



2011 TEAM AQUATIC SUPPLIES
BC AAA LONG COURSE CHAMPIONSHIPS
JULY 7-10, 2011
(Meet package revised May 11, 2011)



SANCTIONED BY SWIM BC: #10472

DATE JULY 7-10, 2011
HOST Island Swimming
MEET MANAGERS Jill Lawrence and Rosemary Lawrence
ismeetmanager@gmail.com
250-590-5455
SWIMBC CONTACT Mike Flegel (mikeflegel@swimbc.ca)

LOCATION

Saanich Commonwealth Place
4636 Elk Lake Dr. Victoria, BC Ph. 250-727-7108

8 X 50m Competition Pool
25m warm-up pool available during competition
Omega Timing System

WARM UP AND START TIMES		
THURSDAY, JULY 7, 2011		
Heats	Warm-up	7:00-8:20am
	Competition	8:30am – 1:30pm
Finals	Warm-up	4:00-5:20pm*
	Competition	5:30 – 8:30pm
FRIDAY, JULY 8, 2011		
Heats	Warm-up	7:00-8:20am
	Competition	8:30am – 1:30pm
Finals	Warm-up	4:00-5:20pm*
	Competition	5:30 – 8:30pm
SATURDAY, JULY 9, 2011		
Heats	Warm-up	7:00-8:20am
	Competition	8:30am-1:30pm
Finals	Warm-up	4:00-5:20pm*
	Competition	5:30 – 8:30pm
SUNDAY, JULY 10, 2011		
Heats	Warm-up	7:00-8:20am
	Competition	8:30am – 1:30pm
Finals	Warm-up	2 hrs after heats
	Competition	1 hr after warm-up

*Pool will be cleared at the end of warm-ups for the officials' march-on and the national anthem.

ELIGIBILITY

- As of the entry deadline, athletes must have attained at least ONE 2010-2011 BC AAA long course or short course qualifying time.
- Qualifying period is from September 1, 2009, through to the entry deadline.
- All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club.
- Age groups for able-bodied swimmers will be 11&U, 12&U, 13&U, 14&U, 15&U, OPEN in finals.
 - Most preliminaries will be swum in only TWO age divisions in most events: 13&U and "Open" (essentially, 14&O)

- In 400m Events, preliminaries will be swum "senior-seeded" across all ages (i.e. no age groups)
 - NOTE:** Coaches must specify in their entries if they want their swimmer to compete in an older age / age group.
- Swimmer age is as of the first day of competition.
 - Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
 - Swimmers cannot compete in the same event in more than one age/age group

NON-QUALIFIED SWIMS

- Non-qualified swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of six individual events.
 - 1 qualifying standard – Up to 5 Free Swims
 - 2 qualifying standards – Up to 4 Free Swims
 - 3 qualifying standards – Up to 3 Free Swims
 - etc.
- Swimmers must have met the Swim BC "A" standard for all non-qualified swims; "NT" entries, or those that do not meet the "A" qualifying standard will be scratched.
- Depending on number of entries and timelines, non-qualified 400, 800, and 1500m entries may *not* be accepted.
- Where non-qualified 400m or 800/1500m entries are not accepted, clubs will be given a timeline under which they may submit alternative entries in 50m, 100m, or 200m events.

ENTRIES

- Individual entries are limited to a **maximum of SIX** per swimmer.
- CUSTOM TIMES ARE NOT ACCEPTED.
- Short course entry times are **NOT** to be converted. Meet management will convert any short course entry times for seeding purposes.
- All meet entries will be validated and verified against Swimming Canada's results database. Invalid entries will be scratched.
- Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet, with deadlines for making those changes as outlined in RELAYS section.
- Proof of time is required for all relay events. Please email proof of time report for your club to ismeetmanager@gmail.com
- Entry fees are **\$7.00 per individual event** and **\$9.00 per relay event**.
- There is a \$4.00 per swimmer Swim BC Provincial Team Splash Fee for each swimmer entered in the meet, as well as a \$5.00 per swimmer facility enhancement fee levied by SCP.
- Please submit one cheque for all swimmers entered under the club code.
- Cheques payable to: **ISLAND SWIMMING**
- Entries must be uploaded to Swimming Canada www.meetlist.notlong.com website.
Entry files emailed to Meet Management will not be accepted.

