and changes to entries must be emailed to riley.janes@islandswimming.com before the scratch deadline to be eligible for a refund. Scratches and changes received after this date will be subject to regular meet fees.
2. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
3. The following rules apply for all finalists plus alternates as listed on the official posting of prelims results.
 - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, email scratches will not be accepted.

AWARDS AND PRIZES:

1. There will be a prize for the top finisher for each age/gender in both the 200 IM and 400 IM.
2. Every heat winner from preliminaries will win a prize.

ELIMINATOR

3. Times swum during the Eliminator will be official.
4. Entry into the Eliminator is by invitation only. All swimmers entered in either the 200m or 400m IM are automatically considered for the Eliminator. Spots will be offered to the top 8 swimmers in each age/gender group, 1 entry per team as ranked by the FINA points for their entry times. All entry times will be verified. The selected swimmers will be notified of their chance to swim the event after the initial entry deadline. If a swimmer declines, the next swimmers according to FINA points will be offered the chance. Max 2 entries per team if required to fill lanes.
5. The format will consist of four 50m (4 x 50) walk-backs on 90-120 seconds (estimated). The stroke for each heat will be randomly chosen prior to each 50m and will be clearly displayed and/or announced. Each stroke will be swum once.
6. Eight swimmers will start the first heat. The last two swimmers to touch the wall after each 50m will be eliminated until there are two swimmers remaining. The final two swimmers will swim head-to-head to determine the winner of the Eliminator.
7. Swimmers remain in the same lane throughout the event.
8. In the event of a tie, both swimmers will move on to the next round and three swimmers will be eliminated in the end of that round. If a tie occurs between the two swimmers in the final round, they will immediately swim another 50m of the same stroke to determine the winner.

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Schedule of Events

Friday May 26: Session #1		
Warm Up:	4:00 – 4:50pm	
Start:	5:00 PM – 8:00PM	
Girls	Event	Boys
201 – 204	12&U Medley Eliminator	205-208
1	50m Free (Prelim)	2
3	50m Fly (TF)	4
5	400m IM (Prelims)	6
7	50m Breast (TF)	8
9	50m Back (TF)	10

Saturday May 27: Session #2		
Warm Up:	7:30 AM - 8:20 AM	
Start:	8:30 AM – 1:30 PM	
Girls	Event	Boys
11	100m Fly (Prelim)	12
13	200m Breast (Prelim)	14
15	200m Free (Prelim)	16
17	100m Back (Prelim)	18
19	200m IM (Prelim)	20
21	4x100m Free Relay (TF)	22

Saturday May 27 : Session #3 – Finals		
Warm Up:	4:00 PM – 4:50 PM	
Start:	5:00 PM – 8:00 PM	
Girls	Event	Boys
209 – 212	13 & 14 Medley Eliminator	213-216
1	50m Free	2
11	100m Fly	12
13	200m Breast	14
15	200m Free	16
17	100m Back	18
5	Girls 400m IM	
	Boys 200m IM	20

Sunday May 28: Session #4		
Warm Up:	7:30 AM - 8:20 AM	
Start:	8:30 AM – 1:30 PM	
Girls	Event	Boys
23	200m Fly (Prelim)	24
25	200m Back (Prelim)	26
27	100m Breast (Prelim)	28
29	100m Free (Prelim)	30
31	400m Free (Prelim)	32
33	4 x 100 Medley Relay	34

Sunday May 28: Session #5		
Warm Up:	3:30 PM – 4:20 PM	
Start:	4:30 PM – 7:30 PM	
Girls	Event	Boys
217-220	15&O Medley Eliminator	221-224
19	Girls 200m IM	
	Boys 400m IM	6
23	200m Fly	24
25	200m Back	26
27	100m Breast	28
29	100m Free	30
31	400m Free	32



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 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.
- ✓ 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 not be in place during the competition in warm-up/warm-down pools.

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 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.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying the se 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 Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- ✓ In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

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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.

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 to help 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.

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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

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."