



ISLAND SWIMMING LONG COURSE MEDLEY CHALLENGE

May 11 - 12, 2013

SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive

Victoria, BC

Sanctioned by SWIM BC: #14429



HOSTED BY: Island Swimming

The concept for this meet was developed by 2012 Canadian Olympic Head Coach Randy Bennett, to help focus attention on Individual Medley and distance Freestyle events as the preferred components of Canadian swimming athletes' development.

POOL: One 50 METER 8 LANE POOL. The 8-lane 25-meter dive tank will be used for warm-up / cool-down. Omega Timing System with Omega full colour video board. Coffee shop on site.

SESSION	WARM-UP	START	PROJECTED END
Saturday May 11, 2013			
Timed Finals AM	7:30-8:20 a.m.	8:30 a.m.	12:30 a.m.
Timed Finals PM	2:30-3:20 p.m.	3:30 p.m.	7:00 p.m.
Sunday May 12, 2013			
Timed Finals AM	7:30-8:20 a.m.	8:30 a.m.	12:30 a.m.

ELIGIBILITY:

- Open to SWIM BC (or FINA related) registered swimmers. Age is determined by age of swimmer as of May 11, 2013. **This meet is a timed finals Long Course event** open to all athletes at their coach's discretion. Swimmers must be able to satisfactorily complete all races in which they compete.

<https://www.swimming.ca/meetlist.aspx>.

Please email an entry report for cross-checking to

meetmanager@islandswimming.com.

- Non-Canadian entries may be submitted directly to SNC website at <https://www.swimming.ca/meetlist.aspx>. (Choose OUT OF COUNTRY in the "club" drop down list).

ENTRY INFORMATION:

- FEES: \$8.00 per individual event. \$9.00 per relay event. \$9.00 surcharge per swimmer includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 SwimBC Provincial Team Splash fee per swimmer. Fees are due at the beginning of the meet via a cheque made payable to **Island Swimming**.
- Entries must be submitted with a time through the SNC website at

- Scratches received after the final scratch deadline will be charged, unless a medical note is provided.
- Deck entries may be accepted at the discretion of the meet manager. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration in the SNC system, including the swimmer's correct SNC ID and DOB, as well as date of registration.



Victoria Amateur Swimming Club is a non-profit society proudly supported by funds from BC LOTTERY CORPORATION through PLAYTIME BINGO 3400 Tillicum Road, Victoria



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ENTRY DEADLINES:

Initial entry deadline	May 5, 2013 at noon
Initial psych sheets posted: www.islandswimming.com	May 7, 2013
Email scratches or changes to: meetmanager@islandswimming.com	May 6 - May 7, 2013 at noon
Final scratch deadline – final fee reports will be based on entries as of this deadline	May 8, 2013 at noon
Revised psych sheets posted: www.islandswimming.com	May 9, 2013

AWARDS:

Prizes (Electronics and gift cards) will be awarded to the top 3 broken IM swimmers in each age group and gender by combining each of their IM component strokes for a total overall time. For example, in the 12& under age group all of the times for the 50m individual IM components will be recorded for a swimmer and will be added together for a total 200 individual medley total and prizes will be awarded based on the top 3 places in the age category. The categories will be 10& under 200 IM (4x50m) aggregate, 12& under 200 IM (4x50) aggregate, 14&under 400 IM (4x100) aggregate and 15&over 800 IM (4x200) aggregate.

MEET RULES:

1. The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring, one-start and swimsuit rules.
2. SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET (see last page for details)
3. Relays will swim in age groups 12&under, 14&under and 15&over as timed finals.
4. Each Club is allowed only 2 relay teams per age group. Please submit entry times with relays.
5. All heats will be seeded slowest to fastest by age category 10& under, 12& under, 14& under and 15& over. Where there are fewer than 8 starters per age group, meet management may aggregate age groups. All scoring will be completed by age group, regardless of seeding.