ENTRY DEADLINE: MONDAY, JUNE 27, 2011



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SPECIAL MEET RULES

GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
2. Deck entries and exhibition swims are not permitted.
3. SNC warm-up procedures apply. No diving into pool until sprint lanes are announced approximately 30 minutes prior to the conclusion of warm-ups.
4. Preliminary heats start at both ends of the pool; the heats will be divided so as to keep both ends on the same events as much as possible.
5. The fastest three heats in each event will be circle-seeded.
6. A non-scoring "B" final will be held in the OPEN (in essence, the 16&O) age division in only those events with 40 or more qualified entrants. In these events, the order of the finals will be the "B" finals, followed by the "A" finals.
7. There will be no time trials run during the course of this meet.
8. Within 48 hours after the entry deadline, SwimBC will send a first draft of psych sheets to each club entry coordinator, along with a notification on which events will be limited to qualifiers-only (see 400m and 800/1500m sections below)
 - a. Clubs will then have 48 hours to submit revised entries for those swimmers not qualified to swim 400 and/or 800/1500m events

400m EVENTS

1. The top eight swimmers in each single-year age division will swim in a dedicated heat during prelims, alternating girls and boys (i.e., Top8 11&U girls, then 11&U boys, 12&U girls, 12&U boys, etc.).
2. All other entrants who meet the qualifying time will then be swum senior-seeded, fastest to slowest.
 - b. Non-qualified entrants will have the opportunity to swim only if ALL non-qualified swimmers can be swum so that the session ends near 2:00pm.
 - c. Non-qualified entries in this case will be given the opportunity enter a 50, 100, or 200m event.
3. The 400m finals will then be swum with four swimmers from one age and four swimmers from a second age in each eight-person two-age group final. For example, the 400m IM girls finals will consist of a race featuring four 11-year-olds (lanes 1-4) and four 12-year-olds (lanes 5-8); a race with four 13-year-olds and four 14-year-olds; and a third race with four 15-year-olds and four "open".

800 – 1500 FREESTYLE

2. The 800 & 1500 freestyle events will be swum as timed finals, with a **scratch deadline of 10:30am** for that day's events.
3. A no-show, scratch, or unexcused incomplete swim in the 800 or 1500 after that time will result in the same penalties as a late scratch during finals (see SCRATCHES section).
4. The fastest heat of each 800 / 1500 event will be swum single-laned as the first event in finals with four swimmers from younger age and four from the older age (e.g. on Thursday, the fastest 12&U heat will feature the fastest FOUR 11&U (in lanes 1-4) and fastest FOUR 12&U (in lanes 5-8); the same pattern will hold for the fastest heat of 14&U (Friday) and 15&U/Open (Saturday).

5. The slower heats will be swum two-per-lane, with only those swimmers achieving the qualifying time being assured of the opportunity to race
 - a. Non-qualified entries will only swim if ALL non-qualified entries on that day can be completed so that the session ends near 2:00pm.
 - b. Non-qualified entries in this case will be given the opportunity enter a 50, 100, or 200m event.
6. Swim BC and Meet Management will post the psych sheets for 800/1500 events at least 48 hours prior to the start of the meet.
7. Coaches are asked to inform meet management of known scratches as early as possible.

PARA-SWIMMING EVENTS

1. **Para-swimmers' complete sport classes must be submitted with entries.** The sport class designation must include all 3 designations: an S class, an SB class, and an SM class. Para-swimmers without assigned sport classes should contact Swim BC a minimum of one month prior to the entry deadline to ensure that classification can be arranged.
2. IPC rules will be observed for all IPC events.
3. Only IPC-licensed athletes will have their results recognized for inclusion on the IPC swimming rankings/record lists
4. By the entry deadline, swimmers must have attained the Swim BC Para-swimming AAA qualifying times in a minimum of one event (see attached page).
5. Para-swimming events are open age group – no age restrictions
6. Para-swimmers may enter able-bodied events where deemed appropriate; coaches are asked to use their best discretion.
7. Para-swimmer events will be multi-disability. Winners will be determined by using the respective male and female Swimming Canada Performance Points Charts.
8. Dedicated Para-swimming events will be the 50 free, 100 free, 200 Free, 100 back, 100 breast, 50 fly (S1-S7) / 100 Fly (S8-S14) and the 150 IM (S1 to S4)/200IM (S5 to S14).
9. Events with five or more para-swimmers entered will compete in the able-bodied heats during preliminaries, seeded by time. There will then be dedicated para-swimming finals in those para-swimming events with FIVE or more entries.
10. Para-swimming events with fewer than five entries will be contested as a Para-swimmer-only timed final during the prelims session.
11. Awards will be presented using the "minus-one" system (i.e., if there are five entries, four awards are given out; if four entries, only top three; etc.)

SCORING

1. Individual & Relay scoring 50-30-20-15-14-13-12-11.
2. Para-swimming events will not count towards overall Team Scoring.



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AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in all individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.
3. Para-swimming medals will be awarded as soon as possible after the scoring of the IPC events.
4. Regional Athlete Development (RAD) Award points are calculated using individual aggregate points (9,7,6,5,4,3,2,1 for places 1st through 8th respectively). The \$125.00 RAD award is given to the highest scoring 14 years or younger swimmer from each region.
Thanks to Team Aquatic Supplies for their generous financial contributions for these awards.

