



# 2013 SWIM BC AAA SHORT COURSE AGE GROUP CHAMPIONSHIPS FEBRUARY 28 – MARCH 3, 2013 – VICTORIA, BC



**SANCTIONED BY SWIM BC: #13754**

**DATE** FEBRUARY 28 – MARCH 3, 2013  
**HOST** Island Swimming  
**MEET MANAGER** Betty-Ann Hansen (250-430-3846)  
[meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com)  
**PARA ADVISOR** Janet Dunn  
**MEET REFEREE** Leon Politano  
**OFFICIALS**  
**COORDINATOR:** Karen Bradley ([ktbradley@shaw.ca](mailto:ktbradley@shaw.ca))

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

Prelims: 2 x 8x25m Competition Pools;  
 Finals: 8x25m Competition pool  
 Warm-up space available in dive tank  
 Omega Timing System and scoreboard

- a. **Preliminaries** will be swum in only TWO age divisions for most events: 13&U and 18&U
  - b. NOTE: Coaches must specify in their entries if they want their swimmer to compete in an older age / age group and notify meet management of the competitor's name, event and swim-up age category.
4. The 18&U age category will use the Swim BC "Open/Senior" time standards.
  5. Swimmer age is as of the first day of competition.
  6. Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
    - a. Swimmers cannot compete in the same individual event in more than one age/age group

**NON-QUALIFIED SWIMS**

1. Non-qualified swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of FIVE events.
  - 1 qualifying standard – Up to 4 Non-Q Swims
  - 2 qualifying standards – Up to 3 Non-Q Swims
  - 3 qualifying standards – Up to 2 Non-Q Swims
  - etc.
2. Swimmers must have met the Swim BC "A" standard for all non-qualified swims.
3. For 400 freestyle and 400 IM, meet management reserves the right to swim any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the heats, time permitting; if there is insufficient time, non-qualifiers will be offered the opportunity to enter a different event.
4. Non-qualified entries in the 800 and 1500 events will be accepted only to the extent that the Thursday afternoon session does not extend past 5:00pm.

**ENTRIES**

1. Individual entries are limited to a maximum of SEVEN per swimmer. A swimmer entering more than five events must have QTs in all events entered.
2. **NO CONVERTED TIMES.** All LCM entries will be converted to SCM by meet management and seeded accordingly.
3. Times will be verified with SNC's online entry validations (which will flag bogus or converted times);
4. Relay proof of time reports are still required to be emailed to Betty-Ann Hansen ([meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com))
5. CUSTOM TIMES and 'NT' ENTRIES ARE NOT ACCEPTED.
6. Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet.
7. Entry fees are \$8.00 per individual event and \$10.00 per relay event.
8. Surcharges:
  - a) \$4.00 per swimmer Swim BC Provincial Team Fee.
  - b) \$5.00 per swimmer SCP Facility Improvement Fee.
9. Cheques payable to: **Island Swimming**
10. Please include a contact name, phone number, and email address with entries.
11. Entries must be uploaded to Swimming Canada meet listings website prior to the entry deadline.

WARM UP AND SESSION TIMES		
Thursday, February 28, 2013		
800/1500 Free	Warm-up	12:00 – 12:50pm
	Competition	1:00 – 4:30pm
Relays	Warm-up	*4:30-5:00pm
	Competition	*5:10 – 6:00 pm
*Anticipated times – may be up to ½ hour later.		
Friday, March 1, 2013		
Heats	Warm-up	7:30-8:50am
	Competition	9:00am – 12:30pm
Finals	Warm-up	3:30 – 4:50pm
	Competition	5:00 – 7:40pm
Saturday, March 2, 2013		
Heats	Warm-up	7:30-8:50am
	Start	9:00am – 12:30pm
Finals	Warm-up	3:30 – 4:50pm
	Start	5:00 – 7:40pm
Sunday, March 3, 2013		
Heats	Warm-up	7:30-8:50 am
	Start	9:00am – 12:30pm
Finals	Warm-up	2hrs. after prelims
	Start	3hrs. after prelims

**All listed session completion times are approximate**

**ELIGIBILITY**

See also **SPECIAL MEET RULES** below.

