



ISLAND PACIFIC CUP
November 9-11, 2012
SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive
Victoria, BC
Sanctioned by SWIM BC: #13407



HOSTED BY: Victoria Amateur Swim Club (VASC)

POOL: Two 25-metre, 8-lane pools separated by a bulk-head. This is a single-ended format, short course meet. The second 25-metre pool will be used for warm up / cool down. Coffee shop on site.

SESSION	WARM-UP	START	PROJECTED END
Friday November 9, 2012			
Heats	9:15 a.m.	10:15 a.m.	2:30 p.m.
Finals	5 p.m.	6 p.m.	8:30 p.m.
Saturday November 10, 2012			
Heats	8 a.m.	9 a.m.	2:30 p.m.
Finals	5 p.m.	6 p.m.	8:30 p.m.
Sunday November 11, 2012			
Timed Finals	8 a.m.	9 a.m.	1 p.m.

ELIGIBILITY:

1. Open to appropriately-registered SWIM BC (or FINA related) swimmers as of Friday, November 9, 2012. Age is determined by age of swimmer as of November 9, 2012. Please note S/NC's new swimsuit policy will be in effect.
2. Qualifying time standards are the Swim BC 2011-2012 AA short course times. (<http://swimbc.ca/time-standards/>).
3. Stroke 50 metre events (Backstroke, Breaststroke and Butterfly) do not have Swim BC AA time standard. These events may be entered by a swimmer who qualifies for any other event in the meet.
4. There are no entry standards for relay events.
5. Swimmers from Island Swimming who do not meet the qualifying standards may be entered to fill the meet, up to 450 swimmers.

ENTRY INFORMATION:

1. FEES: \$6.50 per individual. \$8.00 per relay event. \$9.00 surcharge per swimmer includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 Provincial Team Splash fee per swimmer. Fees are due at the beginning of the meet via a cheque made payable to the **Victoria Amateur Swim Club**.
2. Entries must be submitted with a time through the SNC website at <https://www.swimming.ca/meetlist.aspx>. Please email an entry report for cross-checking to meetmanager@islandswimming.com. **Non-Canadian entries should be uploaded to the above-listed site as well.**
3. Scratches received after the final scratch deadline will be charged, unless a medical note is provided.
4. 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 for swimmers not already in the meet.



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through PLAYTIME BINGO 3400 Tillicum Road, Victoria*



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ENTRY DEADLINES:

Initial entry deadline	November 1, 2012 at noon
Initial psych sheets posted: www.islandswimming.com	November 5, 2012
Email scratches or changes to: meetmanager@islandswimming.com	November 6 at noon
Final scratch deadline – final fee reports will be based on entries as of this deadline	November 7, 2012 at noon
Revised psych sheets posted: www.islandswimming.com	November 7, 2012

AWARDS:

1st, 2nd, and 3rd place winners of the individual events and 1st place for relays will be eligible for entry in prize draws.

MEET RULES:

1. The meet will follow SWIM BC RULES and SNC RULES.
2. Friday and Saturday's events are heats and finals except for the relays and distance events. All events will be swum together during heats, but separated according to age groups (12 & U, 13/14, 15 & Over) in finals. There will be a B final for each gender for the 15 & Over age category in all heats and finals events.
3. All 4 x 50 relays are timed finals swum at the beginning of the Friday and Saturday Finals sessions. The 4 x 100 relays are timed finals swum at the beginning of Friday and Sunday prelim sessions. The 4x100 relays are limited to the fastest 8 teams per gender, max. 1 team per club.
4. Sunday's events are timed finals.

Distance Events:

5. 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, three heats per gender per event. Meet Management reserves the right to add overflow heats to the end of Sunday's heats. Positive check-in is required for the 800 and 1500 events on the day of the swim.

6. The 400, 800 and 1500 freestyle events may be swum TWO swimmers per lane, at the Meet Manager's discretion upon approval from the meet referee.
7. At 12:30 p.m. on Sunday, the 12&U Jamboree warm-up will begin in one of the 25-metre competition pools.

PARA SWIMMING MEET RULES:

1. There are no minimum qualifying time standards for Para events.
2. All Para Swimmer entries must include the swimmer's classification numbers (e.g., S4SB3SM5). Swimmers without classification should contact Swim BC a minimum of one month prior to the entry deadline to ensure that classification can be arranged.
3. All Para Swimmers (S1-S13) must be licensed by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and Classification information is available at <https://www.swimming.ca/ParaswimmingClassification>
4. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
5. The Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
6. Classes eligible for competition are S1-S10; S11-13 and S14.
7. Para Swimming events are Open Age Group – no age restrictions.