RELAYS

1. Age groups for relays will be 12&U, 14&U, Open.
2. For all relay events, 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, but prior to any 800-1500 heats.
3. Teams must provide relay proof-of-times prior to the start of the meet for seeding purposes. Relay proofs must be in no later than Monday, July 4, 2011.
4. Teams may enter as many relay squads as they wish; however, only two squads may score. The scoring squads will be the "A" and "B" designated ones unless teams notify otherwise prior to the relay entry deadline.
5. There are no qualifying times for relays.
6. Only swimmers whose names appear on the meet entries shall compete in relay events.
7. Relay swimmers must be specified with entries.
8. For each day's relay events: The deadline for changing swimmer names/order for relays to be swum during prelims will be 10:30am; for relays to be swum during finals, the deadline will be 30 minutes prior to the end of finals warm-up.
9. Swimmers who will be competing only in relays shall be listed in their club's Hytek entry file as "Relay only swimmers"; such swimmers will be subject to Swim BC Splash Fee as well as the SCP \$5 facility fee.

SCRATCHES

1. There is no scratch penalty for missed swims during prelims; however, meet management requests to be informed of known scratches as soon as possible.
2. No-shows, step-downs and unexcused incomplete swims will all be considered a late scratch during finals.
3. The relays scratch deadline, for all relays on a given day – those scheduled for both prelims and finals – will be 10:30am on that day.
4. The initial scratch deadline for finals will be 30 minutes after the conclusion of the preliminaries session on that day, excluding any 800/1500, or "overflow" heats.
5. The last scratch deadline for finals will be 30 minutes prior to the end of finals warm-up; the clerk of course AND alternate's coach MUST be notified by the coach of the scratching swimmer prior to this deadline.

6. Late scratches from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day. This levy must be paid before any other members of that swimmer's team can compete.

10&U SWIMMERS

1. The 10&U SwimStars program will be held at BC AA Championships in Kelowna on June 24-26, 2011.
2. 10&U swimmers who meet a minimum of one 11&U AAA qualifying time may enter this meet, subject to the same entry rules as other swimmers.

OTHER

1. Coaches are asked to check in with the Meet Manager immediately upon arrival to pick up Meet Package, pay entry fees, and to receive information regarding any changes.
2. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Thursday and as necessary.
3. Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
4. Clubs are asked to submit names of any officials who want specific positions as early as possible to ismeetmanager@gmail.com
Clubs will be contacted by Meet Officials Chairperson for other deck officials.
5. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
6. Swim BC and meet management reserve the right to make alterations to the meet to enhance the quality of the competition.

BC OPEN WATER CHAMPIONSHIPS

The BC Open Water Championships will take place on Monday, July 11, 2011 – the day after BC AAA Championships – at Thetis Lake, tentatively scheduled to start at approximately 9:30am. Thetis Lake is roughly a fifteen-minute drive from Saanich Commonwealth Place.

The BC Open Water Championships will feature three separate events:

- 1.5km – 12&Under
- 3.0km – 14&Under
- 5.0km – Senior/Open

Complete meet information on this event will be available at www.swimming.ca/meetlist.aspx?psoid=3.



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THURSDAY, July 7, 2011

THURSDAY	HEATS	FINALS
Warm up	7:00-8:20am	4:00-5:20pm
Start	8:30am	5:30pm

GIRLS	BOYS	AGE GROUP	EVENT
101	102	IPC*	200 Free
1	2	13 & U	200 Free
3	4	Open	200 Free
5	6	13 & U	200 Breast
7	8	Open	200 Breast
103	104	IPC*	50 Fly
105	106	IPC*	100 Fly
9	10	13&U	100 Fly
11	12	Open	100 Fly
13	14	12 & U	200 Free Relay (TF)***
15	16	14 & U	200 Free Relay (TF)***
17	18	Open	200 Free Relay (TF)***
19	20	12 & U	800/1500 Free**

*IPC = International Paralympic Committee para-swimming events

**Timed Final: The fastest heat will swim at the start of finals

*** Fastest relay heats swim at the conclusion of finals

FRIDAY, JULY 8, 2011

FRIDAY	HEATS	FINALS
Warm up	7:00-8:20am	4:00-5:20pm
Start	8:30am	5:45pm

GIRLS	BOYS	AGE GROUP	EVENT
107	108	IPC*	100 Back
21	22	13&U	200 Back
23	24	Open	200 Back
109	110	IPC*	50 Free
25	26	13&U	50 Free
27	28	Open	50 Free
29	30	Open	400 IM
31	-	12 & U	Female 400m Free Relay (TF)***
33	-	14 & U	Female 400m Free Relay (TF)***
35	-	Open	Female 400m Free Relay (TF)***
37	38	14 & U	800/1500 Free**

