



ISLAND PACIFIC CUP

November 12th – 14th, 2010
Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC



Sanctioned by SwimBC: #10168

STARTING TIMES:

FRIDAY

November 12

Heats: Warm-up 9:15 am Start: 10:15 am Estimated Time Out 2:30 pm
Finals: Warm-up 5:00 pm Start: 6:00 pm Estimated Time Out 8:30 pm

SATURDAY

November 13

Heats: Warm-up 8:00 am Start: 9:00 am Estimated Time Out 2:30 pm
Finals: Warm-up 5:00 pm Start: 6:00 pm Estimated Time Out 8:30 pm

SUNDAY

November 14

Timed Finals: Warm-up 8:00 am Start: 9:00 am Estimated Time Out 1:00 pm

POOL: 2-25 Meter 8 lane pools separated by a bulkhead. This will be a double-ended short course meet. A four lane 25-meter dive tank will be used for warm-up.
An Omega timing system with touchpads and scoreboard will also be used for the duration of the meet.

ELIGIBILITY:

- SWIM BC (or FINA related) registered swimmers as of Friday November 12, 2010
- Age is determined by age of swimmer as of November 12, 2010
- Please note S/NC's new swimsuit policy will also be in effect.

ENTRY INFORMATION:

1. FEES: \$6.50 per individual event, \$8.00 per relay event. \$9.00 surcharge per swimmer, which includes the \$5 SCP Facility Enhancement Fee plus a \$4.00 SwimBC Provincial Team Splash fee.
2. Fees are due at the beginning of the meet via a cheque made payable to the **VASC**.
3. Entries must be submitted through the [SNC meet website](#) Please email an entry report in Word 'doc' format for cross-checking to the [Meet Manager](#).
4. Non-Canadian entries may be submitted directly to the Meet Manager at entries@islandswimming.com
5. There are time standards for individual events. Entries must be submitted with a time. There are no entry standards for relay events; however, please enter times for seeding.
6. Psych Sheets will be provided by email and available on www.IslandSwimming.com by Nov 9. Please email scratches or changes asap. The "no charge scratch deadline" is noon Wed, Nov 10.
7. Deck entries may be accepted at the discretion of the meet manager and/or Clerk of Course. Deck entries must include the swimmers correct nine-digit SNC ID and date of birth.

ENTRY DEADLINE: Friday, November 5, 2010

Upload entry files to: <https://www.swimming.ca/meetlist.aspx>

Send entry reports to: Rosemary Lawrence, Meet Manager: entries@islandswimming.com

AWARDS:

1st, 2nd, and 3rd place winners of the individual events and 1st place for relays will be eligible for prizes. Door prizes will be available to all competitors.



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MEET RULES:

1. The meet will follow SWIM BC RULES and SNC RULES
2. Qualifying time standards are the Swim BC AA times for each event, based on the age of the swimmer. At the time of meet package publication, the SwimBC time standards had not yet been published; therefore, we will honour the 2009-2010 time standards for entry. Teams from out of province that require these standards, please contact Aaron Dahl at aaron@islandswimming.com
3. Island Swimming will enter swimmers who do not meet the qualifying standards to fill the meet, up to 450 swimmers.
4. Stroke 50s (Backstroke, Breaststroke, and Butterfly) do not have Swim BC AA time standards. These events may be entered by a swimmer that qualifies for any other events in the meet.
5. Friday and Saturday's events are heats and finals except for the relays. All events will be swum together during heats, but separated according to age groups (12 & U, 13/14, 15 & Over) in finals.
6. Sunday's events are timed finals.
7. All relays are timed finals swum at the beginning of Friday and Saturday Finals session.
8. Meet Management reserves the right to adjust the meet format and awards after entries are received to ensure that the competition offers appropriate session lengths and competitive opportunities.
9. The 800 and 1500 freestyle events will be conducted as senior seeded timed finals, swum fastest to slowest. The events are limited to the fastest eight swimmers of each age group and gender, six heats per event. Meet Management reserves the right to add overflow heats to the end of Sunday's heats if enough entries warrant it. Positive check-in is required for both events by Friday, 11am.
10. At 12:30pm on Saturday and Sunday, the 12 & Under Jamboree is scheduled to start. If heats have not completed the meet will revert to a single-ended format for the duration of the session.