1. As of the entry deadline, athletes must have attained at least **ONE 2012-2013 BC AAA long course or short course qualifying time in an applicable age group after September 1, 2011.**
2. All swimmers must be registered with a Swim BC, SNC, or other FINA recognized club.
3. Age groups will be 11&U, 12&U, 13&U, 14&U, 15&U, 18&U in finals.

**ENTRY DEADLINE:  
MONDAY, FEBRUARY 18, 2013, AT 11:59PM**

**Entries submitted after the entry deadline may be accepted at the discretion of meet management. Any late entries which are accepted will be surcharged at the rate of 200% of the published entry fees, to a maximum of \$500/team.**



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## SPECIAL MEET RULES

See also **ELIGIBILITY** above.

### GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide; where discrepancies exist between Tech Guide and this meet package, the meet package shall have precedence.
2. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials.
4. SNC warm-up procedures apply. No diving into pool until sprint lanes are announced approximately 30 minutes prior to the conclusion of warm-ups.
5. Preliminary heats will swim in two pools, divided by meet management such that both pools finish at approximately the same time.
6. Fastest three heats will be circle-seeded.
7. A non-scoring "B" final will be held in 18&U events with 30 or more "AAA" entries as of February 27. In these events, the order of the finals will be the "B" finals, followed by the "A" finals.
8. The 400m finals will swim in two pools – girls at one end, boys at the other end. Other finals will be swum in one pool.

### SCRATCHES

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
2. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered as late scratches.
3. 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.
4. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
5. 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 'late-scratching' swimmer's team shall compete until the \$20 penalty has been paid.

### Para-swimmers

1. **Para-swimmers' complete classifications must be submitted with entries.** The classification must include all applicable designations: S, SB, and SM.
2. The most current IPC rules will be observed for all events that in which para-swimmers are competing.
3. IPC-licensed athletes will have their results recognized for inclusion on the IPC swimming rankings/record lists.
4. By the entry deadline, swimmers must have attained at least one Swim BC Para-swimming AAA qualifying time.
5. Para-swimming events are open age group – no age restrictions
6. Para-swimmers may enter able-bodied events where deemed appropriate; coaches are asked to use their best discretion.
7. Para-swimmer events will be single-gender and multi-class. Winners will be determined by using the respective male and female Swimming Canada Performance Points Charts.
8. Dedicated Para-swimming events will be the 50 free, 100 free, 200 Free, 100 back, 100 breast, 50 fly (S1-S7) / 100 Fly (S8-S14) and 150 IM (S1 to S4)/200IM (S5 to S14).
9. In para-swimming events with five or more entries, Para-swimmers will compete integrated with able-bodied heats during preliminaries, seeded by time, then compete in a para-swimming final during the finals session.

- a. In para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only timed finals during the preliminaries session.

### AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in all individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.
3. Regional Athlete Development (RAD) Award points are calculated using individual aggregate points (9,7,6,5,4,3,2,1 for 1st through 8th places). The \$125.00 RAD award is given to the highest 14 years or younger point scorer from each region. Thanks to Team Aquatic Supplies for their generous financial contributions for these awards.

### 800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with a scratch deadline of **noon on Wednesday, February 27, 2013.**
2. **ANY SCRATCHES, NO-SHOWS, ETC. AFTER THAT TIME WILL BE CONSIDERED A LATE SCRATCH AND SUBJECT TO THE SAME PENALTIES AS A LATE SCRATCH FROM FINALS**
3. 800 – 1500 Freestyle will swim **fastest to slowest**, rotating age groups: 12&U, 14&U, 18&U. However, awards will be presented to 11&U, 12&U, 13&U, 14&U, 15&U, and 18&U ages.
4. The fastest heats of the 800 / 1500 freestyle will be swum single-laned; the fastest 12&U heat will feature the fastest FOUR 11&U (in lanes 1-4) and fastest FOUR 12&U (in lanes 5-8); the same pattern will hold for the fastest heat of 14&U and 18&U.
5. The slower heats may be swum two-per-lane.
6. Swim BC and Meet Management will distribute the timeline of heats for 800/1500 Freestyle at least 48 hours prior to the start of the meet.