*IPC = International Paralympic Committee para-swimming events

**Timed Final: The fastest heat will swim at the start of finals

*** Fastest relay heats swim at the conclusion of finals

SATURDAY, JULY 9, 2011

	HEATS	FINALS
Warm up	7:00-8:20am	4:00-5:20pm
Start	8:30am	5:30pm

GIRLS	BOYS	AGE GROUP	EVENT
111	112	IPC*	100 Free
39	40	13&U	100 Free
41	42	Open	100 Free
113	114	IPC*	150 IM
115	116	IPC*	200 IM
43	44	13 & U	200 IM
45	46	Open	200 IM
117	118	IPC*	100 Breast
47	48	13&U	100 Breast
49	50	Open	100 Breast
-	32	12 & U	Male 400m Free Relay (TF)***
-	34	14 & U	Male 400m Free Relay (TF)***
-	36	Open	Male 400m Free Relay (TF)***
51	52	Open	800/1500**

*IPC = International Paralympic Committee para-swimming events

**Timed Final: The fastest heat will swim at the start of finals

*** Fastest relay heats swim at the conclusion of finals

SUNDAY, JULY 10, 2011

	HEATS	FINALS
Warm up	7:00-8:20am	2 Hrs after conclusion of heats
Start	8:30am	1 Hr following start of warm-up

GIRLS	BOYS	AGE GROUP	EVENT
53	54	13 & U	200 Fly
55	56	Open	200 Fly
57	58	13&U	100 Back
59	60	Open	100 Back
61	62	Open	400 Free
63	64	12 & U	200 Medley Relay (TF)***
65	66	14 & U	200 Medley Relay (TF)***
67	68	Open	200 Medley Relay (TF)***

*** Fastest relay heats swim at the conclusion of finals



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SwimBC Para-swimming AAA Standards

Women	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Fr	04:04.16	02:39.04	02:15.52	01:38.56	01:26.24	01:07.76	00:55.44	00:50.51	00:44.35	00:43.12	00:55.44	00:48.05	00:44.35	00:44.35
100 Fr	07:23.52	05:20.32	04:31.04	03:29.44	03:04.80	02:15.52	01:57.04	01:50.88	01:38.56	01:32.40	02:03.20	01:50.88	01:44.72	01:38.56
100 Bk	07:34.72	05:31.52	05:06.88	03:52.96	03:28.32	02:40.16	02:27.84	02:15.52	02:03.20	01:50.88	02:27.84	02:15.52	02:03.20	02:03.20
50 Fly	03:04.80	02:52.48	02:27.84	02:15.52	02:03.20	01:32.40	01:13.92	01:08.32	01:02.16	00:56.00	01:08.32	01:02.16	00:56.00	01:02.16
100 Fly					04:12.00	03:16.00	02:33.44	02:27.84	02:15.52	02:03.20	02:27.84	02:15.52	02:03.20	02:15.52
100 Br	08:48.64	06:45.44	05:06.88	03:41.76	03:29.44	03:17.12	02:52.48	02:27.84	02:15.52		02:52.48	02:27.84	02:15.52	02:15.52
150 IM	08:00.48	07:42.00	07:23.52	06:09.60										
200 IM					07:23.52	06:09.60	05:20.32	04:55.68	04:06.40	03:54.08	04:55.68	04:43.36	04:18.72	04:06.40
Men	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 Fr	03:18.00	02:03.75	01:39.00	01:26.62	01:08.06	00:55.69	00:44.55	00:43.31	00:39.60	00:38.36	00:49.50	00:43.31	00:39.60	00:39.60
100 Fr	06:11.25	04:19.87	03:42.75	03:05.63	02:28.50	01:57.56	01:45.19	01:39.00	01:26.62	01:21.68	01:39.00	01:32.81	01:26.62	01:26.62
100 Bk	06:41.63	05:02.63	04:13.13	03:23.62	02:34.12	02:16.12	02:03.75	01:57.56	01:39.00	01:35.63	02:16.12	02:03.75	01:51.38	01:39.00
50 Fly	02:28.50	02:16.12	01:51.38	01:39.00	01:26.62	01:08.06	00:55.69	00:53.16	00:43.88	00:40.50	00:56.25	00:46.97	00:43.88	00:43.88
100 Fly					03:04.50	02:27.37	02:02.63	01:57.56	01:39.00	01:32.25	02:03.75	01:45.19	01:39.00	01:39.00
100 Br	08:21.75	05:08.25	04:18.75	02:53.25	02:47.06	02:40.88	02:28.50	02:03.75	01:46.42		02:28.50	02:03.75	01:51.38	01:46.42
150 IM	07:25.50	06:48.38	06:11.25	04:57.00										
200 IM					06:11.25	04:57.00	04:19.87	04:07.50	03:42.75	03:30.37	04:32.25	04:07.50	03:42.75	03:42.75



SWIMBC