

# 2012 VAN-ISLE REGION ZONE SWIM CHAMPIONSHIPS MEET PACKAGE

**OPEN EVENTS Sanctioned by SwimBC: #13423**

**Meet Manager:** Russ Der

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**Clerk Of The Course:** Michelle James

**Email:** [mjamesbc@shaw.ca](mailto:mjamesbc@shaw.ca)

**Date:** Sunday, October 21, 2012

**Time:** Warm ups – 10:00 am ( Safety Marshalls on deck ) - Coaches Meeting **10:30 am**  
Events – **11:00am – 4:00 pm**

**Place:** Nanaimo Aquatic Centre - 741 Third Street – Nanaimo, BC ( 250 ) 756-5200

**Course:** 25 metres- 8 Lanes, 2 Cool Down Lanes- Colorado 6 timing system, and Electronic Scoreboard

## TEAM SPORT REGISTRATION

It is the responsibility of coaches to ensure that their school is registered with BC School Sports and in Aquatics by the deadline specified by BC School Sports and each athlete must be registered in their eligible category, by the Sport Deadline!

## CLASSIFICATION OF SWIMMER CATEGORIES AND RULES

As outlined in the BC School Sports Handbook & Directory (Aquatics) and the aquatic's website. [www.bcschoolsports.ca/pages/news.php](http://www.bcschoolsports.ca/pages/news.php)

**Open (also called A)** swimmers are those that have an SNC number for the 2011 calendar year and/or have been swimming with a club more than two hours a week. If they have quit at any point in 2011 they will still be Open (A) swimmers for this years' Zones. If they quit in the 2010 calendar year, they can swim the B category at this years' Zones.

**B swimmers** are typically summer club swimmers, synchro, water polo and anyone else that has had swimming experience in the past but may not be swimming with a club right now.

**C swimmers** are novice swimmers and have had no experience with any club in the past. You put your C swimmers in the B events, but make sure to list them as C swimmers in the drop down menu of the 2nd sheet in the entries spreadsheet. At Regionals, C swimmers will race with B swimmers, but for points purposes will be pulled and put into a separate results category. Ribbons will also be awarded for this category. In order to qualify for Provincials, C swimmers must be in the top 5 in their event including the B swimmers.

If swimmers are registered in the wrong category at VI Region Zones (e.g., in the B category when they should be swimming Open), they will be disqualified in their individual and relays. Please ensure that your swimmers are being honest about their swimming background. All it takes is one complaint, and it could be disaster for that school.

**B swimmers** may choose to swim an event in the Open (A) category, but they can't swim the same stroke in both A and B events. (eg a B swimmer cannot swim both 100 back in Open and 50 back in B). Also, B swimmers can swim a relay in the Open or B category, but cannot swim in the same relay in both Open and B events.

**PARA EVENTS ( Swimmers With Disabilities )** - for the Zone qualifier, enter the para swimmers in "B" category, only. The PARA swimmer must swim at the Zone qualifier to attend Provincials where they will be then entered in their PARA Events as outlined in the Provincial Meet Information. **DO NOT USE THE PARA EVENT #'s** for this meet. As in the past PARA swimmers can be entered on relays, again see the Provincial rules.

## **MEET ENTRY DEADLINE**

**Thursday, October 11, 2012.** Swimmers may swim a **MAXIMUM of 4 events** including relays. Being listed as an alternate counts as an event.

All Meet Entries and completed Ex Net Rosters must be emailed to [nanaimowhiterapids@gmail.com](mailto:nanaimowhiterapids@gmail.com) by **Thursday October 11, 2012 –Do Not Be Late !!**

## **MEET RULES**

- 1.1** Swim meet rules governing the meet will be SNC and SWIM BC rules.  
NOTE: The Open Category is sanctioned for SNC/Swim BC with valid SNC numbers only.
- 1.2** FINA/SNC swimwear rule is in effect. All competitors can only wear **ONE** swimsuit. Boys cannot have a suit that goes above the navel or below the knee. Girls cannot have a suit that covers the neck or extends past the shoulder or below the knee. All suits cannot have zippers and must be made from textile materials.
- 1.3** "NT (No time)" entries will **NOT** be allowed for seeding purposes. "C" swimmers will be seeded by entry times against "B" swimmers, therefore entry times are mandatory to ensure that they swim against swimmers with similar times. All swimmers must be entered with entry time, or the entries will not be accepted. **No entry time=no swim**  
The Clerk Of The Course will not contact coaches who enter swimmers with no times.
- 1.4** The meet will run cardless. Coaches are responsible for getting swimmers to the blocks. Swimmers who miss their event will not be allowed to re-swim the event.

