



2013 SWIM BC AAA LONG COURSE CHAMPIONSHIPS

JULY 4-7, 2013 – UBC – VANCOUVER, BC



SANCTIONED BY SWIM BC: #14355

DATE JULY 4-7, 2013

HOST Vancouver Pacific Swim Club
MEET MANAGER Sandy Lockhart
PARA ADVISOR Janet Dunn
MEET REFEREE Margaret Durward
ENTRIES Sandy Lockhart
(sandy@vancouverpacific.ca)

LOCATION
UBC Aquatic Centre
6121 University Blvd
Vancouver, BC V6T 1K1 604-882-4501

Prelims: 8x50m indoor and 6x50m outdoor pools (which events are in which pool will be announced after the entry deadline)
Finals: 8x50m indoor pool
Warm-up space available in indoor pool during heats and the outdoor pool during finals.
Omega Timing System

- All swimmers must be appropriately registered with a Swim BC, SNC, USS or other FINA recognized club.
- Age groups for individual events will be 11&U, 12&U, 13&U, 14&U, 15&U, Open in finals.
 - Preliminaries** may be "super-seeded" into two age groups.
 - 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.
- For relays, age groups will be 12&U, 14&U, and Open.
- Swimmer age is as of the first day of competition.
- Event by event, competitors may swim in any age or age group in which they have met the qualifying standard, up to the individual entry maximum.
 - Swimmers cannot compete in the same individual event in more than one age/age group

MEET QUALIFYING STANDARDS

- Age Group: available on [Swim BC website](#)
- Para-swimming: on [SwimBC website](#)

NON-QUALIFIED SWIMS

- 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
 - etc.
- Swimmers must have met the Swim BC "A" standard for all non-qualified swims.
- Non-qualified entries in all 400m events, 800, and 1500m events may swim in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the heats, time permitting. If timelines still cannot be met, non-qualified entrants in these events will be offered the opportunity to select a 50, 100, or 200m event.

ENTRIES

- Individual entries are limited to a maximum of SEVEN per swimmer. A swimmer entering more than five events must have qualifying times in all events entered.
- NO CONVERTED TIMES.** All SCM entries will be converted to LCM by meet management and seeded accordingly.
- CUSTOM TIMES and 'NT' ENTRIES ARE NOT ACCEPTED** for individual events entry.
- "NT" entries for relays are accepted
- Invalid relay entries at the entry deadline will be entered as "NT" (see RELAYS section)**
- Entry fees are \$10.00 per individual event and \$12.00 per relay event, plus \$4/swimmer SwimBC Provincial Team Splash Fee and \$5/swimmer UBC Aquatics Facility fee.
- Cheques payable to: **VANCOUVER PACIFIC SWIM CLUB**
- Entries must be uploaded to Swimming Canada meet listings website prior to the entry deadline.

ENTRY DEADLINE:

TUESDAY, JUNE 25, 2013, AT 9:00PM

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

WARM UP AND SESSION TIMES		
Technical Meeting: Wednesday, July 3, 2013; Time TBA		
Thursday, July 4, 2013		
Heats	Warm-up	7:30 – 8:50am
	Competition	9:00am – 1:00pm*
Finals	Warm-up	3:30 – 4:50pm
	Competition	5:00 – 8:00pm*
Friday, July 5, 2013		
Heats	Warm-up	7:30 – 8:50am
	Competition	9:00am – 1:00pm*
Finals	Warm-up	3:30 – 4:50pm
	Competition	5:00 – 8:00pm*
Saturday, July 6, 2013		
Heats	Warm-up	7:30 – 8:50am
	Competition	9:00am – 1:00pm*
Finals	Warm-up	3:30 – 4:50pm
	Competition	5:00 – 8:00pm*
Sunday, July 7, 2013		
Heats	Warm-up	7:30 – 8:50am
	Competition	9:00am – 1:00pm*
Finals	Warm-up	2hrs. after heats finish
	Start	1hr. later

*All listed session completion times are approximate

ELIGIBILITY

See also SPECIAL MEET RULES below.

- As of the entry deadline, athletes must have attained at least ONE 2012-2013 SwimBC AAA long course or short course qualifying time in an applicable age group after September 1, 2011.
- Qualifying period is September 1, 2011 to June 25, 2013.