Distance Events:

1. Swimmers, 15& Over, may enter either the 800 or 1500 freestyle events but not both. Swimmers 14& Under may enter either the 400 or 800 freestyle events but not both. Swimmers 12& under will compete in the 400 freestyle. Swimmers 10 & under will compete in the 200 freestyle. All 800 and 1500 swimmers will be seeded fastest to slowest and will swim in that order.
2. Positive check in for the 800 and 1500 is required. Due to time restraints **there will only be 2 heats of 800s and 2 heats of 1500s.**
3. 12& under must be able to swim the 400 free in **6:30.0**. 10&Unders can swim it as 12&Unders as long as they meet the standard.
4. Girls 14& under can swim either the 400 OR 800. If they choose to swim the 800 they must meet an entry standard of **12:38.40**. Girls 15& Over can swim either the 800 OR 1500. Both events (800 or 1500) are qualified for by using a swimmer's 800 time. The entry standard is **12:14.40**.
5. Boys 14& under can swim either the 400 OR 800. If they choose to swim the 800 they must meet an entry standard of **24:09.00** for their 1500 free. Boys 15& Over can swim either the 800 or 1500. Both events (800 or 1500) are qualified for by using a swimmer's 1500 time. The entry standard is **22:57.60**.

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Scratch Rules:

- The “No Charge Scratch” deadline is **noon on Tuesday, May 8th**. Scratches after that time will still have to pay entry fees.
- 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

Day	Session	Scratch Deadline
Saturday, May 11 AM Session	Timed Finals Session AM	Scratches due by 8:00 a.m. Positive check-in for 800 metre by 9:00 a.m.
Saturday, May 11 PM Session	Timed Finals Session PM	Scratches due by 3:00 p.m.
Sunday May 12 AM Session	Timed Finals Session AM	Scratches due by 8:00 a.m.

Events by Age Group

Age Group	Fly	Back	Breast	Free	IM	Distance	Combined IM result only
10& Under	50 Fly	50 Back	50 Breast	50 Free	200 IM	200 Free	200 IM Aggregate
12& Under	50 Fly	50 Back	50 Breast	50 Free	200 IM	400 Free	200 IM Aggregate
14& Under	100 Fly	100 back	100 Breast	100 Free	400 IM	400/800 free	400 IM Aggregate
15& Over	200 fly	200 back	200 Breast	200 Free	400 IM	800/1500 Free	800 IM Aggregate

****The IM Aggregate is not a swum event on its own only a result of the swimmers IM components****

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SCHEDULE OF EVENTS

Saturday AM: Warm up 7:30 AM, Start 8:30 AM

Girls	Event	Boys
1	15&O 800 Freestyle	2
3	15&O 1500 Freestyle	4
5	14&U 400 Freestyle	6
7	14&U 800 Freestyle	8
9	10&U 200 IM	10
11	12&U 200 IM	12
13	14&U 100 Backstroke	14
15	10&U 50 Fly	16
17	12&U 50 Fly	18
19	15&O 400 IM	20
21	12&U 200 Medley Relay	22
23	14&U 200 Medley Relay	24
25	15&O 200 Medley Relay	26

Saturday PM: Warm up 2:30 PM, Start: 3:30 PM

Girls	Event	Boys
27	15&O 200 Breaststroke	28
29	14&U 400 IM	30
31	10&U 50 Freestyle	32
33	12&U 50 Freestyle	34
35	14&U 100 Freestyle	36
37	15&O 200 Backstroke	38
39	10&U 50 Backstroke	40
41	12&U 50 Backstroke	42

Sunday AM: Warm up 7:30 AM, Start 8:30 AM

Girls	Event	Boys
43	15&O 200 Freestyle	44
45	10&U 200 Freestyle	46
47	12&U 400 Freestyle	48
49	14&U 100 Breaststroke	50
51	10&U 50 Breaststroke	52
53	12&U 50 Breaststroke	54
55	15&O 200 Butterfly	56
57	14&U 100 Butterfly	58
59	12&U 200 Freestyle Relay	60
61	14&U 200 Freestyle Relay	62
63	15&O 200 Freestyle Relay	64

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Marshalls will be present during warm-ups



**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



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LOCAL HOTEL ACCOMODATION

Accent Inn

3233 Maple Street
Victoria, B.C. V8X 4Y9
Phone: 250-475-7500
Toll free 1 -800-663-0298 (Ask for their "SPORTS RATE")
Fax: 250-475-7599

Howard Johnson

4670 Elk Lake Drive
Victoria, B.C. V8Z 5M2
Phone: 250-704-4656
Toll free: 1 -800-300-4656 (Ask about team rates)
Fax: 250-704-4655