

BC School Sports Provincial Aquatics Championships Friday, November 16 + Saturday, November 17, 2012

Watermania Aquatic Centre,
14300 Entertainment Blvd., Richmond, BC phone: 604-448-5353

Open Events Sanctioned by SwimBC: #13422

Friday Session

Coaches AGM 10:45am. (Light snacks provided)

Warm-up 12:00 pm

Heats 1:00 pm

Finish approx 7-8pm

Saturday Session

Warm up 8:00 am

Finals 9:00 am

Finish approx 2 pm

Entry fees

- Individual events **\$10.00** Relays **\$20.00**
- Payment by cash or cheque payable to **BCSSSA**.
- ****NO CASH, NO SPLASH****
- Payment must be received at the meet by 1pm Friday or swimmers will not be allowed to compete. Kerrie Turner will be available in the Multi Purpose Room (AGM location) before, during and after the AGM to take payments. If you must make alternate arrangements, please contact Kerrie at kerrie13@shaw.ca PRIOR to the meet.
- Shortly after the entry deadline, coaches will be able to view payment totals on the BC School Sports website (www.bcschoolsports.ca) under 'Aquatics'. The fees due will be for the swimmers qualifying as of the entry deadline. Coaches are still responsible for payment for swimmers who scratch after the deadline, so confirm their attendance early.

Zone entries

- **Entry/scratch deadline is November 7th, 2012**
- Each Zone Rep will forward their complete results file to **Rob Traynor** at bchsswim@gmail.com.
- Send scratches to your zone rep as soon as you know of them.
- **Zone reps** will send scratches to Rob until the scratch deadline and include any alternates that will move into the spots. Alternates will not be allowed after the scratch deadline.
- Zone reps should also send a list of coaches/sponsors with a contact number.
- Coaches can contact Rob directly with any concerns or further scratches after the entry deadline. Email Rob: bchsswim@gmail.com

Meet Officials

- Meet Referee – Gail Nichols
- Starter – Pam Gosel
- Clerk of Course – Kerri Turner
- Electronics operator – Rob Traynor
- Chief finish judge – Betty Lum

Zone Representation

Zone	# of entries
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Vancouver / Richmond	5
Fraser Valley	10
Burnaby / New West / North Shore	6
Vancouver Island	5
Okanagan	3
Kootenays	3
North Central	3

Award Presentations

- Individual and Relay trophies and Medals will be awarded during Finals on Saturday. These formal presentations are to award achievement and allow recovery time for individuals in back to back events.
- Swimmers will keep their medals after these presentations. No medals will be mailed. *No ribbons will be awarded.*
- Banners for Boys' Team Champion, Girls' Team Champion and Combined Team Champion will be presented at the conclusion of Finals.

Warm up

- Warm-up lanes will be available throughout the meet in the shallow end.
 - Swimming Canada warm-up rules will apply. These are attached to this document.
 - **Coaches are to instruct their swimmers on how to enter the pool (no diving except in designated sprint lanes), and all other protocol contained with in the SNC warm-up procedures**
- Sprint Lanes will open in Lanes 1 and 8 ten minutes before the close of warm-up.*

- **Warm up lanes**

Zone	Lanes
Fraser Valley	1, 2, 3
Vancouver / Richmond	4
Okanagan, Kootenays, North Central	5
Vancouver Island	6
Burnaby / New West / North Shore	7,8

Competitive groups

- **Open Category:**
 - Any swimmer meeting the qualifications of BC School Sports. Swimmers registered with SNC/ Swim BC must enter this category and MUST provide their SNC number to the meet organizer prior to the competition.
- **B Category:**
 - As of January 1st of the championship year, a 'B Category' swimmer trains and competes from May 1st to Sept. 30th with no restrictions.
 - From Oct. 1st to April 30th a B swimmer may train with their high school team and may participate in other speed swimming training (eg. Winter maintenance, Triclub, private coaching, etc.) as long as it does not exceed 2 hours/week.
 - ****Please note changes**** *Waterpolo and synchro training are not restricted (as per motion passed at 2009 AGM).*
 - 'B' swimmers may swim in the Open category or the B category, but may not compete in the same stroke in both Open and B events (i.e. a B swimmer may not

enter both 50 back and 100 back). B swimmers may swim in B or Open category relays but may not swim in the same relay in both the open and B event.

