



**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
**Comox Valley Aquatic Centre**  
**Hosted by Comox Valley Aquatic Club**

**377 Lerwick Dr. Courtenay, BC**  
**Sanctioned by SwimBC: #13626**

**Hosted by:** Comox Valley Aquatic Club  
**Meet Manager:** Heather Ney [sharksmetmanger@gmail.com](mailto:sharksmetmanger@gmail.com)  
**Pool:** 8 X 25m competition pool  
 4 lanes in recreation pool  
 Colorado electronic timing, touch pads, plus manual watches

Day	Preliminary Sessions		Finals Sessions	
	Warm – up	Heats	Warm – up	Finals
<b>Friday January 18, 2013</b>	<b>10 am</b>	<b>11 am – 3 pm</b>	<b>5 pm</b>	<b>6 – 9 pm</b>
<b>Saturday</b>	<b>8 am</b>	<b>9 am – 2 pm</b>	<b>4 pm</b>	<b>5 – 8:30 pm</b>
<b>Sunday</b>	<b>8 am</b>	<b>9 am – 2 pm</b>	<b>4 pm</b>	<b>5 – 8:30 pm</b>

**Eligibility**

- Open to swimmers who are registered in a competitive category with member clubs of the Vancouver Island Regional Swimming Association
- Swimmer age is determined as of January 18, 2013.
- Qualifying procedure for individual events are outlined in the section below, titled Entries to Individual Events. The following time standards are to be used:
  - For 10&U swimmers:**
    - Use the AA standards from the 2012-2013 VIR 10&U Regional Time Standards. See end of meet package for time standards.
  - For 11&O swimmers:**
    - Use the “VIR 2.5%” time standard as the “Regional AA” standard. See end of meet package for time standards.
- Entry times are to be submitted in SC meters. LC times converted to SC by Hytek's team manager will be accepted.
- Times must have been swum in sanctioned meets since January 1, 2012.
- There are no qualifying times for relays.
- Please note SNC's current swimsuit policy will be in effect.

**Entries to Individual Events:**

- Swimmers may enter a maximum of 9 individual events.
- All non-qualified (Bonus) swims must have a Provincial A qualifying time.
- To enter the meet, each swimmer must have at least one qualifying time (see notes above for explanation of qualifying times, and the end of this package for a listing of the qualifying times)
  - NON-QUALIFIED SWIMS:**
    - Swimmers with at least one qualifying time may enter up to a maximum of SIX events without qualifying, provided they are 50, 100 or 200 meter events.
      - 1 qualifying standard: up to 5 Free Swims;
      - 2 qualifying standards: up to 4 Free Swims;
      - 3 qualifying standards: up to 3 Free Swims;
      - 4 qualifying standards: up to 2 Free Swims;
      - 5 qualifying standards: up to 1 Free Swim.



**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
**Comox Valley Aquatic Centre**  
**Hosted by Comox Valley Aquatic Club**

- b. EXCEPTIONS  
 Swimmers who qualify with a AA+2.5% time for;
  - a 200m event may choose one 400m event as one of their free swim(s)
  - a 400m event may choose either the 800m or 1500m event as one of their free swim(s).
  - An 800m or 1500m event may choose one 400m event as one of their free swims.
- c. To enter more than six events, the swimmer must have qualifying times in all events entered.
- d. COACHES – Please indicate free (Bonus) swims on your entry file.

**Entries to Relay Events:**

1. A club may enter a maximum of three (3) relay teams per relay event. Only A and B relay teams from VIR teams will be scored.
2. Swimmers participating in relay events only must be identified on the entry file as “RELAY ONLY SWIMMER”
3. Entry times for relay teams should be submitted for seeding purposes.
4. Club Relay teams must consist of 8 swimmers, one of each gender from each age group (10&U, 11/12, 13/14, 15&O): swimmers can move up an age group, but may swim only one leg of the relay. Clubs may enter “relay only” swimmers.