**NOTE: The heats may be re-seeded after the scratch deadline, meaning that swimmers may move into an earlier heat.**

### RELAYS

1. Age groups for relays will be 12&U, 14&U, 18&U.
2. Clubs may enter as many relay teams as they wish; however, only "A" and "B" relay teams will be considered for scoring, and as such, only two relay entries per team per event will be seeded into the fastest heat, except in events where fewer than nine teams are entered.
3. For the 4x50 relay events, only the fastest eight proven relay entries (limit two per team as per above) in each event will swim as timed finals at the conclusion of finals sessions. All other relay heats will swim as a timed final at the end of the preliminaries session.
  - a. The 4x100 F.R. events on Thursday will be swum as timed finals seeded slowest to fastest.
4. Proof-of-time **MUST** be submitted for each relay team entered.
5. There are no qualifying times for relays.
6. Only swimmers whose names appear on the meet entries shall compete in relay events.
7. Swimmers who will be in relays only shall be listed in their club's Hytek entry file as "Relay only swimmers"; such swimmers will be subject to Swim BC Splash Fee.
  - a. A relay team may have no more than two "relay-only" swimmers.



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### SCORING

- Individual & Relay scoring 50-30-20-15-14-13-12-11.

### PRESENTATIONS – To be confirmed

- Saturday:** Representatives of SFU, TRU, TWU, UBC, UVIC, will be providing information on their programs and then will be available to answer questions.
- Sunday:** SwimBC Provincial and Regional Coaches, Vince Mikuska and Mike Flegel, will deliver a presentation on SwimBC's Athlete Development Strategy for long-term success. This presentation is directed at parents of 14&U swimmers but is open to anyone interested.

### OTHER

- Coaches are asked to check in with the Meet Manager immediately upon arrival to pick up Meet Package, pay entry fees, and receive information regarding any changes.
- A coaches' meeting will be held 10 minutes prior to the start of timed finals on Thursday and as necessary.
- Clubs are asked to submit names of timers and deck officials with session availability to Karen Bradley ([ktbradley@shaw.ca](mailto:ktbradley@shaw.ca))
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

### 50M TIME TRIALS

50m time trials for 50FL, 50BK, 50BR will be held on Friday, Saturday, Sunday, specifically for swimmers looking to achieve SNC Age Championships QTs; please see sanction #13866 for complete information.

### THURSDAY, FEBRUARY 28, 2013

	800-1500 FREE	RELAYS
Warm up	12:00pm – 12:50pm	4:30pm* – 5:00pm
Start	1:00pm	5:10pm* – 6:00pm

GIRLS	BOYS	AGE GROUP	EVENT
1 (800m)	2 (1500m)	12 & under	800 / 1500 Free (TF)
3 (800m)	4 (1500m)	14 & under	800 / 1500 Free (TF)
5 (800m)	6 (1500m)	18 & under	800 / 1500 Free (TF)
7	8	12 & under	400 Free Relay (TF)
9	10	14 & under	400 Free Relay (TF)
11	12	18 & under	400 Free Relay (TF)
➤ <b>800 / 1500 free will swim fastest to slowest, rotating age groups – see applicable section of meet rules for explanation.</b>			
* Anticipated start times			

### FRIDAY, MARCH 1, 2013

	HEATS	FINALS	
Warm up	7:30-8:50am	3:30 – 4:50pm	
Competition	9:00am-1:00pm	5:00 – 7:40pm	
GIRLS	BOYS	AGE	EVENT
13	14	13&U	200 IM
15	16	18&U	200 IM
101	102	Para	150/200 IM
17	18	13&U	50 Free
19	20	18&U	50 Free
103	104	Para	50 Free
21	22	13&U	100 Back
23	24	18&U	100 Back
105	106	Para	100 Back
25	26	13&U	200 Free
27	28	18&U	200 Free
107	108	Para	200 Free
RELAYS			
29	30	12&U	200 Medley Relay
31	32	14&U	200 Medley Relay
33	34	18&U	200 Medley Relay

