



**2012 TEAM AQUATIC SUPPLIES
BC AAA LONG COURSE OPEN CHAMPIONSHIPS
JULY 5-8, 2012 – RICHMOND, BC**



SANCTIONED BY SWIM BC: #12810

DATE **JULY 5-8, 2012**

HOST **Richmond Rapids**
MEET MANAGER **Craig McCord** (cmccord@swimming.ca)
PARA ADVISOR **Janet Dunn**
MEET REFEREE **Pam Gosel**

LOCATION
Watermania
14300 Entertainment Blvd.
Richmond, BC 604-448-5353

Prelims: 8x50m Competition Pool, doubled-ended
Finals: 8x50m Competition pool
2x20m warm-up lanes
Omega Timing System

WARM UP AND SESSION TIMES		
Thursday, July 5, 2012		
Heats	Warm-up	7:00 – 8:20am
	Competition	8:30 – 1:30pm
Finals	Warm-up	4:00 – 5:20pm
	Competition	5:30 – 8:30pm
Friday, July 6, 2012		
Heats	Warm-up	7:00 – 8:20am
	Competition	8:30 – 1:30pm
Finals	Warm-up	4:00 – 5:20pm
	Competition	5:30 – 8:30pm
Saturday, July 7, 2012		
Heats	Warm-up	7:00 – 8:20am
	Start	8:30 – 1:30pm
Finals	Warm-up	4:00 – 5:20pm
	Start	5:30 – 8:30pm
Sunday, July 8, 2012		
Heats	Warm-up	7:00 – 8:20am
	Start	8:30am – 1:30pm
Finals	Warm-up	2hrs. after heats finish
	Start	1hr. later

***All listed session completion times are approximate**

ELIGIBILITY

See also **SPECIAL MEET RULES** below.

- As of the entry deadline, athletes must have attained at least **ONE 2011-2012 BC AAA long course or short course qualifying time in an applicable age group after September 1, 2010.**
- Qualifying period is September 1, 2010 to June 26, 2012.
- All swimmers must be appropriately registered with a Swim BC, SNC, USS or other FINA recognized club.
- Age groups for individual events will be 11&U, 12&U, 13&U, 14&U, 15&U, 18&U in finals.

- Preliminaries** will be swum in only TWO age divisions for most events: 13&U and 18&U
 - NOTE: Coaches must specify in their entries if they want their swimmer to compete in an older age / age group and notify meet management of the competitor's name, event and swim-up age category.
- For relays, age groups will be 12&U, 14&U, and Open.
 - 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, up to the individual entry maximum.
 - Swimmers cannot compete in the same individual event in more than one age/age group

MEET QUALIFYING STANDARDS

- Age Group: available on [Swim BC website](#)
- Para-swimming: on [SwimBC website](#)

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 **FIVE** events.
 - 1 qualifying standard – Up to 4 Non-Q Swims
 - 2 qualifying standards – Up to 3 Non-Q Swims
 - 3 qualifying standards – Up to 2 Non-Q Swims
 - etc.
- Swimmers must have met the Swim BC "A" standard for all non-qualified swims.
- 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, time permitting.
- Non-qualified entries in the 800 and 1500 events will be accepted only if desired timelines can be met.
- Non-qualifiers in 400, 800, 1500m events will be offered the opportunity to enter a different event (50, 100, or 200m) if those non-qualified entries cannot be accommodated.

ENTRIES

- Individual entries are limited to a maximum of **SEVEN** per swimmer. A swimmer entering more than five events must have qualifying times in all events entered.
- NO CONVERTED TIMES.** All SCM entries will be converted to LCM by meet management and seeded accordingly.
- Times will be verified with SNC's online entry validations.
- CUSTOM TIMES and 'NT' ENTRIES ARE NOT ACCEPTED.**
- Relay proof of time reports are still required to be emailed to swim@richmondrapids.com
- Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet prior to the stated relay entry deadline.
- Entry fees are \$8.00 per individual event and \$10.00 per relay event.
- Surcharges:
 - \$4.00 per swimmer Swim BC Provincial Team Fee.
- Cheques payable to: **RICHMOND RAPIDS**
- Please include a contact name, phone number, and email address with entries.
- Entries must be uploaded to Swimming Canada meet listings website prior to the entry deadline.

**ENTRY DEADLINE:
TUESDAY, JUNE 26, 2012, AT 11:59PM**



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SPECIAL MEET RULES

See also **ELIGIBILITY** above.

GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide; where discrepancies exist between Tech Guide and this meet package, the meet package shall be deemed correct.
2. No deck entries, exhibition swims or time trials.
3. SNC warm-up procedures apply. See attached.
4. Preliminary heats will start from opposite ends of the pool, divided by meet management such that both pools finish at approximately the same time.
5. Fastest three heats will be circle-seeded.
6. A non-scoring "B" final will be held in Open/Senior 50, 100, and 200m events with 30 or more AAA entries when heat sheets are printed. In these events, the order of the finals will be the "B" finals, followed by the "A" finals.

