



2011 BC AA LONG COURSE CHAMPIONSHIPS
JUNE 24-26, 2011
HOSTED BY KAJ, LLSC, ORCA, VKSC, KISU



SANCTIONED BY SWIM BC: #10471

DATE June 24-26, 2011
MEET MANAGERS Shannon Dunlop and Julie Mathieson
SWIMBC CONTACT Mike Flegel (mikeflegel@swimbc.ca)

LOCATION

H2O Adventure & Fitness Centre
 4075 Gordon Dr. Kelowna, BC Phone: 250-764-4040
 8 X 50m Competition Pool; Omega Timing System
 Food services available on-site

WARM UP AND START TIMES		
FRIDAY, JUNE 24, 2011		
Heats	Warm-up	8:00-8:50am
	Competition*	9:00am – 1:30pm
Finals	Warm-up	4:00-4:50*
	Competition*	5:00pm – 7:30pm
SATURDAY, JUNE 25, 2011		
Heats	Warm-up	8:00-8:50am
	Competition*	9:00am – 1:30pm
Finals	Warm-up	4:00-4:50*
	Competition*	5:00pm – 7:30pm
SUNDAY, JUNE 26, 2011		
Heats	Warm-up	8:00-8:50am
	Competition*	9:00am – 1:30pm
Finals	Warm-up	2 hours after conclusion of prelims
	Competition*	One hour later

*Session lengths are approximate

ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club.
- As of the entry deadline, athletes must have attained at least ONE 2010-2011 BC AA short course or long course qualifying time in an appropriately sanctioned competition, AND must not have attained a AAA time in their age group.
 - 10&U Swimmers must have attained at least one of the SC or LC SwimStars qualifying times to participate in the 10&U SwimStars program
 - 10&U swimmers who do not have a SwimStars QT, but do have an 11&U "AA" time (and no 11&U AAA times) may enter and compete as 11&U at this meet.
- Age groups for finals will be 11&U, 12, 13, 14, 15&O
 - Ages with fewer than 8 finalists in an event may be combined with other under-subscribed ages
- Swimmer age is as of the first day of competition.
- Swimmers cannot swim in an "older" age if they have a "AAA" time in their current age, EXCEPT for swimmers who have a birthday (and thus change ages) between June 24 and July 7.

- Swimmers in this situation are disqualified from this meet if they have a "AAA" time in the older age group.
- Converted entry times are NOT accepted; any SCM entry times will be converted by meet management for seeding purposes.
 - All entry times will be validated against the Swimming Canada results database

NON-QUALIFIED SWIMS

- Every swimmer with at least one qualifying time may enter up to EIGHT individual events.
- For 400 freestyle and 400 IM, meet management reserves the right to swim any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the heats provided desired timelines can be met. That is, there is no guarantee that non-qualified 400m entrants will swim.
 - In this case, non-qualified 400m entrants will be given the opportunity to enter a 50, 100, or 200m event.
- Non-qualified entries in the 800 and 1500 will not be accepted.
- "NT" entries will not be accepted in any events; swimmers must have a valid proveable entry time in each event they enter.

10&U SwimStars Program

- Awards in the SwimStars program will be determined by cumulative time in all six SwimStars events (heats/finals of 100 free, 100 back, 50 breast, 50 fly; timed final of 200 IM, 400Fr)
- Participants in SwimStars program may enter up to two additional 11&U events, provided they have at least one 11&U "AA" time and no "AAA" times.
 - 10&U SwimStars cannot enter 11&U 100 Free, 100 Back, 200 IM, or 400 Free
- Swimmers who are disqualified in an event will be given a provisional time of the slowest time plus ten seconds.
 - Swimmers who do not swim an event will be given no time and will be ineligible for awards.

ENTRIES

- Individual entries are limited to a maximum of eight per swimmer.
- Proof of time is required for all relay entries. Please email proof of time report for your club to entries coordinator, **Dauna Grant** – dauna@telusplanet.net Phone: 250-545-7745
- CUSTOM TIMES ARE NOT ACCEPTED.
- Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet.
- Entry fees are **\$8.00 per individual event** and **\$9.00 per relay event**, plus a \$4/swimmer SwimBC Provincial Team Fee. Cheques payable to: **Liquid Lightning Swim Club**
- All fees MUST be paid prior to the start of the meet.**
- Entries must be uploaded to Swimming Canada <http://meetlist.notlong.com> website.
- Please include the proper contact name, phone number, and email address when uploading entries.

