



# SwimBC Senior Championships

## Saanich Commonwealth Place – December 14-16, 2012

SANCTIONED BY SWIM BC: #13680



**DATE:** December 14-16, 2012  
**HOSTED BY:** Victoria Academy of Swimming

**LOCATION:** Saanich Commonwealth Place  
4636 Elk Lake Dr.  
Victoria, BC 250-727-7108

**POOL SPECS:** 8 Lane, 50 metre competition pool  
Adjacent 25m warm-up/cool-down pool

**Meet Manager:** Betty-Ann Hansen (778-430-3846)  
[meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com)

### WARM UP AND START TIMES:

#### **Friday, December 14, 2012:**

**PRELIMS:** Warm-Up: 4:00 – 5:00pm  
Competition: 5:10pm – 7:00pm\*

#### **Saturday, December 15, 2012:**

**PRELIMS:** Warm-Up: 8:30 – 9:50am  
Competition: 10:00am – noon\*

**FINALS:** Warm-Up: 3:30-4:45pm  
Competition: 5:00pm – 7:00pm\*

#### **Sunday, December 16, 2012:**

**PRELIMS:** Warm-Up: 8:00 – 9:20am  
Competition: 9:30am – 11:30am

**FINALS:** Warm-Up: 2:00 – 2:50pm  
Competition: 3:00 – 5:00pm\*

\*Note: Session completion times are approximate.

### ELIGIBILITY:

- 1) All swimmers must be registered with a Swim BC, SNC, USA Swimming or other FINA recognized club.
- 2) Ages are based on the age of the swimmer as of December 14, 2012
- 3) **Qualifying Times are the 2012-2013 Swim BC 15-year-old AAA long course or short course standards. (Do not convert entry times; SCM entries will be converted by meet management)**
- 4) Qualifying period is from September 1, 2011, to the entry deadline.
- 5) Qualifying times for the stroke 50s (Fly, Back, Breast) will be the 100m standard of that stroke; that is, a swimmer who qualifies to swim the 100 can enter that same stroke 50.
- 6) Please ensure all entries are actual valid times; meet management will convert SCM times
- 7) Maximum of SEVEN individual events per swimmer will be allowed (swimmer must have QT in all seven events).

### ENTRY DEADLINE:

The entry deadline is **Wednesday, December 5, 2012**. Entries for new qualifiers and adjusted meet entry times will be accepted at no financial penalty until 9pm on Monday December 10, 2012.

Meet management has the discretion to accept entries submitted after the entry deadline; those accepted will be charged 200% of the stated event entry fees.

### NON-QUALIFIED SWIMS:

Entries not meeting the qualifying standard will be accepted under the following structure:

- ONE qualifying standard - FOUR free swims
- TWO qualifying standards – THREE free swims
- THREE qualifying standards – TWO free swims
- etc.

Swimmers may choose any event for their free swim(s), **except the 800/1500 Freestyle events.**

### SPECIAL MEET RULES:

- 1) This meet will follow SNC and Swim BC rules as outlined in the current SNC Rulebook and Swim BC Tech Guide, with the exceptions noted herein.
- 2) The 800 and 1500 Freestyle will be conducted as Timed Finals, swum fastest to slowest, alternating a heat of girls and a heat of boys.
- 3) For 50-100-200m events, there will be 3 finals (“A” “B” and “C”).
  - i) “A” finals: 1st – 4th place heat swims
  - ii) “B” finals: 5th – 12th place heat swims
  - iii) “C” finals: 13th – 20th place heat swims
- 4) However, “C” finals will only be offered in 50-100-200 events where:
  - i) 24 or more swimmers entered at or faster than the qualifying standard, and
  - ii) there were 24 or more completed heats swims
- 5) 400m events will have “A” and “B” finals only, in the same format as listed above.
- 6) The order of the finals will be the “C” final, followed by the “B” final, followed by “A” final. “A”, “B” and “C” Finalists must report to the marshalling area at the Clerk of Course 5 minutes prior to the “C” Final.
- 7) There will be a positive check-in for the 800m and 1500m Freestyles.  
**Deadline for checking in for 800 or 1500 events will be at 1:30pm on Friday, December 14, 2012.**  
Swimmers who fail to show or incomplete swim after positive check-in will be subject to same penalties as late scratch from finals (See “Scratches” section)
- 8) The fastest three heats in the 400 Free and 400 IM will be swum in the event order as presented. The slower heats of the 400 Free and 400 IM will be swum after the completion of the respective day’s heats.
  - a) The slower heats of the 400 Free and 400 IM will run fastest to slowest alternating women’s / men’s heats.
- 9) Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated towards team standings by the individual.
- 10) Except for backstroke, all swimmers will remain in the water until the next heat is started.
- 11) Fastest three heats will be circle seeded except for those events being swum as “timed finals”.