Para-Swimming ENTRIES:

1. Coaches must indicate each swimmers complete classification with entries. The classification must include all 3 designations: an S class, an SB class, and a SM classification. All swimmers must be classified prior to the entry deadline. Swimmers without classification should contact Swim BC a minimum of one month prior to the entry deadline to ensure that classification can be arranged.
2. Events will run as multi-disability and mixed gender.
3. Events will be 50m free, 100 m free, 50m back, 100m back, 50m fly and the combined events of 150m IM (S1-4), 200m IM (S4-14). Para-Swimmers may also enter AB events as per Swim BC policy. Coaches are asked to limit to those events, which correspond with their swimmers classification as per Swimming Canada events.
4. Events with 9 or more splashes will have a designated final of 8 swimmers. Events with 5-8 swimmers will have a designated final of 4 swimmers. Events with 4 swimmers or less will be a timed final in the preliminary session.
5. Winners will be determined by using the male and female Swimming Canada Point Charts.

SCRATCH RULES:

The "No Charge Scratch" deadline is Wednesday, November 10th at noon.

To scratch a swimmer or relay team from an event, the scratch must be made by the following deadlines:

1. For Friday prelims, 9:15 AM (start of warm-ups).
2. For Saturday prelims, the deadline shall be 60 minutes after the start of Friday finals.
3. For Sunday the deadline shall be 60 minutes after the start of Saturday finals.
4. The scratch deadline for finals shall be 30 minutes from the conclusion of heats of that same day.



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SCHEDULE OF EVENTS

Friday Prelims Warm-up *: 9:15 am Start: 10:15 am

#Girls	Event	#Boys
1	100 Free	2
3	Mixed SWAD 100 Free	3
5	200 Fly	6
7	100 Back	8
9	Mixed SWAD 50 Back	9
11	200 IM	12
13	Mixed SWAD 200 IM	13
15	200 Breast	16
55	800 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	56

Friday Finals: Warm-up 5:00 Start 6:00

#Girls	Event	#Boys
17	4 x 50 Free Relay	18
1	100 Free	2
5	200 Fly	6
7	100 Back	8
11	200 IM	12
15	200 Breast	16

Saturday Prelims Warm-up *: 8:00 am Start: 9:00 am

#Girls	Event	#Boys
23	50 Free	24
25	Mixed SWAD 50 Free	25
27	100 Breast	28
29	Mixed SWAD 100 Breast	30
31	100 Fly	32
33	Mixed SWAD 50 Fly	33
35	200 Back	36
37	200 Free	38
57	1500 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	58



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Saturday Finals: Warm-up 5:00 Start 6:00

#Girls	Event	#Boys
39	4 x 50 Medley Relay	40
25	50 Free	25
27	100 Breast	28
31	100 Fly	32
35	200 Back	36
37	200 Free	38

NOTE: SWAD events will have finals if there are 10 or more splashes during prelims

Sunday Warm-up *: 8:00 am Start: 9:00 am
(all events are timed finals)

#Girls	Event	#Boys
45	50 Fly	46
47	400 Free	48
49	50 Back	50
51	50 Breast	52
53	400 IM	54
55	800 Free (remaining heats after Friday)	56
57	1500 Free (remaining heats after Saturday)	58

*Marshalls will be present during warm-ups.

Qualifying time standards are Short Course AA times for each event, based on the age of the swimmer on the first day of the meet. Any swimmer that qualifies to attend the meet may enter the 50 Fly, 50 Back, or 50 Breast, as there are no AA time standards for these events. The time standards from the 2009-2010 season will be used for entry. Teams needing this document should contact Aaron Dahl at aaron@islandswimming.com



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LOCAL HOTEL ACCOMODATION

Accent Inn

3233 Maple Street
Victoria, B.C. V8X 4Y9
Phone: 250-475-7500
Toll free 1 -800-663-0298 (Ask for their "SPORTS RATE")
Fax: 250-475-7599

Howard Johnson – Official Host Hotel of IP Cup

4670 Elk Lake Drive
Victoria, B.C. V8Z 5M2
Phone: 250-704-4656
Toll free: 1 -800-300-4656 (Ask about team rates)
Fax: 250-704-4655

Sandman Inn

2852 Douglas Street
Victoria, B.C. V8T 4M5
Phone: 250-388-0788
Toll free: 1 -800-726-0788 (Ask for the SwimBC rate)

Travellers Inn

www.TravellersInn.com
4 locations in Victoria
Phone Sarah at 1-888-599-1555
ask for the Island Swimming rate

Limited billeting may be provided to teams visiting from outside of British Columbia,
or to athletes that need assistance with travel expenses.

Please contact our Aaron Dahl
(aaron@islandswimming.com or (250) 217-5761)
prior to Oct 26, 2010 to request billeting assistance.