



TYR®

FastSwim 2012

Hosted by



November 30th, December 1st & 2nd

Watermania,
Richmond B.C.
14300 Entertainment Blvd.
Richmond B.C. Canada
604- 275 -7946

50 free Eliminator
7x50m of fun

Sanctioned by Swim BC: #13340

“We would like to thank the Province of British Columbia for their assistance”



Start times:

Friday	Heats 8:15am -9:20warm up 9:30am start / 1:30pm finish (approx.) Finals 4:00pm – 5:00pm warm up 5:10pm start / 7:30pm finish (approx.)
Saturday	Heats 8:15am -9:20warm up 9:30am start / 2:30pm finish (approx.) Finals 4:00pm – 5:00pm warm up 5:10pm start / 8:00pm finish (approx.)
Sunday	Heats 8:15am -9:20warm up 9:30am start / 1:00pm finish (approx.) Finals warm up will be 2 hrs after heats conclude, finals will start after a 1 hour warm up.



Special meet rules and explanations are listed in the meet package as follows.

1. The meet will be run under the most current SNC and Swim BC rules as per 2012-2013 SWIM BC Technical Guide.
2. Current SNC Swim Suit policy will be in effect at this meet.
3. This meet is open to swimmers in the swim meet's designated age categories registered with Swim BC or other affiliated FINA organizations.
4. The FINA one start rule and SNC warm up procedures will be in effect.
5. Preliminaries will be run with male & female pools (alternating deep & shallow ends).
6. Finals will be run out of the deep end only
7. Swimmers missing a preliminary heat will be considered a scratch and will not be entered in another heat in that event.
8. Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time.
9. 2012-2013 IPC Swimming Rules will govern all Para-Swimmer events.
10. Classification numbers must accompany entries. (e.g., s6sb6sm6)
11. Preliminary heats will be start overs, with the previous heat remaining in the pool.
(Please explain and remind your swimmers about this)
12. Richmond Rapids reserve the right to enter swimmers not meeting the qualifying standards.
13. 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering events entered.
14. Scratches for preliminaries are requested by the posted scratch deadlines.
15. Finalists are considered to be the top 8 plus 2 or the top 16 plus 2 in events with consolation finals. Failure to scratch a finalist or alternate will result in a scratch penalty if the alternate is called. In adherence to Swim BC's scratch policy at heats/finals meets, the penalty for no shows or scratches after the last scratch deadline for finals will be \$20, with the swimmer not allowed to swim any other events, including relays, for the remainder of that finals session, as well as no other members of that team being able to compete until the \$20 penalty fee has been paid.
16. Scratches for finals must be into the clerk of the course ½ hour after the conclusion of preliminaries for re-seeding.
17. Last chance scratch for finals: 30 minutes before finals, coaches must find the alternate, notify the clerk of the course, and the referee of the intent to scratch.
18. Awards will be given for 1st through 8th for individual events.
19. Prizes will be awarded on Sunday evening for the 50 Free Eliminator and the "7x50m of fun".
20. It is the visiting club's responsibility to ensure that their swimmers are supervised at all times during the competition and between sessions while in the Watermania facility.

21. Age groups will be 12 and under, 13, 14, 15 & Over.
22. Consolation finals will be held for the 15&Over category in all 50, 100 and 200m events with 20 or more swimmers entered. The "B" final will precede the "A" final.
23. For 400 events (Free and IM): Only the fastest 20 in each age category will swim in the heats.
24. The 400m finals will be swum, with four swimmers from each age and gender in the final. (i.e., the first final will feature the top four 12&U and the top four 13-year-olds).
25. 800 and 1500 will be timed final.
26. Each club attending the meet will be required to provide officials for all sessions at the meet. **Please submit attached officials form with names of people available to work if needed during the preliminary sessions.**
27. All heats will be senior seeded, fastest to slowest and will be circle-seeded
28. Each attending club must provide their club's Officials Coordinator contact information to the Fastswim Official's coordinator.
29. Free Swims
 - 1QT = 5 free swims
 - 2QT = 4 free swims
 - 3QT = 3 free swims
 - 4QT = 2 free swim
 - 5QT = 1 free swim

A swimmer wishing to swim in more than six events must have met or exceeded the qualification standard for each of their entered events.

800 / 1500 free

- The fastest 16 entries per age group will be accepted. Teams will be notified via e-mail if their swimmers are in the 800 or 1500. Each heat will be swum as a timed final.
- A positive check is required by 10:00 am on the day of the event. The events may then be re seeded. Failure to check in will result in a scratch and an alternate will be selected.