**Entries Submission and Fees:**

1. Entries must be uploaded by **11:59pm on Wednesday January 9, 2013** to the Swimming Canada website at: <https://www.swimming.ca/MeetList.aspx>. Entries sent directly to the meet manager will not be accepted.
2. Entry fees are \$8.50 per individual event; \$9.00 per relay.  
 There is also a \$4/swimmer SwimBC Provincial Team Splash fee.
3. Fees are due on arrival at the meet on Friday January 18, 2013 and should be made payable to:  
**Comox Valley Aquatic Club.**
4. Please ensure that the amount of the cheque reflects entries as of the no charge scratch deadline.
5. The no-charge scratch deadline is **noon on Tuesday January 15, 2013**. Email scratches before this deadline to [sharksmetmanager@gmail.com](mailto:sharksmetmanager@gmail.com) . Revised psych sheets will be posted on the CVAC website to reflect all entries and scratches as of this deadline.
6. Scratches received after noon on Tuesday, January 15, 2013 will be charged, unless a medical note is provided.

**Scratches During the Meet:**

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 Deadlines During the Meet
Friday Jan 18	Preliminary	Scratches for all events and positive check in for 800 and 1500 events required by 10:30am
	Finals	<i>Initial deadline:</i> 30 minutes following conclusion of Event 201, Mixed 10&U 400 Free <i>Last deadline:</i> 5:30pm. The Clerk of Course <b>AND</b> alternate’s coach <b>MUST</b> be notified by the coach of the scratching swimmer prior to this deadline.
Saturday, Jan 19 & Sunday, Jan 20	Preliminary	Scratches for all events and positive check in for 400m events required by 8:30am on the day of the event.
	Finals	<i>Initial deadline:</i> 30 minutes following conclusion of Preliminary Session each day. <i>Last deadline:</i> 4:30pm on the day of the event. The Clerk of Course <b>AND</b> the alternate’s coach <b>MUST</b> be notified by the coach of the scratching swimmer prior to this deadline.



## Vancouver Island Regional Short Course Championship

January 18, 19 and 20, 2013

Comox Valley Aquatic Centre

Hosted by Comox Valley Aquatic Club

### MEET RULES

#### 1) General

- a) SNC's current swimsuit policy will be in effect.
- b) Meet management must be notified of swimmers who will swim up in age group before the meet entry deadline. Please provide swimmer name, event and swim-up age category.
- c) No deck entries, time trials or exhibition swims.
- d) No Association entries for individual or relay events.
- e) All applicable FINA/SNC/Swim BC Rules apply for items not specifically covered by this package.
- f) SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET (see last page for details).

#### 2) 10 & Under Events

- a) All events for 10&U will be timed finals (senior seeded, slowest to fastest), mixed boys and girls, EXCEPT for the 200 IM and 200 Free, which will be swum as heats and finals (top 8) separately for boys and girls and will be circle seeded during heats.
- b) For all individual events, separate awards will be given to boys and girls. The 100 Free for 10&U will be run between events 17 & 18; the 200 Free for 10&U will be run between events 28 & 29

#### 3) 11 & Over Events

##### Events of 200m or less – Heats and Finals

- a) All 11&O individual events of 200m or less will swim heats and finals, with heats being circle seeded, slowest to fastest, and open age group. Finals will swim in age groups: 11/12, 13/14, and 15 & Over.
- b) Consolation finals will be held for the 15&O age group in events of 200 metres or less with 24 or more qualified entries. Positive check-in will be used for events with a consolation final. The consolation final will swim before the A final.

#### 400 m Events – Timed Finals

- c) 400m events may be limited to seven (7) heats for each gender, consisting of swimmers with the fastest 8 entry times in each age group, plus the 32 next fastest entries regardless of age.
- d) 400m events are run as timed finals with the top 8 swimmers in each gender, regardless of age, swimming during finals. All other swimmers will swim in the preliminary session, senior seeded, slowest to fastest.
- e) 400m Free may swim two per lane.
- f) Positive check-in is required for 400m events.