- **Para Category**

- Any swimmer classified as a swimmer with a disability under SNC classifications. PARA athletes MUST be officially classified to compete in this category.
 - **Classes 1-10** – are allocated to swimmers with a physical disability
 - **Classes 11-13** – are allocated to swimmers with a visual disability
 - **Class 14** – is allocated to swimmers with an intellectual disability
- **For more information see:** <https://www.swimming.ca/Guide-to-Classification>
- *A few classification clinics will be held around the province prior to Provincials. For information please contact: Dustin Hersee (dhersee@stgeorges.bc.ca).*
- Swimmers in this category must compete at their zone meet but automatically qualify for the provincial championships in any event which they complete to a maximum of 4 events.
- There is no separate category for PARA relays.
- Swimmers with a disability may swim in the Open or B categories but may not swim in the same stroke in two different categories (ex. 100 Fly Open and 50 fly PARA).
- IPC Swimming Rules will apply to all PARA events.

Championship Rules

- 1. All competitors must be registered with BC School Sports and meet BCSS eligibility rules. Any swimmer who is not registered faces disqualification and/or school fines.
- 2. This meet is sanctioned by Swim BC. The meet will use Swimming Canada (SNC) Rules, including the one start Rule, and the relay rules. SNC rules will also be in effect for warm up. Coaches should make all of their swimmers aware of these specific rules.
- 3. As per SNC rules, competitors must wear **only one swimsuit**. For boys, the suit shall not extend above the navel or below the knee. For girls, the suit shall not cover the neck, nor extend past the shoulder, nor extend below the knee. All swim suits shall be made from textile materials and have **no zippers**.
- 4. Each swimmer is limited to a total of 4 events. These events may be individual swims, relays or a combination. Listing as an alternate on a relay will count as one of the 4 events.
- 5. Speed swimmers must qualify through their Zone meet. Synchro swimmers may be entered directly to the provincial Synchro competition.
- 6. Open swimmers may not compete in B events.
- 7. B swimmers may not swim in both the Open and B event for the same stroke.
- 8. Each individual event will include a Championship Final (places 1-8) and a Consolation final (places 9-16).
- 9. Relays will include a championship final (1-8). When 16 or more teams **swim in the heat**, there will also be a consolation final (9-16).
- 10. Speed swimming and Synchro meets have one Girls' Team Championship Banner, one Boys' Team Championship Banner, and one Combined Team Championship Banner. Swimmers can compete in their Maximum number of events in **both** the Speed Swimming and the Synchro meet.

Relay Rules

- 11. Any swimmer who swims at the zone meet is eligible to swim on a relay at the Provincial meet.
- 12. The make-up of a qualifying relay team may be changed between the zone meet and provincials, but not between heats & finals at the provincial meet (except to use a designated alternate). **Please provide the names of swimmers on your relay teams, including alternates** no later than 30 minutes before the start of the meet, but preferably with your entries. **The SNC rule states the order on the relay card is the order that the swimmers MUST use in the race.**
- 13. A swimmer may not scratch an individual event at Provincials in order to move into a relay event. All individual events entered at the Provincial Meet will count as one of the 4 events allowed, whether the swimmer swims the individual event or not.
- 14. No more than 2 teams for each school will be allowed to enter a relay event.
- 15. Mixed relay teams may be entered by combining 2 single gender schools.
- 16. A minimum qualifying time must be achieved for events 15 to 18 (400 Free relays). Open categories 6:30 minutes or better, B categories 6:30 or better.

