



2011 Vancouver Island Region Long Course Championships

June 10-12, 2011

Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria BC CANADA V8Z 5M1
Swim BC Sanction #10107

SCHEDULE OF EVENTS

Date	Morning		Afternoon	
	Warm-ups	Heats	Warm-ups	Finals
Friday, June 10, 2011	10:00 am	11:00 am – 3:00pm	5:00 pm	6:00 pm – 9:00 pm
Saturday, June 11, 2011	8:00 am	9:00 am – 2:00 pm	4:00 pm	5:00 pm – 8:30 pm
Sunday, June 12, 2011	8:00 am	9:00 am – 2:00 pm	4:00 pm	5:00 pm – 8:30 pm

POOL AND FACILITIES

- 8 x 50m competition pool.
- 4 x 25m lanes in dive tank for warm-up.
- Ares-Omega electronic timing, touch pads and scoreboard
- Coffee shop available on-site.

HOST: Pacific Coast Swimming

Meet Manager: Margaret Penning

Email: meets@pacificcoastswimming.com

ELIGIBILITY

- Swimmers registered with Swim BC in a Vancouver Island Region Swim Club; entry must include Swim BC registration number. Teams outside VIR must contact the Meet Manager if interested in attending.
- Swimmer age is determined on June 10, 2011.
- As of the entry deadline, swimmers must have attained the following qualifying times:
 - For 10&U events: 2010-2011 VIR 10 and under A times in 50m & 100m events and AA times for 200 and 400m events.
 - For 11&O 50, 100 & 200m events: 2010-2011 Provincial A long course, or converted short course, times. **However, swimmers with A times only may only enter events in which they have an A time (i.e., NO free swims).**
 - For 11&O 400, 800 & 1500m events: 2010-2011 Provincial AA long course or converted short course times;
- Times must have been swum in sanctioned meets since Sept. 1, 2010.
- No qualifying times for relay events. Relay-only swimmers must be identified as such on the meet entry file.
- Coaches who wish to have swimmers swim up in age group must let meet management know the competitor's name, event, and swim up age category before the meet entry deadline. Swimmers cannot compete in the same individual event in more than one age group.

ENTRIES

1. Individual Events:

- Swimmers with 1 or more A times only may enter up to 6 events of 50, 100 or 200m length in which they have an A time (i.e., no free swims); they may not be entered in events of 400m or longer.
- Swimmers with 1 or more AA times may enter up to 6 events of 50, 100 or 200m length without qualifying. Swimmers with a AA time in a 200m event may swim one 400m event. Swimmers with a AA time in a 400m event may swim either an 800 or 1500m event. Swimmers with a AA time in a 800m or 1500m event may swim a 400m event as one of their free swims.
- To swim more than 6 events, a swimmer must have a AA time in all events entered. Swimmers may enter a maximum of 9 individual events.

2. Relay Events:

- Teams may enter a maximum of three relays per event. However, only A and B relay teams will be scored.
- Relay entry times should be submitted for seeding purposes.
- Swimmers may only compete on relay teams that reflect their club of entry into the meet.
- Club Relay teams must include swimmers from a single club only; therefore no Association teams. Teams must consist of eight swimmers, one of each gender and each age group (10 & under, 11-12, 13-14 and 15 & over); swimmers may move up an age category, but may swim only one leg of the relay.

3. Entry Submission:

- Entries must be uploaded to the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx>.
- Entry times are to be submitted in LCM; SCM can be converted.
- Entry Fees are **\$7.50 per individual event; \$9.00 per relay**. In addition, Swim BC requires a \$4.00 per swimmer Provincial Team Fee and Saanich Commonwealth Place requires a \$5.00 per swimmer Facility Improvement Fee.
- Cheques should be made payable to:
Pacific Coast Swimmers and Parents Association
- Scratches received by June 8, 2011 will not be charged.
- Entry fees are due on arrival for the meet.

ENTRY DEADLINE: WEDNESDAY, JUNE 1, 2011

MEET RULES:

1. General:

- The meet will run under Swim BC and SNC rules, and SNC warm-up procedures will be in effect.
- No deck entries, time trials or exhibition swims.

2. 10 & UNDER EVENTS:

- 10 & under individual events, EXCEPT for the 200IM and 200 Free, will be timed final events and will swim in preliminary sessions only, slowest to fastest, senior-seeded.
- The 200 IM and 200 Free events will be swum as heats and finals events (200 IM on Saturday; 200 Freestyle on Sunday) and will be circle-seeded during heats.