#### 800 and 1500 m Events – Timed Finals

- g) The 800 and 1500m Freestyle events will swim fastest to slowest, all age groups combined, alternating 800 and 1500m events. If necessary, these events may be limited to 4 heats per gender and may be swum with 2 swimmers per lane. However, the fastest 8 swimmers in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age.
- h) 800 and 1500m Freestyle events may swim two per lane.
- i) Positive check-in is required for 800/1500 Freestyle events.

#### Relay Events

- a) All relay events are timed finals and will swim slowest to fastest by age group;
- b) 10&U relays will swim at the beginning of preliminaries on Saturday (200 Medley Relay) and Sunday (200 Freestyle Relay).
- c) All 11&O relays will swim at the beginning of finals sessions.



**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
**Comox Valley Aquatic Centre**  
**Hosted by Comox Valley Aquatic Club**

**Para Swimming Events:**

- a) Para Swimmer entries must include each swimmer's complete classification with all 3 designations: an S class, an SB class and an SM class.
- b) Para Swimmers 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://swimming.ca/ParaswimmingClassification>
- c) Eligible classes include S1-10, S11-13 and S14.
- d) Para Swimming events are Open Age Group and will run as multi-disability. There are no minimum qualifying standards for Para Swimmers.
- e) Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
- f) Para swimmers may enter able-bodied events as per Swim BC policy. Para Swimmers must meet the able-bodied time standards in the able-bodied events they wish to enter. Coaches are asked to limit these additional events to those events which correspond with their swimmers' classifications as per Swimming Canada events.
- g) Events with 8 or fewer splashes per gender will swim as timed finals in the preliminary sessions; events with nine or more splashes will go to finals.
- h) Event winners will be determined by using the male and female SNC Performance Points Charts.
- i) All Para Swimming events (both timed finals and finals) will have awards. Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> on a minus one rule: 4 or more swimmers = 3 awards, 3 swimmers = 2 awards, 2 swimmers = 1 award, 1 swimmer = no awards.

**Awards:**

Individual:

- a. Medals will be presented for places first, second and third for 12&U, boys and girls.
- b. Ribbons will be presented for first, second and third places for 13&O and for fourth through eighth for all age group, boys and girls.

Relays:

- a. Medals will be presented to the first place team for the 12&U.
- b. Ribbons will be presented to the first place team for 13&O age groups.

**Scoring:**

Scoring of VIR teams will be as follows:

- Individual and Relay Events:  
50-30-20-15-14-13-12-11
- Para Swimming dedicated events will be scored.
- Consolation Finals will not be scored

**Officials:**

VIR Championships are offered as a cooperative effort with officials participating from all clubs. Each participating club is required to provide officials for all meet sessions. Please send names of your volunteers to Sabine Arends by **January 9, 2013**: [cvoofficialsdirector@gmail.com](mailto:cvoofficialsdirector@gmail.com)



**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
 Comox Valley Aquatic Centre  
 Hosted by Comox Valley Aquatic Club

## Schedule of Events

### Friday – January 18

#### Preliminary Session

Warm-ups: 10am

Start time – 11 am

Estimated finish: 3pm

Girls	Event	Boys
1	11 and Over 50 Free	2
3	11 and Over 100 Breast	4
101	Multi-Disability (S 1-14) 100 Breast	102
5	11 and Over 200 IM	6
103	Multi –Disability (S 1-14) 50 Fly	104
201	Mixed 10 and Under 400 Free TF	201
7	11 and Over 800 Free TF*	8
9	11 and Over 1500 Free TF*	10

#### Finals Session^

Warm-ups: 5pm

Start time – 6 pm

Estimated finish: 9 pm

11	11/12 200 Medley Relay	12
13	13/14 200 Medley Relay	14
15	15 & Over 200 Medley Relay	16
	50 Free Finals**	
	100 Breast Finals**	
	200 IM Finals**	