ENTRY DEADLINE: TUESDAY, JUNE 14, 2011



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SCRATCHES – PLEASE READ CAREFULLY

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims in prelims.
2. For all finals sessions and timed final events, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
3. The initial scratch deadline for finals each night will be 30 minutes following the completion of morning preliminaries, excluding any 800/1500 or “overflow” heats
4. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
5. Late scratches (as defined above) from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day. In addition, no other member of the offending swimmer’s team shall compete until the \$20 penalty has been paid.

GENERAL

2. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
3. Deck entries and Exhibition Swims are not permitted.
4. There will be no time trials.
5. SNC warm-up procedures apply. No diving into pool until sprint lanes are announced approximately 30 minutes prior to the conclusion of warm-ups.
6. Preliminaries and finals will be swum in the event order as outlined in the meet event list, except for relays during prelims on Friday, which will swim prior to 800/1500m events.
7. All events will be senior-seeded slowest to fastest for prelims, fastest three heats circle-seeded, with ages broken out for finals.
8. The 400m finals will be swum as 11-12, 13-14 with four swimmers from each age in the final. (e.g. the 11-12 final will feature four 11-year-olds and four 12-year-olds)
 - a. The 15&O 400m finals will be swum with the top eight 15&O swimmers advancing to the final.
9. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay entry fees, pick up Meet Package and receive information regarding any changes.
10. A coaches’ meeting will be held 10 minutes prior to the start of heats on Friday and as necessary.
11. In the event that warm-up lanes are unavailable in the facility, there will be scheduled breaks during the meet to give swimmers an opportunity to warm-up and/or cool down.
12. Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
13. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with all qualified swimmers seeded fastest to slowest.
2. All age groups will swim on Friday; however, if desired timelines on Friday cannot be met, slower qualified heats that cannot be completed on Friday will be swum on Saturday at the conclusion of prelims.
3. The scratch deadline for 800/1500 will be 10:00am on Friday, June 24, 2011.
4. Any scratches (as defined in SCRATCHES section previously) after the 10:00am scratch deadline will be treated the same as a late scratch from finals with the same penalties.
5. Awards will still be presented in the individual age categories as outlined earlier
6. Meet management reserves the right to swim these events two-swimmers-per-lane.

Relays

1. Only the fastest eight proved relay entries in each event will swim as timed finals at the conclusion of finals sessions. All other relay heats will swim as a timed final at the end of the preliminaries session.
 - a. If there are few entries over-and-above the top 8 per event, meet management may swim all relay entries during the finals session
2. There will be no qualifying times for relays, but for seeding purposes, proof of time must accompany relay entries.
3. There will be no maximum number of teams per club for relay entries.
4. Only swimmers whose names appear on the meet entries shall compete in relay events.
5. Swimmers who will be in relays only must be listed in their club’s Hytek entry file as “Relay only swimmers”, and cannot have a “AAA” time. An email must also be sent to the entries coordinator notifying them of the relay-only swimmer and their SNC ID number and date of birth.
6. For relays seeded to be swum during prelims, the deadline for submitting swimmer names/order shall be 10:30am; for those relays in finals, the deadline shall be 30 minutes prior to the end of the finals warm-up period. These swimmers are subject to Swim BC Splash Fee.
7. Swimmers cannot compete in a relay event in an age/age group in which they have a AAA time.

SCORING

1. There will be no team or individual scoring.

AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in all individual and relay events with four or more entries.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.