3. 11 & OVER INDIVIDUAL EVENTS:

- All 11 & over individual events, except for the 800 and 1500 Freestyle, will swim heats and finals.
- Heats and finals events will swim slowest to fastest, multi-age, senior-seeded during heats; finals will swim by age groups: 11-12, 13-14 and 15 & Over.
- Consolation finals may be held for the 15 & over age group only: 24 entries are required to create a consolation final. Positive check-in will be used for events with a consolation final. The consolation final will swim before the A final.

- d) 400, 800 and 1500 Freestyle events may swim two *per* lane. Finals may be combined at Meet Manager's discretion.
e) 400m events may be limited to seven (7) heats for each gender, consisting of swimmers with the fastest 8 entry times in each age group, plus the 32 next fastest entries.
f) The 800m and 1500m Freestyle events will swim fastest to slowest, all age groups combined, alternating 800m and 1500m events. If necessary, these events may be limited to four (4) heats each and may be swum with 2 swimmers per lane. However, the fastest 8 swimmers in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age.
f) Positive check-in for 800/1500 Freestyle events.

RELAY EVENTS

- a) All relay events are timed finals and will swim slowest to fastest by age group;
b) 10 & Under Relays will swim at the beginning of finals on Saturday (200 Medley Relay) and during heats on Sunday (200 Freestyle Relay).
c) All 11 & over relays will swim at the beginning of finals sessions.

PARA-SWIMMING EVENTS

- a) Para Swimmer entries must include each swimmer's complete classification with all 3 designations: an S class, an SB class and an SM class.
b) Para Swimmers (S1-S13) must be licensed by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and classification information is available at <https://www.swimming.ca/ParaswimmingClassification>
c) Para Swimming events are Open Age Group and will run as multi-disability.
d) Para swimmers may enter able-bodied events as *per* Swim BC policy. Coaches are asked to limit these additional

- events to those events which correspond with their swimmers' classifications as *per* Swimming Canada events.
e) Events with eight or fewer splashes per gender will swim as timed finals in the preliminary sessions; events with nine or more splashes will go to finals.
f) Event winners will be determined by using the male and female SNC Performance Points Charts.

SCRATCH DEADLINES

- a) SwimBC Heats/Finals scratch policy is in effect. Please ensure you are familiar with all deadlines and penalties for missed deadlines.

AWARDS

- a) Medals to be awarded to 1st, 2nd and 3rd place for swimmers aged 14 & U in all individual events; ribbons will be awarded for 4th to 8th place for swimmers aged 14 & U and for 1st to 8th place for swimmers aged 15 & O.
b) For relays, medals will be presented to the 1st place teams aged 14 & U; ribbons will be awarded to the 1st place team aged 15 & O. No awards will be given to 2nd and 3rd place teams.
c) PARA Swimming awards (timed finals and finals) will be given at finals after the same able-bodied event. Medals will be awarded for 1st, 2nd and 3rd place. Medals will be given on a minus-one rule: 4 or more swimmers=3 medals; 3 swimmers=2 medals; 2 swimmers=1 medal; 1 swimmer, no medals.

SCORING

- a) Scoring will be as follows: 50-30-20-15-14-13-12-11 for both individual and relay events. Consolation finals will not be scored.

OFFICIALS

Please send names of timers and senior officials to meets@pacificcoastswimming.com

EVENT ORDER

Friday			Saturday			Sunday		
Girls		Boys	Girls		Boys	Girls		Boys
1	11 & O 50 Free	2	203	10 & U 100 Free	204	215	10 & U 200 Free	216
3	11 & O 100 Breast	4	13	11 & over 400 IM	14	111	IPC 50 Free	112
101	IPC 100 Breast	102	205	10 & U 100 Back	206	25	11 & O 400 Free	26
5	11 & O 200 IM	6	105	IPC 100 Back	106	217	10 & U 200 Free Relay*	218
103	IPC 50 Fly	104	15	11 & O 100 Back	16	219	10 & U 50 Back	220
201	10 & U 400 Free	202	207	10 & U 50 Breast	208	113	IPC 50 Back	114
7	11 & O 800 Free	8	17	11 & O 200 Breast	18	27	11 & O 200 Back	28
9	11 & O 1500 Free	10	209	10 & U 100 Fly	210	221	10 & U 50 Fly	222
11	11 & O 200 Medley Relay	12	107	IPC 100 Free	108	29	11 & O 200 Fly	30
			19	11 & O 100 Fly	20	223	10 & U 50 Free	224
			211	10 & U 200 IM	212	31	11 & O 100 Free	32
			109	IPC 150 & 200 IM	110	225	10 & U 100 Breast	226
			21	11 & O 200 Free	22	33	11 & O 200 Free Relay	34
			213	10 & U 200 Medley Relay	214			
			23	8 x 50 Club Relay	23			

*To be swum between Events 25 and 26