### Saturday – January 19

#### Preliminary Session

Warm-ups – 8 am

Start time – 9 am

Estimated finish: 2 pm

202	Mixed 10 and Under 200 Medley Relay	202
17	11 and Over 400 IM TF	18
203	Mixed 10 and Under 100 Free TF (to be swum between events 17 and 18)	203
105	Mixed 10and Under 100 Back TF	106
19	11 and Over 100 Back	20
205	Mixed 10 and Under 50 Breast TF	205
21	11 and Over 200 Breast	22
206	Mixed 10 and Under 100 Fly TF	206
107	Multi-Disability (S1-14) 100 Free	108
23	11 and Over 100 Fly	24
207	10 and Under 200 IM	208
109	Multi-Disability (S1-14) 150/200 IM	110
25	11 and Over 200 Free	26



**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
**Comox Valley Aquatic Centre**  
**Hosted by Comox Valley Aquatic Club**

**Finals Session<sup>^</sup>**

Warm – ups – 4 pm	Start time – 5 pm	Estimated finish: 8:30 pm
27	8 x 50 Club Relay **No Association Teams	27
10 and Under 200 IM Finals		
11 and Over 400 IM Finals (fastest heat)		
11 and Over 100 Back Finals**		
11 and Over 200 Breast Finals**		
11 and over 100 fly Finals**		
11 and over 200 Free Finals**		

**Sunday – January 20**

**Preliminary Session**

Warm-ups 8 am	Start time – 9 am	Estimated finish: 2pm
Girls	Events	Boys
209	Mixed 10 and Under 200 Free Relay	209
111	Multi – Disability (S1-14) 50 Free	112
28	11 and Over 400 Free TF	29
210	10 and Under 200 Free Finals (to be swum between events 28 and 29)	211
212	Mixed 10 and Under 50 Back TF	212
113	Multi-Disability (S1-14) 50 Back	114
30	11 and Over 200 Back	31
213	Mixed 10 and Under 50 Fly TF	213
32	11 and Over 200 Fly	34
214	Mixed 10 and Under 50 Free TF	214
34	11 and Over 100 Free	35
215	Mixed 10 and Under 100 Breast TF	215

**Finals Session<sup>^</sup>**

Warm-up - 4 pm	Start time – 5 pm	Estimated finish: 8:30 pm
36	11/12 200 Free Relay	37
38	13/14 200 Free Relay	39
40	15 & Over 200 Free Relay	41
10 and Under 200 Free Finals		
11 and Over 400 Free Timed Finals (fastest heat)		
11 and Over 200 Back Finals**		
11 and Over 200 Fly Finals**		
11 and Over 100 Free Finals**		

\* These events will be swum from fastest to slowest alternating 800 and 1500 events.

\*\*Finals will be by age group: 11.12, 13/14, 15 & Over

<sup>^</sup>Finals may include Para Events, depending on number of splashes



**Vancouver Island Regional Short Course Championship**

**January 18, 19 and 20, 2013**

**Comox Valley Aquatic Centre**

**Hosted by Comox Valley Aquatic Club**

**Local Hotel Accommodation:**

**Holiday Inn Express -**

2200 Cliffe Ave Courtenay

1-778 225-0010

**Best Western Plus – The Westerly**

1590 Cliffe Ave Courtenay

Toll Free: (800) 668-7797 dial 4 for Guest Services

**Travelodge Courtenay –**

2605 Cliffe Ave. Courtenay

1-800-795-9486

**Crown Isle Resort**

399 Clubhouse Dr.

250 703-5050

- **Hotels will fill up quickly due to ski season. Book Early!**



**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
 Comox Valley Aquatic Centre  
 Hosted by Comox Valley Aquatic Club