**\*All listed session completion times are approximate**

**SATURDAY, MARCH 2, 2013**

	HEATS		FINALS
Warm up	7:30-8:50am		3:30 – 4:50pm
Competition	9:00am-1:00pm		5:00 – 7:40pm
GIRLS	BOYS	AGE	EVENT
35	36	13&U	400 IM
37	38	18&U	400 IM
39	40	13&U	100 Free
41	42	18&U	100 Free
109	110	Para	100 Free
43	44	13&U	200 Breast
45	46	18&U	200 Breast
111	112	Para	100 Breast
47	48	13&U	100 Fly
49	50	18&U	100 Fly
113	114	Para	50/100 Fly
RELAYS			
51	52	12&U	200 Free Relay
53	54	14&U	200 Free Relay
55	56	18&U	200 Free Relay

**\*All listed session completion times are approximate**

**SUNDAY, MARCH 3, 2013**

	HEATS		FINALS
Warm up	7:30-8:50am		**2:30 – 3:20pm
Competition	9:00am-12:30pm		**3:30 – 6:00pm
GIRLS	BOYS	AGE	EVENT
57	58	13&U	400 Free
59	60	18&U	400 Free
61	62	13&U	200 Back
63	64	18&U	200 Back
65	66	13&U	100 Breast
67	68	18&U	100 Breast
69	70	13&U	200 Fly
71	72	18&U	200 Fly

**\*All listed session completion times are approximate**

**\*\*Anticipated start time; subject to change.**



**2013 SWIM BC AAA SHORT COURSE  
AGE GROUP CHAMPIONSHIPS  
FEBRUARY 28 – MARCH 3, 2013 – VICTORIA, BC**



**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.

SNC Board Approved July 2, 2005  
APP D-1

Revision 6 01/10/2009





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The Howard Johnson Hotel & Suites Victoria is conveniently located just minutes from the Victoria International Airport, BC Ferries Terminal, and Downtown Victoria. Our guest rooms and suites are both spacious and comfortable ensuring an enjoyable stay. All rooms feature queen size beds, soaker tubs, hair dryers, individual heat/air conditioning, refrigerator, wet bar, microwave, iron/ironing board, and free WIFI access. Additional amenities include our seasonal outdoor heated pool, indoor hot tub, exercise facilities and plenty of free parking.

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Advanced group reservation required.

Direct Toll Free Reservation Line to Hotel  
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Located next to Saanich Commonwealth Place



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Victoria, BC V8Z 5M2

**Phone: 250-704-4656**

**Fax: 250-704-4655**

**Email: [groups@hojovictoria.ca](mailto:groups@hojovictoria.ca)**

# TEAM UP WITH ACCENT INNS

## ISLAND SWIMMING

<b>Accent Inn - Victoria</b>
<b>November 1/12 - April 30/13</b>
<b>\$69 - 1-4 persons</b>
<b>May 1/13 - June 15/13</b>
<b>\$85 - 1-4 persons</b>

Rates apply when 5 or more rooms are booked. Subject to availability and taxes.  
Rates may not be available on Long Weekends in some locations. Rates are in Canadian Funds.  
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3 1/2 Star Canadian Select

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Call or email Donna Price at: **1-800-663-0298**

[\*\*dprice@accentinns.com\*\*](mailto:dprice@accentinns.com)

Ask for the Island Swimming Rates

Hotel Direct - **250-475-7500**  
3233 Maple St, Victoria BC V8X 4Y9



stay local. **stay real.**



# BC AAA Championships Dinner Event



February 28th, 2013 Immediately after Relays  
In the Gym at Commonwealth Pool (estimated 6:15 to 8:30)

## Be inspired! Ask questions!

5 Olympic Athletes in an interactive panel, you ask the questions!!



Ryan  
Cochrane

Richard  
Weinberger

Brianna  
Nelson

Alexa  
Komarnycky

Alec  
Page



### Group Special

Free chaperone or  
coach ticket with every  
20 tickets in your group

### Dinner Includes...

*Meat or Vegetable Lasagna*

*Caesar Salad*

*Non-alcoholic beverage & Dessert!!*

**SEATING WILL BE LIMITED!!**



All seats must be reserved by February 18th (entry deadline too!). To reserve your seating email [joanne@islandswimming.com](mailto:joanne@islandswimming.com) Teams may pay with their meet fees.

Individuals with a ticket reserved may pay at the door or by mail to :

Island Swimming #100 - 4636 Elk Lake Drive, Victoria BC V8Z 5M1