SCRATCHES

1. Any scratches submitted prior to **Monday, July 2, 2012**, will be eligible for entry fee refund.
2. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
3. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered as late scratches.
4. 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.
5. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
6. 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 'late-scratching' swimmer's team shall compete until the \$20 penalty has been paid.

Para-swimmers

1. **Para-swimmers' complete classifications must be submitted with entries.** The classification must include all applicable designations: S, SB, and/or SM.
2. The most current IPC rules will be observed for all events in which para-swimmers are competing.
3. Meet is open to members of FINA-recognized clubs or National Paralympic Committee; 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 at least one Swim BC Para-swimming AAA qualifying time.
5. Para-swimming events are open age group – no age groups or 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 single-gender and multi-class. 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), 150 IM (S1 to S4), and 200IM (S5 to S14).
9. In para-swimming events with five or more entries, Para-swimmers will compete in able-bodied heats during preliminaries, seeded by time, then compete in a para-swimming final during the finals session.
 - a. In para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only timed finals during the preliminaries session.

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. Regional Athlete Development (RAD) Award points are calculated using individual aggregate points (9,7,6,5,4,3,2,1 for 1st through 8th places). The \$125.00 RAD award is given to the highest 14 years or younger point scorer from each region.
Thanks to Team Aquatic Supplies for their generous financial contributions for these awards.

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.
 - a. 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.
 - b. If they cannot be accommodated, non-qualified entries 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

1. The 800 & 1500 freestyle events will be swum as timed finals, with a scratch deadline of 10:30am for that day's age group.
2. 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).
3. 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).
4. The slower heats will be swum two-per-lane, with only those swimmers achieving the qualifying time being assured of the opportunity to race
5. 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.
6. Non-qualified entries in this case will be given the opportunity enter a 50, 100, or 200m event.
7. 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.
8. Coaches are asked to inform meet management of known scratches as early as possible.



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RELAYS

- Age groups for relays will be 12&U, 14&U, Open.
- Clubs may enter as many relay teams as they wish; however, only "A" and "B" relay teams will be considered for scoring, and as such, only two relay entries per team per event will be seeded into the fastest heat where there are more than eight entries.
- For the 4x50 relay events, only the fastest eight proven relay entries (limit two per team) 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.
 - The 4x100 M.R. events on Thursday will be swum as timed finals seeded slowest to fastest.
- Proof-of-time must be submitted for each relay team entered; failure to provide proof of time will result in entry team being entered at "NT" and seeded accordingly.
- There are no qualifying times for relays, and relays may be entered at "NT".
- Only swimmers whose names appear on the meet entries shall compete in relay events.
- Swimmers who will be in relays only shall be listed in their club's Hytek entry file as "Relay only swimmers"; such swimmers will be subject to Swim BC Splash Fee.
- The deadline for submitting relay swimmer names will be 30 minutes prior to the start of the session in which the relay team will swim.

SCORING

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

OTHER

- Coaches are asked to check in with the Meet Manager immediately upon arrival to pick up Meet Package and information regarding any changes.
- A coaches' meeting will be held 10 minutes prior to the start of the meet on Thursday morning.
- Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
- Clubs are asked to submit names of timers and deck officials with session availability to swim@richmondrapids.com
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

SWIM BC OPEN WATER CHAMPIONSHIPS

The BC Open Water Championships will take place on Monday, July 8, 2012 – the day after BC AAA Championships – at Albert Dyck Park, tentatively scheduled to start at approximately 9:30am.

Albert Dyck Park is roughly a one-hour drive from Richmond Watermania, and is located close to Abbotsford International Airport.

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.

THURSDAY, JULY 5, 2012

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

GIRLS	BOYS	AGE GROUP	EVENT
1	2	13 & U	200 Free
3	4	Open	200 Free
101	102	Para*	200 Free
5	6	13 & U	200 Breast
7	8	Open	200 Breast
9	10	13&U	100 Fly
11	12	Open	100 Fly
103	104	Para*	50 Fly
105	106	Para*	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**

*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 6, 2012

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

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

* Para-swimming events

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

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



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SATURDAY, JULY 7, 2012

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

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

*Para-swimming events

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

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

SUNDAY, JULY 8, 2012

	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



**Team Aquatic
Supplies**



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**SWIMMING/NATATION CANADA
RISK MANAGEMENT / WARM-UP PROCEDURES 2009**



During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

*SNC Board Approved July 2, 2005
APP D-1*

Revision 6 01/10/2009