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- 12) **Warm-up:** SNC's warm-up procedures will be in effect. No diving into pool until sprint lanes are announced approx. 30 minutes prior to the conclusion of warm-up.
- 13) A **coaches meeting** will be held 10 minutes prior to the start of the first day and as needed throughout the competition.
- 14) **CHANGES** - should it become necessary to change warm-up and or starting times, coaches will be notified as soon as possible.
- 15) Deck Entries will be accepted to fill empty lanes only at a cost of \$15.00/entry. All Deck entry requests must be submitted to the Meet Manager / Clerk of Course with payment for that deck entry.  
Deck entries are not eligible for prize money or finals consideration – they are swims for time only.
- 16) Relays are timed finals with all heats swum during finals.
- 17) **THERE WILL BE NO EXHIBITION SWIMS OR TIME TRIALS AT THIS CHAMPIONSHIPS EVENT.**

**ENTRY FEES:**

Entry fees are **\$8.00 per individual event** and **\$10 per relay entry**. There is also a **\$4.00/swimmer** SwimBC Provincial Team Splash fee and **\$5/swimmer** Saanich Commonwealth Place Facility Enhancement fee.  
Late entries, if accepted (meet management's discretion), are double the IE and relay entry fees.

**Entries must be submitted to the SNC meet website [meetlist.notlong.com](http://meetlist.notlong.com) website.**

Entries sent to the meet manager will not be accepted.

Cheques are to be made payable to **Island Swimming Association**.

**SCORING & AWARDS:**

**No Team Scoring**

**SWIM BC SENIOR CHAMPIONSHIPS PRIZE MONEY: Over \$6000**

- 1) \$4550: Top three prize money in each Olympic event
  - a) First: \$100
  - b) Second: \$50
  - c) Third: \$25
- 2) A further \$1500 will be awarded to the swimmers posting the five highest world-ranked swims, based on the final FINA 2011-2012 LCM World Rankings. Each swimmer's highest FINA-point scoring swim will be used to determine prize winners as follows:
  - 1<sup>st</sup> - \$500
  - 2<sup>nd</sup> - \$400
  - 3<sup>rd</sup> - \$300
  - 4<sup>th</sup> - \$200
  - 5<sup>th</sup> - \$100

**\*\*Prize monies are available to swimmers from any SNC or other FINA-affiliated program, regardless of whether they are registered with SwimBC or not.**

**BCAAP Recipients**

**All** BCAAP recipients are required to attend **all** Senior Circuit meet(s), including BC Senior Champs unless a viable rationale is presented in writing to, and approved by, the Swim BC Executive Director no later than one week prior to the entry due date.

**PARA-SWIMMING**

1) There will be no dedicated Para-swimming events at this meet.

**Relays**

- 1) Relays are limited to two relay entries per club, per event
- 2) Relays will run as timed final at the end of each final session, seeded by proved entry times.

**SCRATCHES – PLEASE READ CAREFULLY**

- 3) There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
- 4) For all finals sessions, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
- 5) The initial scratch deadline for finals each night will be 30 minutes following the completion of morning preliminaries, excluding any 800/1500 or "overflow" heats
- 6) The last scratch deadline for finals will be 30 minutes prior to the start of the finals session. Both the clerk of course and the coach of the alternate swimmer must be notified of the scratch by the coach of the scratching swimmer prior to this deadline.
- 7) Late scratches (as defined above) from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day. In addition, no other member of the offending swimmer's team shall compete in a final until the \$20 penalty has been paid.





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FRIDAY HEATS DECEMBER 14, 2012		
Warm Up: 4:00 – 5:00pm; Start: 5:10pm		
Anticipated Time out: 7:00pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
1	50 Breast	2
3	50 Free	4
5	50 Fly	6
7	50 Back	8
9	800 women/1500 men Free (timed final)	10
SATURDAY HEATS DECEMBER 15, 2012		
Warm Up: 8:30am – 9:50am; Start: 10:00am		
Anticipated Time out: 12:00pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
11	200 Free	12
13	100 Breast	14
15	200 Fly	16
17	100 Back	18
19	400 IM	20
SATURDAY FINALS DECEMBER 15, 2012		
Warm Up: 3:30pm – 4:30pm; Start: 4:40pm		
Anticipated Time out: 6:45pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
11	200 Free	12
13	100 Breast	14
3	50 Free (from Friday)	4
15	200 Fly	16
17	100 Back	18
5	50 Fly (from Friday)	6
19	400 IM	20
21	4x100 Free Relay	22
SUNDAY HEATS DECEMBER 16, 2012		
Warm Up: 8:00am – 9:20am; Start: 9:30am		
Anticipated Time out: 11:30pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
23	200 Breast	24
25	100 Fly	26
27	200 Back	28
29	100 Free	30
31	200 IM	32
33	400 Free	34
SUNDAY FINALS DECEMBER 16, 2012		
Warm Up: 2:00 – 3:00pm; Start: 3:10pm		
Anticipated Time out: 5:15pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
23	200 Breast	24
25	100 Fly	26
27	200 Back	28
1	50 Breast (from Friday)	2
29	100 Free	30
31	200 IM	32
7	50 Back (from Friday)	8
33	400 Free	34
35	4x100 Medley Relay	36



**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.