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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 be deemed correct.
2. No deck entries, exhibition swims or time trials.
3. SNC warm up procedures will be in effect at this meet.
4. Preliminary events will be divided across the two pools. The division will be announced no later than Tuesday, July 2.
5. All heats of timed final events (including relays) will be swum in the indoor pool.
6. Fastest three heats will be circle-seeded in 50, 100, 200m events; see relevant sections for seeding of 400, 800, and 1500m events.
7. A non-scoring "B" final will be held in Open/Senior 50, 100, and 200m events with 30 or more AAA entries as of Monday, July 1, 2013 at noon. In these events, the order of the finals will be the "B" finals, followed by the "A" finals.
8. All published timelines are estimates only.

SCRATCHES

1. Any scratches submitted prior to **Monday, July 1, 2013, at noon**, will be eligible for entry fee refund.
2. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
3. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered as 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 'late-scratching' swimmer's team shall compete until the \$20 penalty has been paid.

400m EVENTS

1. The top eight swimmers in each age group will swim in a dedicated heat during prelims, seeded youngest to oldest.
2. All other entrants who meet the qualifying time will then be swum senior-seeded, fastest to slowest.
 - a. Non-qualified entrants will have the opportunity to swim only if ALL non-qualified swimmers can be swum so that the session ends near 1:30pm.
 - b. If they cannot be accommodated, non-qualified entries will be given the opportunity enter a 50, 100, or 200m event.
3. The 400m finals will then be swum with four swimmers from one age and four swimmers from a second age in each eight-person two-age group final. For example, the first heat of 400m IM girls finals will consist of a race featuring four 11-year-olds and four 12-year-olds

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.

RAD AWARDS

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.

SCORING

1. Individual & Relay scoring is eight placings deep: 50-30-20-15-14-13-12-11.
2. Para-swimming events will not count towards overall team scoring.

PARA-SWIMMERS

1. **Para-swimmers' complete classifications must be submitted with entries.** The classification must include all applicable designations: S, SB, and/or SM.
2. The most current IPC rules will be observed for all events in which para-swimmers are competing.
3. Meet is open to members of FINA-recognized clubs or National Paralympic Committee.
4. By the entry deadline, swimmers must have attained at least one Swim BC Para-swimming AAA qualifying time;
5. Non-qualifying entries must meet the same criteria as those for able-bodied swimmers.
6. Para-swimming events are open age group – no age groups or age restrictions
7. Para-swimmers may enter able-bodied events where deemed appropriate.
8. 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.
9. 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), 150 IM (S1 to S4), and 200IM (S5 to S14).
10. In para-swimming events with five or more entries, Para-swimmers will compete in 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.
11. This meet will not hold an IPC Sanction.

800 – 1500 FREESTYLE

1. The 800 & 1500 freestyle events will be swum as timed finals, with a scratch deadline of 10:30am on the day contested
2. A no-show, scratch, or unexcused incomplete swim in the 800 or 1500 after that time will result in the same penalties as a late scratch during finals (see SCRATCHES section).
3. One heat of 800/1500s in each of the 12&U, 14&U 15&O age groups will be advance directly to finals. The heat will be made up of 4 athletes from the two subsidiary age groups. For example, the fastest 12&U heat will feature the fastest four 11&U and fastest four 12&U entrants.
4. The slower heats may be swum two-per-lane.
5. Only those swimmers achieving the qualifying time being assured of the opportunity to race.
6. Non-qualified entries will only swim if ALL non-qualified entries on that day can be completed so that the session ends near 1:30pm.
 - a. Non-qualified entries in this case will be given the opportunity enter a 50, 100, or 200m event.



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RELAYS

- Age groups for relays will be 12&U, 14&U, Open.
- All relays are timed finals with the fastest eight entries (taking into account limitations mentioned below) swimming during the finals session and all others during the prelims session.
- There is no limit to the number of relay teams a club may enter; however, only the A and B teams will be considered for scoring, with all others being considered "exhibition" and ineligible to place or score. Where there are more than 8 entries the exhibition teams will not be seeded into the fastest heat.
- There are no qualifying times for relays, and relays may be entered at "NT".
- Relay entry times will be considered valid and therefore accepted where the entry time:
 - Has been swum in a sanctioned competition by the four swimmers making up the relay team; or
 - Is a time that is not more than 1.50 seconds faster than the combined best individual times of the four swimmers making up the relay team, in accordance with the rule in SNC 2.3.3.
 - And, in both cases, where the members of the team are listed in the entries and are expected to be in attendance at the competition.

