



2013 SWIM BC LONG COURSE AA CHAMPIONSHIPS JUNE 21-23, 2013



HOSTED BY University of Victoria - Pacific Coast Swimming

SANCTIONED BY SWIM BC: #14091

DATE June 21-23, 2013
MEET MANAGER Margaret Penning
SWIMBC CONTACT Mike Flegel (mikeflegel@swimbc.ca)

LOCATION

Saanich Commonwealth Place
 4636 Elk Lake Drive, Victoria, BC
 Phone: 250-475-7600

8 X 50m Competition pool; Warm-up space available
 Omega timing system with Omega full-colour video board
 Food services available on-site

WARM UP AND START TIMES		
FRIDAY, JUNE 21, 2013		
Heats	Warm-up	8:00am - 8:50am
	Competition*	9:00am - 1:30pm
Finals	Warm-up	4:00am - 4:50pm
	Competition*	5:00pm - 7:30pm
SATURDAY, JUNE 22, 2013		
Heats	Warm-up	8:00am - 8:50am
	Competition*	9:00am - 1:30pm
Finals	Warm-up	4:00pm - 4:50pm
	Competition*	5:00pm - 7:30pm
SUNDAY, JUNE 23, 2013		
Heats	Warm-up	8:00am - 8:50am
	Competition*	9:00am - 1:30pm
Finals	Warm-up	2 hours after conclusion of prelims (approx. 3:30 pm)
	Competition*	One hour later. Completion projected at approx. 7:00 pm

*Session lengths are approximate

ELIGIBILITY

- All swimmers must be registered in a competitive category with a Swim BC, SNC, USS or other FINA recognized club.
- Qualifying period is from September 1, 2011, to June 11, 2013.
- During the qualifying period, athletes must have attained at least ONE 2012-2013 SwimBC AA short course or long course qualifying time in an appropriately sanctioned competition, AND must not have attained a AAA time in their age group for this meet.**
- Age groups for individual finals will be 11&U, 12, 13, 14, 15&O
 - Ages with fewer than 8 finalists in an event may be combined with other under-subscribed ages
 - Age groups for relays will be 12&U, 14&U, and Open.
- Swimmer age is as of the first day of competition.
- Swimmers cannot swim in an "older" age if they have a "AAA" time in their current age, EXCEPT for swimmers who have a

birthday (and thus change ages) between June 22 and July 4, inclusive.

- Swimmers in this situation are disqualified from this meet if they have a "AAA" time in the older age group.

NON-QUALIFIED SWIMS

- Every swimmer with at least one qualifying time may enter up to FIVE individual events.
- Non-qualified entries in 400 Freestyle and 400 IM will be accepted only if desired timelines can be met; if non-qualified 400m entries cannot be accepted, swimmers will be offered the opportunity to enter another event.
- Non-qualified entries in 400 Freestyle and 400 IM may be swum in overflow heats to be run senior-seeded, fastest to slowest, at the conclusion of the heats provided time permits.
- Non-qualified entries in the 800 Free and 1500 Free will not be accepted.

ENTRIES

- Swimmers who have qualifying times in more than five events may enter up to seven events, provided they have the qualifying time in all seven events.
- "NT" entries and "custom time" entries will not be accepted in any individual events; swimmers must have a valid proveable entry time in each event they enter.
- Converted entry times are NOT accepted; SCM entries will be converted by meet management for seeding purposes.
- Entries will be validated against the SNC meet results database; non-validated times will need to be proven or they will be rejected.
- For reference purposes, please email a .pdf copy of entries to meets@pacificcoastswimming.com.
- Please include relay names with the relay entries. Relay swimmers may be changed at the meet prior to relay deadline (see relays section).
- Entry fees are **\$8.00 per individual event** and **\$9.00 per relay event**, plus a \$4/swimmer SwimBC Provincial Team Fee and a \$5/swimmer Saanich Commonwealth Place Facility improvement Fee.
- Cheques payable to: **Pacific Coast Swimmers and Parents Association (PCSPA)**
- All fees MUST be paid prior to the start of the meet.
- Entries must be uploaded to Swimming Canada meet listing website (<http://meetlist.notlong.com>) prior to the entry deadline.
- Please include the proper contact name, phone number, and email address when uploading entries.
- Late entries (entries received or uploaded after 11:59pm on Tuesday, June 11, 2013, may be accepted at the discretion of meet management; if accepted, the late entries will be surcharged at the rate of 200% of the stated entry fee, to a maximum of \$500 per club.**

ENTRY DEADLINE:

TUESDAY, JUNE 11, 2013 AT 11:59pm



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SCRATCHES – PLEASE READ CAREFULLY

1. Scratches received prior to Tuesday, June 19, will not be charged entry fees.
2. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims in prelims.
3. For all finals sessions and timed final events, no-shows, step downs and unexcused incomplete swims will be considered late scratches.
4. 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.
5. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
6. 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 can compete until the \$20 penalty has been paid.

GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
2. No deck entries, exhibition swims or time trials.
3. SNC warm-up procedures apply.
4. Preliminaries and finals will be swum in the event order outlined in the meet event list, with the exception of the 800/1500, which will alternate heats.
5. Prelims will be senior-seeded slowest to fastest (top 3 heats circle-seeded); age groups will be broken out for finals.
6. The 400m finals will be swum as 11-12, 13-14, and 15&O with four swimmers from each age in the final for 11-12 and 13-14. (e.g., the 11-12 final will feature four 11-year-olds and four 12-year-olds). The 15&O 400m events will be swum with the top eight 15&O swimmers advancing to the final.
7. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay entry fees, pick up Meet Package and receive information regarding any changes.
8. A coaches’ meeting will be held 10 minutes prior to the start of heats on Friday and as necessary thereafter.
9. Within 48 hours after the entry deadline, club entry contacts will be notified of any non-qualified entries that cannot be accepted, and will be given the opportunity to enter an alternative event.
10. Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
11. Clubs are asked to submit names of timers and session availability along with entries. Clubs will be contacted by Meet Officials Chairperson for other deck officials.
12. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

10&U Swimmers

1. 10&U swimmers who meet an 11&U qualifying time are eligible to enter the meet under the same rules as all other swimmers.
2. 10&U swimmers are exempt from the SwimBC blackout rule, so they are eligible to compete in other meets this weekend.

800 – 1500 Freestyle

1. Only those swimmers meeting the qualifying time in these events will be eligible to enter 800 or 1500 Free.
2. The 800 & 1500 freestyle events will be swum as timed finals, seeded fastest to slowest, alternating heats of 800 and 1500.
3. All age groups will swim on Friday; however, if desired timelines on Friday cannot be met, slower heats that cannot be completed on Friday will be swum on Saturday at the conclusion of prelims.
4. The scratch deadline for 800/1500 events will be 10:00am on Friday, June 21, 2013.
5. If desired timelines cannot be met, these events may be swum two-swimmers-per-lane.

Relays

1. All relays will be swum during the finals session; age groups may be combined into one race if there are a small number of entries in some events.
2. Please submit valid entry times for relays, with swimmer names, for seeding; non-valid times will be entered as “NT” and seeded accordingly.
3. “Valid” time are those that are no more than 1.50 seconds faster than the combined best times of the four swimmers selected to swim the event.
4. There is no qualifying times for relays, and “NT” entries will be accepted.
5. Deadline for submitting relay names will be 30 minutes prior to the start of the session in which those relays will be swum.
6. There is no maximum number of teams per club for relay entries.
7. Only swimmers whose names appear on the meet entries may compete in relay events.
8. Swimmers who will be in relays only must be listed in their club’s Hytek entry file as “Relay only swimmers”, and cannot have a “AAA” time. An email must also be sent to the entries coordinator notifying them of relay-only swimmers and their SNC ID numbers and dates of birth.
9. Swimmers cannot be entered or compete in a relay event in an age/age group in which they have a AAA time.

SCORING & AWARDS

1. There will be no team or individual scoring.
2. Medals will be awarded for 1st, 2nd and 3rd places in all individual and relay events.
3. Ribbons will be awarded for 4th through 8th places in individual events only.

ATHLETE DEVELOPMENT PRESENTATION

SwimBC staff will offer a 30-40 minutes presentation on SwimBC and Swimming Canada’s athlete development strategy, aimed at parents of 13&U swimmers. Time and meeting place at the venue will be announced closer to the meet.

FRIDAY, JUNE 21, 2013

		HEATS	FINALS
Warm up		8:00am - 8:50am	4:00pm - 4:50pm
Competition		9:00am - 1:30pm*	5:00pm - 7:30pm*
GIRLS	BOYS	AGE	EVENT
1	2	Open	200 IM
3	4	Open	50 Free
5	6	Open	200 Fly
7	8	Open	100 Back
9	10	Open	800/1500 Free
RELAYS			
11	12	12&U	200 Free Relay
13	14	14&U	200 Free Relay
15	16	OPEN	200 Free Relay

SATURDAY, JUNE 22, 2013

		HEATS	FINALS
Warm up		8:00am - 8:50am	4:00pm - 4:50pm
Competition		9:00am - 1:30pm*	5:00pm - 7:30pm*
GIRLS	BOYS	AGE	EVENT
17	18	Open	100 Free
19	20	Open	200 Breast
21	22	Open	100 Fly
23	24	Open	400 Free
RELAYS			
25	26	12&U	200 Medley Relay
27	28	14&U	200 Medley Relay
29	30	OPEN	200 Medley Relay

SUNDAY, JUNE 23, 2013

		HEATS	FINALS
Warm up		8:00am - 8:50am	2 hrs. after prelims
Competition		9:00am - 1:30pm*	3 hrs. after prelims
GIRLS	BOYS	AGE	EVENT
31	32	Open	200 Free
33	34	Open	100 Breast
35	36	Open	200 Back
37	38	Open	400 IM

**Session completion times are approximate*



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**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.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-1