Meet Manager: Scott-Ryan Abt, York House School
scott_abt@yorkhouse.ca
 Phone: 604-736-6551

Coordinator of Officials: Stephanie Christie stchristie@sd38.bc.ca

Meet Entries: Rob Traynor bchsswim@gmail.com

Scoring for Swim meet

Individual events

1st	2nd	3rd	4th	5th	6th	7th	8 th								
20	18	16	15	14	13	12	11	9 th	10th	11th	12th	13th	14th	15th	16th
								10	8	6	5	4	3	2	1

Relay Events

1st	2nd	3rd	4th	5th	6th	7th	8th								
40	36	32	30	28	26	24	22	9 th	10th	11th	12th	13th	14th	15th	16th
								20	16	12	10	8	6	4	2

PARA scoring is a reverse format and based on the number of swimmers in each event. Example:

8 swimmers (20-18-16-15-14-13-12-11)

4 swimmers (14-13-12-11)

1 swimmer (11)

Scoring for Aquatics Banner

- **Swimming** - points will be totaled as above.
- **Synchro** - Schools will be awarded points towards the banner based on the schools finish in the Synchro competition.

1st	2nd	3rd	4th	5th	6th	7th	8th
60	48	36	30	24	18	12	6

Scholarships:

- ❖ Four scholarships in the amount of \$250 each will be awarded this year.

- ❖ Two will be presented to female swimmers and two to male swimmers.
- ❖ Eligible swimmers must be competing in speed swimming at the Provincial Championships and be in Grade 12.
- ❖ Winners will be selected by a random draw at the AGM.
- ❖ **Teacher sponsors/coaches**: Please forward the name of ONE male swimmer and ONE female swimmer from your team. Please include swimmer's NAME, GENDER, and SCHOOL. Forward to: **Andrea Nishi** AnNishi@sd38.bc.ca by Thursday Nov.17th, 2011 or bring the names to the beginning of the AGM.

BC SCHOOL SPORTS PROVINCIAL SWIMMING CHAMPIONSHIP**ORDER OF EVENTS**

Event #	Event	Category	Event #	Event	Category
1	200 Medley Relay	Girls B	24	100 Freestyle	PARA
2	200 Medley Relay	Boys B	25	100 Freestyle	Girls B
3	200 Medley Relay	Girls Open	26	100 Freestyle	Boys B
4	200 Medley Relay	Boys Open	27	100 Freestyle	Girls Open
			28	100 Freestyle	Boys Open
5	50 Freestyle	PARA			
6	50 Freestyle	Girls B	29	200 Mixed Medley Relay	B
7	50 Freestyle	Boys B	30	200 Mixed Medley Relay	Open
8	50 Freestyle	Girls Open			
9	50 Freestyle	Boys Open	31	50 Butterfly	PARA
			32	50 Butterfly	Girls B
10	50 Backstroke	PARA	33	50 Butterfly	Boys B
11	50 Backstroke	Girls B	34	100 Butterfly	Girls Open
12	50 Backstroke	Boys B	35	100 Butterfly	Boys Open
13	100 Backstroke	Girls Open			
14	100 Backstroke	Boys Open	36	200 Mixed Free Relay	B
			37	200 Mixed Free Relay	Open
15	400 Free Relay	Girls B			
16	400 Free Relay	Boys B	38	100 I.M.	PARA
17	400 Free Relay	Girls Open	39	100 I.M.	Girls B
18	400 Free Relay	Boys Open	40	100 I.M.	Boys B
			41	200 I.M.	Girls Open
19	50 Breaststroke	PARA	42	200 I.M.	Boys Open
20	50 Breaststroke	Girls B			
21	50 Breaststroke	Boys B	43	200 Free Relay	Girls B
22	100 Breaststroke	Girls Open	44	200 Free Relay	Boys B
23	100 Breaststroke	Boys Open	45	200 Free Relay	Girls Open
			46	200 Free Relay	Boys Open



SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES



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.
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- 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.