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PARA SWIMMING MEET RULES (cont'd):

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| <p>8. Events will be 50m Free, 100m Free, 50m Back, 100m Breast, 50m Fly and the combined events of 150m IM (S1-4), 200m IM (S4-14).</p> <p>9. Swimmers will compete in dedicated, multi-disability, single gender IPC Swimming events. Swimmers may enter the able bodied events, but coaches are asked to limit entries to those events which correspond with their swimmers classification as per Swimming Canada events.</p> | <p>10. Winners will be determined by multi-disability competition using the most recent SNC Performance Points Charts</p> <p>11. Events with 5 - 9 splashes will go to finals, with the top 4 advancing. Events with 9 or more splashes will go to finals, with the top 8 advancing</p> |
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SCRATCH RULES:

The "No Charge Scratch" deadline is **noon on Wednesday, November 7, 2012.**

To scratch a swimmer or relay team from an event during the meet, the scratch must be made by the deadlines outlined in the table below. The Swim BC scratch rules for finals and associated penalties will be applied.

Day	Session	Scratch Deadline
Friday, November 9	Preliminary Session	Scratches due by 9:15 a.m. Positive check-in for 800 metre by 10:15 a.m.
	Finals	Scratches due 30 minutes after the conclusion of preliminary Event 18, 200 Breast. Last scratch deadline is 30 minutes prior to the start of finals.
Saturday, November 10	Preliminary Session	Scratches due 60 minutes after start of finals on Friday, November 9. Positive check-in for 1500 events by 9 a.m.
	Finals	Scratches due 30 minutes after the conclusion of preliminary Event 40, 50 Free. Last scratch deadline is 30 minutes prior to the start of finals.
Sunday, November 11	Preliminary Session	Scratches due at 7:00 p.m., <u>Saturday, November 10.</u> Positive check-in for overflow distance events (if any) by 9 a.m.

ISLAND PACIFIC CUP
November 9-11, 2012
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SCHEDULE OF EVENTS

Friday Preliminaries: Warm-up 9:15 AM, Start 10:15 AM

Girls	Event	Boys
1	4 x 100 Medley Relay (top 8 teams per gender)	2
3	200 Back	4
5	PARA 50 Back	6
7	100 Fly	8
9	200 IM	10
11	PARA 200 IM	12
13	100 Free	14
15	PARA 100 Free	16
17	200 Breast	18
19	800 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	20

Friday Finals: Warm-up 5 PM, Start 6 PM

Girls	Event	Boys
21	4 x 50 Free Relay	22
3	200 Back	4
5	PARA 50 Back (if > 4 splashes in prelims)	6
7	100 Fly	8
9	200 IM	10
11	PARA 200 IM (if >4 splashes in prelims)	12
13	100 Free	14
15	PARA 100 Free (if >4 splashes in prelims)	16
17	200 Breast	18

Saturday Preliminaries: Warm-up 8 AM, Start 9 AM

Girls	Event	Boys
23	100 Back	24
25	200 Free	26
27	PARA 50 Free	28
29	100 Breast	30
31	PARA 100 Breast	32
33	200 Fly	34
35	PARA 50 Fly	36
37	50 Free	38
39	1500 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	40

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Saturday Finals: Warm-up 5 PM, Start 6 PM

Girls	Event	Boys
41	4 x 50 Medley Relay	42
23	100 Back	24
25	200 Free	26
27	PARA 50 Free (if >4 splashes in prelims)	28
29	100 Breast	30
31	PARA 100 Breast (if >4 splashes in prelims)	32
33	200 Fly	34
35	PARA 50 Fly (if >4 splashes in prelims)	36
37	50 Free	38

Sunday Timed Finals: Warm-up 8 AM, Start 9 AM
 (all events are timed finals)

Girls	Event	Boys
43	4 x 100 Free Relay (top 8 teams per gender)	44
45	50 Fly	46
47	400 Free	48
49	50 Back	50
51	50 Breast	52
53	400 IM	54
19	800 Free (possible overflow heats after Friday)*	20
39	1500 Free (possible overflow heats after Saturday)*	40

Marshalls will be present during warm-ups.

*Overflow heats for 800 and 1500 events will be held at the discretion of the meet manager.

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 who 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 chart can be found at: <http://swimbc.ca/time-standards/>

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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

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

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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

Revision 6 01/10/2009 APP D-1



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