Clubs entering swimmers in the 800 or 1500 must supply at least one timer per swimmer (from their club) for the event.

Relays

- It is the intention of the meet management to have relays at the meet. If individual swim numbers are oversubscribed then relays may not be held. Relays will be timed finals with the fastest heat **swum at the end of finals**. Relay cards will be due in by 10:00 am Friday and Saturday.

Special Races:

50 Freestyle Eliminator

Round 1 – Friday AM (regular heats)

Round 2 – Top 8 Friday PM (regular finals)

Round 3 – Top 4 Saturday PM- based on Fridays finals results (eliminator specific age groups)

Round 4 - Top 2 Sunday PM based on Saturdays results (eliminator specific age groups)

CASH PRIZES	1 st	2 nd
12 & under	\$ 40,	\$ 20,
14 & under	\$ 50	\$ 30
15 & over	\$ 80	\$ 40

7 x 50m's of Fun !!

- The event consists of a series of seven 50's on 2:00 intervals.
- The final swimmer to touch the wall in each 50m race will be eliminated.
- The stroke order for the entire event will be drawn prior to the event starting, but will not be revealed.
- There will be separate drawings of event order for male and female.
- The stroke of each 50 will be announced after conclusion of the previous heat.
- The stroke will change after each 50; i.e., no back-to-back of same stroke
- DQs will still be in effect and will result in the offending swimmer being eliminated.
- Only the top 8 male and female swimmers entered will be selected to swim
- Winner take all \$100.00 prize for top male and female swimmer

Swimmers in the 50m free eliminator and the 7x50m's of fun must be entered and swim a minimum of 5 events in the meet

Entry Fees:

Individual events	\$ 8.50
Swim B.C.	\$ 4.00 Splash Fee
Relays	\$ 10.00
Deck entries	\$ 10.00 Deck entries are for time only and are not eligible for awards or finals
Relay deck entry	\$ 20.00

- **NT's will not be accepted except for relays and will not be refunded.**

Entry deadline **Friday November 23rd, 2012 6pm**

The meet will not exceed 500 swimmers. Teams will be entered into the meet based on the date of their original entry file is sent. Coaches will be notified if there entries will not be accepted

Entries: Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website (www.meetlist.notlong.com) website.

Entries sent directly to the meet manager will not be accepted.

Cheques should be made payable to the **"Richmond Rapids Swim Club"**.

- Associations must submit one cheque only; no individual cheques will be accepted from members of the association.
- If couriering, please mark package "no signature required"

Proof of times in "Word format" must accompany all meet entries.

Contact List

Meet Manager: Mike Crawford crawford5571@shaw.ca

Head Coach Rob Pettifer rapidrob@richmondrapids.com

Official's coordinator: Pam Gosel swim@richmondrapids.com

Meet Secretary: Carrie Murray murraygc@shaw.ca

Friday November 30th , 2012

Female	QT	Event	QT	Male
1	3:20.00	12 & under 200 IM	3.05.00	2
	2:51.64	13	2.50.34	
	2:47.49	14	2.43.51	
	2:43.98	15 and over	2.36.19	
3	33.50	12 and under 50 Free	34.00	4
	32.04	13	31.09	
	31.29	14	29.85	
	30.93	15 and over	28.23	
5	1:26.00	12 and under 100 Back	1:27.00	6
	1:21.08	13	1:19.51	
	1:19.28	14	1:17.40	
	1:17.46	15 and over	1:12.26	
7	45.00	12 and under 50 Breast	44.50	8
	42.00	13	39.00	
	40.50	14	37.50	
	39.00	15 and over	36.00	
9	2:40.00	12 and under 200 Free	2:45.00	10
	2:33.31	13	2:30.32	
	2:29.78	14	2:24.25	
	2:25.57	15 and over	2:16.97	
11	NT	12 & under 200 free relay	NT	12
13	NT	14 & under 200 free relay	NT	14
15	NT	15 & over 200 free relay	NT	16
17	11:00.00	Girls 12 & under 800 free		
		Boys 12 & under 1500 free	22:00.00	18
19	10:40.00	Girls 14 & under 800 free		