Relay entries that do not conform to the above requirements prior to the entry deadline will be entered as "NT".

- Only swimmers whose names appear on the meet entries shall compete in relay events. 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 and any facility fees.
- The deadline for submitting relay swimmer names will be 30 minutes prior to the start of the session in which the relay team will swim.

OTHER

- A technical meeting will be held Wednesday July 3. Clubs must ensure that at least one representative of their team is present.
- Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
- Clubs are asked to submit names of timers and deck officials with session availability to officials@vancouverpacific.ca
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

SWIM BC OPEN WATER CHAMPIONSHIPS

The BC Open Water Championships will take place on Monday, July 8, 2013 – the day after BC AAA Championships – at Albert Dyck Park, tentatively scheduled to start at approximately 9:30am.

50m TIME TRIALS

During the breaks between sessions there will be an opportunity for swimmers to contest a 50m stroke event, strictly for the purpose of obtaining qualifying times for Canadian Age Group Championships.

Entries for both of these competitions are to be submitted separately from AAA Champs. Complete meet information on these events will be available at www.swimming.ca/meetlist.aspx?psoid=3.

THURSDAY, JULY 4, 2013

THURSDAY	HEATS	FINALS
Warm up	7:30 – 8:50am	3:30 – 4:50pm
Start	9:00am	5:00pm

GIRLS	BOYS	AGE GROUP	EVENT
3	4	13&U	100 Back
5	6	Open	100 Back
105	106	Para	100 Back
7	8	14&U	200 Free
9	10	15&O	400 Free
11	12	13&U	200 Breast
13	14	Open	200 Breast
1	-	12 & U	800 Free*
2	-	14 & U	800 Free*
15	16	12&U	4x100 Free Relay**
17	18	14&U	4x100 Free Relay**
19	20	Open	4x100 Free Relay**

* Fastest heat swims as first event in finals

** Fastest relay heats swim at the conclusion of finals

FRIDAY, JULY 5, 2013

FRIDAY	HEATS	FINALS
Warm up	7:30 – 8:50am	3:30 – 4:50pm
Start	9:00am	5:00pm

GIRLS	BOYS	AGE GROUP	EVENT
23	24	13&U	50 Free
25	26	Open	50 Free
125	126	Para	50 Free
27	28	13&U	200 Fly
29	30	Open	200 Fly
31	32	14&U	200 IM
33	34	15&O	400 IM
-	21	12&U	1500 Free*
-	22	14&U	1500 Free*
35	-	12&U	4x200 Free Relay**
36	-	14&U	4x200 Free Relay**
37	-	Open	4x200 Free Relay**

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SATURDAY, JULY 6, 2013

	HEATS	FINALS
Warm up	7:30 – 8:50am	3:30 – 4:50pm
Start	9:00am	5:00pm

GIRLS	BOYS	AGE GROUP	EVENT
40	39	13&U	100 Free
42	41	Open	100 Free
142	141	Para	100 Free
44	43	14&U	400 IM
46	45	15&O	200 IM
144	143	Para	150 IM
146	145	Para	200 IM
48	47	13&U	200 Back
50	49	Open	200 Back
38	-	Open	800 Free*
-	51	12&U	Boys 4x200 Free Relay**
-	52	14&U	Boys 4x200 Free Relay**
-	53	Open	Boys 4x200 Free Relay**

* Fastest heat swims as first event in finals

** Fastest relay heats swim at the conclusion of finals

SUNDAY, JULY 7, 2013

	HEATS	FINALS
Warm up	7:30-8:50am	2 Hrs after conclusion of heats
Start	9:00am	1 Hr following start of warm-up

GIRLS	BOYS	AGE GROUP	EVENT
55	56	13&U	100 Breast
57	58	Open	100 Breast
157	158	Para	100 Breast
59	60	14&U	400 Free
61	62	15&O	200 Free
161	162	Para	200 Free
63	64	13&U	100 Fly
65	66	Open	100 Fly
163	164	Para	50 Fly
165	166	Para	100 Fly
-	54	Open	1500 Free*
67	68	12&U	4x100 M.R.**
69	70	14&U	4x100 M.R.**
71	72	Open	4x100 M.R.**

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** Fastest relay heats swim at the conclusion of finals

SWIM BC



**2013 SWIM BC
BC AAA LONG COURSE OPEN CHAMPIONSHIPS
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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
APP D-1*

Revision 6 01/10/2009