**Vancouver Island Region - 10 & Under Regional Time Standards**

AA Long Course	A Long Course	Event	A Short Course	AA Short Course
44.16	48.12	50 Free	47.22	43.28
1:35.94	1:44.67	100 Free	1:42.58	1:34.02
3:35.62	3:45.49	200 Free	3:40.98	3:31.31
7:14.73	7:54.25	400 Free	7:44.77	7:06.04
49.02	53.47	50 Back	52.40	48.04
1:46.46	1:56.15	100 Back	1:53.83	1:44.33
55:01	1:00.01	50 Breast	58.81	53.91
2:00.10	2:10.96	100 Breast	2:08.35	1:57.71
47.39	51.70	50 Fly	50.67	46.44
1:49.89	1:59.24	100 Fly	1:56.90	1:47.74
n/a	n/a	100 IM	1:54.56	1:45.02
3:51.90	4:12.99	200 IM	4:07.93	3:47.26





**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
 Comox Valley Aquatic Centre  
 Hosted by Comox Valley Aquatic Club

**2012 – 2013 SC VIR AA Standard – Provincial AA + 2.5%**

**SC VIR AA Girls**

Event	11&U	12	13	14	15	16&O
50 Free	36.08	33.70	32.80	32.01	31.76	31.50
100 Free	1:19.15	1:13.92	1:11.81	1:10.24	1:09.00	1:07.77
200 Free	2:48.91	2:40.16	2:35.45	2:31.86	2:29.06	2:26.93
400 Free	6:02.10	5:38.19	5:26.45	5:20.74	5:15.57	5:10.43
800 Free	12:35.73	11:45.83	11:21.94	11:13.17	11:00.60	10:44.08
100 Back	1:31.54	1:25.50	1:22.20	1:20.38	1:18.54	1:17.10
200 Back	3:13.87	3:01.06	2:54.16	2:52.18	2:48.25	2:44.55
100 Breast	1:42.90	1:36.07	1:34.34	1:33.00	1:31.03	1:28.76
200 Breast	3:39.74	3:25.23	3:21.14	3:18.89	3:15.69	3:10.79
100 Fly	1:32.71	1:26.58	1:23.17	1:19.95	1:18.16	1:16.21
200 Fly	3:33.79	3:19.67	3:10.34	3:00.94	2:57.72	2:53.28
200 IM	3:14.35	3:01.52	2:55.93	2:51.67	2:48.08	2:45.42
400 IM	6:58.12	6:30.52	6:17.63	6:08.14	6:03.00	5:53.92

**SC VIR AA Boys**

Event	11&U	12	13	14	15	16&O
50 Free	36.23	33.85	31.81	30.55	29.18	28.53
100 Free	1:20.21	1:14.91	1:09.77	1:06.76	1:04.40	1:02.46
200 Free	2:54.72	2:43.17	2:32.41	2:26.25	2:20.28	2:16.08
400 Free	6:10.41	5:45.96	5:24.11	5:10.49	5:04.44	4:55.31
800 Free	25:01.66	23:22.51	21:43.41	21:20.32	20:38.89	20:01.73
100 Back	1:33.27	1:27.11	1:20.61	1:18.47	1:14.00	1:11.78
200 Back	3:18.89	3:05.77	2:52.56	2:49.61	2:40.25	2:35.44
100 Breast	1:47.36	1:40.28	1:32.15	1:29.64	1:25.32	1:22.77
200 Breast	3:49.26	3:34.13	3:17.55	3:13.66	3:06.97	3:01.36
100 Fly	1:34.81	1:28.55	1:21.53	1:17.72	1:12.31	1:10.15
200 Fly	3:41.68	3:27.05	3:09.69	3:01.24	2:46.45	2:41.45
200 IM	3:17.56	3:04.52	2:52.70	2:45.78	2:39.96	2:35.16
400 IM	7:06.21	6:41.79	6:15.52	5:57.85	5:50.17	5:39.67



**Vancouver Island Regional Short Course Championship**  
**January 18, 19 and 20, 2013**  
**Comox Valley Aquatic Centre**  
**Hosted by Comox Valley Aquatic Club**



**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.