Saturday December 1st, 2012

Female	QT	Event	QT	Male
21	6:30.00	12 & under 400 IM	6:42.00	22
	6.12.44	13	6.10.38	
	6.03.09	14	5:49.00	
	5.58.03	15 and over	5.41.91	
23	1:13.50	12 and under 100 Free	1:14.50	24
	1.10.17	13	1.08.18	
	1.08.64	14	1.05.24	
	1.07.03	15 and over	1.01.67	
25	3:26.00	12 and under 200 breast	3:36.00	26
	3.18.38	13	3.14.84	
	3.16.17	14	3.11.01	
	3.13.00	15 and over	3.02.56	
27	39.00	12 and under 50 Back	36.00	28
	37.50	13	34.50	
	36.00	14	33.00	
	34.50	15 and over	31.50	
29	1:27.00	12 and under 100 Fly	1:27.50	30
	1.22.03	13	1.20.42	
	1.18.86	14	1.16.66	
	1.17.09	15 and over	1.10.61	
31	NT	12 & under 200 med relay	NT	32
33	NT	14 & under 200 med relay	NT	34
35	NT	15 & over 200 med relay	NT	36
		Boys 14 & under 1500 free	20:00.00	20
37	10:30.00	Girls 15 & over 800 free		
		Boys 15 & over 1500 free	19:15.00	38

Sunday December 2nd, 2012

Female	QT	Event	QT	Male
39	5:40.00	12 & under 400 Free	5:30.00	40
	5.21.98	13	5.19.66	
	5.16.34	14	5.06.24	
	5.08.58	15 and over	4.57.27	
41	3:03.00	12 and under 200 Back	3:08.00	42
	2.51.79	13	2:48.00	
	2.49.83	14	2.47.28	
	2.45.95	15 and over	2.36.47	
43	41.00	12 and under 50 Fly	40.00	44
	39.5	13	37.5	
	38	14	36	
	36.5	15 and over	34	
45	1:37.00	12 and under 100 Breast	1:40.00	46
	1.33.05	13	1.30.89	
	1.31.73	14	1.28.41	
	1.29.79	15 and over	1.23.31	
47	3:20.00	12 and under 200 Fly	3:20.00	48
	3:05.70	13	3:05.07	
	3:56.53	14	2:56.82	
	2:53.39	15 and over	2.42.52	

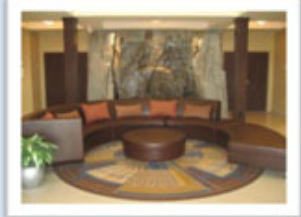
Fastswim Officials Forms

Club :	
Friday Preliminaries	
Timers	
1	4
2	5
3	6
Stroke and Turn	
1	3
2	4
Saturday Preliminaries	
Timers	
1	4
2	5
3	6
Stroke and Turn	
1	3
2	4
Sunday Preliminaries	
Timers	
1	4
2	5
3	6
Stroke and Turn	
1	3



We pride ourselves on being the **newest**, and **best** choice whenever visiting Richmond, British Columbia with special rates for the

Please contact the hotel for the special FastSwim rate



- Located in the Riverport Entertainment Complex (home to Watermania)
- Complimentary Express Start Buffet Breakfast
- Complimentary Daily Parking
- Indoor Heated Swimming Pool, Whirlpool & Fitness Centre
- Complimentary Airport Shuttle
- On-site Guest Laundry Facilities
- Complimentary Business Center
- Complimentary High-Speed Internet Access
- Over 1200 Square Feet of Meeting Space



Hotel Contact info—Always ask for the **Fastswim Rate**

Holiday Inn Express and Suits Riverport

(walking distance to the pool)

10688 NO. 6 ROAD Richmond, BC, Canada V6W 1E7

Hotel Front Desk: 1-604-241-1830

Hotel Fax: 1-604-241-1840

Team booking contact:

Group Sales Manager

Direct: 604-248-8201

Holiday Inn Vancouver Airport-Richmond

10720 Cambie Road, Richmond, BC, Canada V6X 1K8

Toll-Free: 1-888-831-3388

Team booking contact:

Group Sales Manager

Direct Dial: 604-207-3173

Holiday Inn Express Vancouver Airport

9351 Bridgeport Road, Richmond, BC, Canada V6X 1S3

Toll-Free: 1-877-273-8080

Shafik Chernovsky

Group Sales Manager

Direct Dial: 604-207-3173



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
01/10/2009 APP D-1

Revision 6

Providing boys and girls the best opportunity to achieve excellence in the sport of competitive swimming.