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FRIDAY, JUNE 24, 2011

	HEATS	FINALS
Warm up	8:00-8:50am	4:00-4:50pm
Competition	9:00am – 1:30pm*	5:00 – 7:30pm*

GIRLS	BOYS	AGE	EVENT
1	2	Open	200 IM
3	4	Open	50 Free
5	6	Open	200 Fly
7	8	Open	100 Back
9	10	Open	800/1500 Free
RELAYS			
11	12	12&U	200 Free Relay
13	14	14&U	200 Free Relay
15	16	OPEN	200 Free Relay

*All session completion times are approximate

SATURDAY, JUNE 25, 2011

	HEATS	FINALS
Warm up	8:00-8:50am	4:00-4:50pm
Competition	9:00am – 1:30pm*	5:00 – 7:30pm*

GIRLS	BOYS	AGE	EVENT
101	102	10&U	100 Free
17	18	Open	100 Free
103	104	10&U	50 Breast
19	20	Open	200 Breast
105	106	10&U	50 Fly
21	22	Open	100 Fly
107	108	10&U	100 back
23	24	Open	400 Free
RELAYS			
25	26	12&U	200 Medley Relay
27	28	14&U	200 Medley Relay
29	30	OPEN	200 Medley Relay

SUNDAY, JUNE 26, 2011

	HEATS	FINALS
Warm up	8:00-8:50am	2 hrs. after prelims
Competition	9:00am – 1:30pm*	3 hrs. after prelims

GIRLS	BOYS	AGE	EVENT
109	110	10&U	400 Free (TF)
31	32	Open	200 Free
111	112	10&U	200 IM (TF)
33	34	Open	100 Breast
35	36	Open	200 Back
37	38	Open	400 IM

**2011 BC AA Long Course Swimming Championships
June 23-26, 2011**

Hotel accommodations have been arranged at the following hotels:
Please quote: "2011 BC AA Long Course Swimming Championships"

	<p>Manteo Resort – Waterfront Hotel & Villas 3762 Lakeshore Road, Kelowna BC V1W 3L4</p> <p>Room Rates: Start at \$189.00 per night, plus applicable taxes</p> <ul style="list-style-type: none"> Room block not held – guestrooms will be made based on hotel availability. <p>Phone: 1-800-445-5255 E-Mail: refresh@manteo.com Website: www.manteo.com</p>
	<p>Lakeshore Inn 3756 Lakeshore Road, Kelowna BC V1W 3L4</p> <p>Room Rates: Start at \$119.00 per night, plus applicable taxes</p> <ul style="list-style-type: none"> Room block not held – guestrooms will be made based on hotel availability. <p>Phone: 1-877-657-5253 E-Mail: lakeshoreinn@manteo.com Website: www.lakeshoreinn.com</p>
	<p>Holiday Inn Express 2429 Hwy 97 North, Kelowna, BC V1X 4J2</p> <p>Room Rates: \$139.95 (single/double occupancy) Room Types Available: Standard with 1 or 2 Queen Beds. Rate includes Full Hot Breakfast Buffet</p> <ul style="list-style-type: none"> Room block will be held until May 23rd <p>Phone: 1-800-465-0200 E-Mail: info-hiek@fortisproperties.com Website: www.hiexpress.com/kelownabc</p>
	<p>Fairfield Inn & Suites 1655 Powick Road, Kelowna BC V1X 4L1</p> <p>Room Rates: 1 King Bed-\$119.00, 2 Queen Beds \$129.00, Studio Suites – 1 king & 1 double pull out in Living area - \$139.00</p> <ul style="list-style-type: none"> All rates include deluxe Hot & cold continental breakfast. Room block will be held until May 23rd <p>Phone: 1-800-465-0200 E-Mail: info-hiek@fortisproperties.com Website: www.hiexpress.com/kelownabc</p>
	<p>Comfort Suites 2656 Hwy 97, Kelowna BC V1X 4J4</p> <p>Room Rates: Junior King Suite-\$129.99, 2 Bedded Rooms-\$139.99, Family Executive Suite - \$159.99</p> <ul style="list-style-type: none"> All rates include Free HOT Breakfast Room block will be held until May 23rd <p>Phone: 250 861-1110 Email: info@comfordsuiteskelowna.com Website: www.comfordsuiteskelowna.com</p>
	<p>Coast Capri Hotel 1171 Harvey Avenue, Kelowna, BC V1Y 6E8</p> <p>Room Rates: \$110.00 single/quad, plus applicable taxes Room Types Available: Coast Guestroom</p> <ul style="list-style-type: none"> Note: Limited rooms available for Thursday, June 23rd Room block will be held until May 27th <p>Phone: 1.800.663.1144 Website: www.coastcaprihotel.com – Group Code: CCH-FC12331</p>