- 1.5 Start: The FINA one-start rule will be in effect.  
Clarification will be at the Coaches meeting
- 1.6 Swimmer's age must be included on the entry grids.
- 1.7 **Once the meet is seeded, scratches will be taken, but the meet WILL NOT BE RESEEDDED – No Exceptions !!**
- 1.8 **Scratches** must be submitted by email to ( [nanaimowhiterapids@gmail.com](mailto:nanaimowhiterapids@gmail.com) ) no later than **OCTOBER 16, 2012**
- 1.9 **Swimming Canada Warm-up procedures will be in effect at this meet. Coaches are responsible for informing their swimmers of the rules and having them follow those procedures.**

#### **ENTRY INSTRUCTIONS**

1. Entries will be completed in an \*Excel spreadsheet, pre-formatted for your zone meet.  
\*Attachment.\*
2. Please complete each tab in the spreadsheet with your: team information, swimmer information, individual entries and relay entries. The only field that is optional is the Athlete ID. Instructions are on the first tab of the spreadsheet.
3. Completed spreadsheets should be e-mailed to [nanaimowhiterapids@gmail.com](mailto:nanaimowhiterapids@gmail.com) prior to the entry deadline of [**October 11, 18:00**].
4. A psych sheet and fee report will be circulated via e-mail [**October 14**].
5. Corrections must be returned to [nanaimowhiterapids@gmail.com](mailto:nanaimowhiterapids@gmail.com) prior to [**October 16, 12:00**]. Corrections are for input errors only, and are not intended for you to change swimmers events once you have seen the psych sheet. You must save, print off a copy of your entries and bring to the meet.
6. Following the Zone meet: **Provincial scratches** must be made by [ **October 23, 18:00**]

**ENTRY FEES - \$22.00** per swimmer, this includes alternates.

#### **SWIMMER REGISTRATION**

You will need to have the following for Registration in order for your swimmers to participate at the Zone Championships. The Registration Desk will be located in the Main Lobby at the Nanaimo Aquatic Centre.

- 1) Fee Report and Entries– this will reflect the Entries submitted by the **October 11 deadline** – there will be **no refunds for scratches !!**
- 2) Payment – Cash or Cheques. Please make all cheques payable to **School District 68**
- 3) Coach / Sponsor Contact Information Form
- 4) Completed BCSS Ex Net Roster

### **SCRATCHES/DECK ENTRIES**

Before the meet begins, coaches must inform the clerk of the course of any scratched swimmers. **Deck entries and changes are not permitted.**

### **TEACHER SPONSOR**

Each team must be accompanied at all times by a teacher sponsor. This requirement may be fulfilled by the principal of a school sending a letter with another team, designating a teacher/ sponsor/chaperone from within the same school district as being responsible. No teacher/ sponsor/chaperone: **No letter=No swimming.**

**Advancing to Provincial Championships: November 16<sup>th</sup> & 17<sup>th</sup>, in Richmond, BC.**

The top 5 entries in each individual event for swimming qualify for the Provincial Championships. The top 5 relays per relay event also advance with the **EXCEPTION** that only two relays may advance to Provincials from the **same school.**

**Again enter PARA swimmers in the B category events. After Zones they will be seeded in their appropriate Event number for Provincial Championships.**

### **Meet Officials:**

Meet Referee: Terry Ryan  
Starter: Nancy Ryan  
Chief Finish Judge: Nancy McGuire

**VAN-ISLE ZONE SWIMMING CHAMPIONSHIPS**  
**ORDER OF EVENTS**

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

## 14. AWARDS AND SCORING

**RIBBONS:** to 8<sup>th</sup> place, in individual events: to 3<sup>rd</sup> place in relay events.

Individual points 10 8 6 5 4 3 2 1

Relay points 20 16 12 10 8 6 4 2

**TROPHIES: PERPETUALS:** Overall Winner- Total points “A”+ “B”+ “C”  
Most “A”+ “B” Individual points  
Top “A” Team- Individual Events  
Top “B” Team- Individual Events  
Top “C” Team- Individual Events

**PLAQUES: Team** Team Excellence ( Most points per team member)  
Most Relay Points  
Most “A” relay points  
Most “B” relay points

**NOTE:** Please Bring all trophies to the meet.

### **BOB SMIRL AQUATIC AWARD ( \$300.00 )**

Nominations should be mailed with your contact form. Nominations will be accepted the day of the meet, provided they are handed in at the registration desk, before 12 noon.

Bob Smirl was a dedicated swimmer (backstroker), who made a lifelong commitment to developing and promoting swimming in the community.

The quality that a candidate for this Award should have demonstrated that he/she has made a commitment to this idea over several years.

The Award will be awarded to a Vancouver Island student for outstanding contributions to the sport of swimming showing qualities of Leadership, Sportsmanship and Athletic Ability.

# COACH/ SPONSOR CONTACT INFORMATION

SCHOOL: \_\_\_\_\_ code \_\_\_\_\_

SCHOOL PHONE #: \_\_\_\_\_

SCHOOL FAX #: \_\_\_\_\_

COACH/SPONSOR: \_\_\_\_\_

Schools Coached \_\_\_\_\_

EMAIL: \_\_\_\_\_

Phone W&H: \_\_\_\_\_

Are you a community coach \_\_\_\_\_ student \_\_\_\_\_ other \_\_\_\_\_

# of swimmers attending \_\_\_\_\_

#of spectators attending \_\_\_\_\_

# of practice times per week offered \_\_\_\_\_

# of volunteers for timing \_\_\_\_\_ Stroke and Turn \_\_\_\_\_

**Please print clearly and have this form with your meet fees (\$22.00 per swimmer entered).  
For Swimmer Registration. Cheques made payable to: School District 68.**

**NOTE:** Each swimmer must be entered under his/her own school regardless of who coaches them.



## 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.

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.