

SANCTIONED BY SWIM BC: #14869

DATE JULY 3-6, 2014

HOST UVIC-PACIFIC COAST SWIMMING
MEET MANAGER Rob Crisp / Kingsley Lee
meets@pacificcoastswimming.com

PARA ADVISOR Janet Dunn
MEET REFEREE Margaret Penning

VENUE
 Saanich Commonwealth Place
 4656 Elk Lake Drive – Saanich, BC

Competition Pool: 8-lane x 50m Competition Pool;
 Warm-up lanes available in dive tank
 Omega Timing System and scoreboard

WARM UP AND SESSION TIMES		
Thursday, July 3, 2014		
Heats	Warm-up	7:15 – 8:35am
	Competition	8:45am – 2:00pm
Finals	Warm-up	3:45 – 5:05pm
	Competition	5:15– 8:30pm
FRIDAY, July 4, 2014		
Heats	Warm-up	7:15 – 8:35am
	Competition	8:45am – 2:00pm
Finals	Warm-up	3:45 – 5:05pm
	Competition	5:15– 8:30pm
SATURDAY, July 5, 2014		
Heats	Warm-up	7:15 – 8:35am
	Start	8:45am – 2:00pm
Finals	Warm-up	3:45 – 5:05pm
	Start	5:15– 8:30pm
SUNDAY, July 6, 2014		
Heats	Warm-up	7:15 – 8:35am
	Start	8:45am – 2:00pm
Finals	Warm-up	2hrs. after prelims
	Start	3hrs. after prelims

All listed session completion times are approximate

ELIGIBILITY

See also **SPECIAL MEET RULES** below.

- As of the entry deadline, athletes must have attained, after September 1, 2012, at least **TWO 2013-2014 SwimBC AAA long course or short course qualifying time in an applicable age group**.
- All swimmers must be registered with a Swim BC, SNC, or other FINA recognized club.
- While prelims will be swum "Open" age group, age groups will be broken out for finals: 11&U, 13&U, 15&U, Open
 - NOTE: Coaches must specify in their entries if they want their swimmer(s) to compete in an age group

older than their chronological age; provide the meet manager with the competitor's name, event and swim-up age category.

- 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.
 - Swimmers cannot compete in the same individual event in more than one age/age group

NON-QUALIFIED SWIMS

- Swimmers must have met the Swim BC **"AA"** standard for all non-qualified swims.
- Non-qualified swims are permitted so that a swimmer with six or fewer qualifying times may enter up to a maximum of **FOUR** non-qualified events.
 - 2 qualifying entries – Up to 4 Non-Q Swims
 - 3 qualifying entries – Up to 3 Non-Q Swims
 - 4 qualifying entries – Up to 2 Non-Q Swims
 - 5 qualifying entries – Up to 1 Non-Q Swims
 - 6 qualifying entries – No Non-Q Swims
- For 400 freestyle and 400 IM, meet management may schedule any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the session, time permitting; if there is insufficient time, non-qualifiers will be removed from the 400m events and be offered the opportunity to enter a different event.
- Non-qualified entries in the 800 and 1500 events will not be accepted.

ENTRIES

- Individual entries are limited to a maximum of **EIGHT** per swimmer. A swimmer entering seven or eight 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.
- Times will be verified with SNC's online entry validations
- CUSTOM TIMES** and 'NT' entries ARE NOT ACCEPTED in individual events.
- Relay entries with entry times must include names (swimmers must be entered in the meet) along with the relay entries. Relay swimmers may be changed at the meet.
- See "RELAYS" section for specific rules about relay entries
- Entry fees are \$8.00 per individual event and \$10.00 per relay event.
- Surcharges: \$9.00 total, which includes
 - \$4.00 per swimmer Swim BC Provincial Team Fee.
 - \$5.00 per swimmer Saanich Commonwealth Place Facility Enhancement Fee
- Cheques payable to: **PCSPA**
- Please include a contact name, phone number, and email address with entries.
- Entries must be uploaded to Swimming Canada meet listings website prior to the entry deadline.

ENTRY DEADLINE:

TUESDAY, JUNE 24, AT 9:00PM PDT

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.

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. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials, apart from the pre-planned 50m time trials
4. Preliminary heats will be swum double-ended, most likely with odd-numbered heats at one end and even-numbered at the other end
5. Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
6. There will be a "B" final in all individual events with 16 or more AAA entries, apart from 11&U, which will have only "A" finals.
7. The "A" final will be swum prior to a given event's "B" final.

SCRATCHES

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
2. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of results from prelims.
3. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and dealt with as such.
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.

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 All age group – no age restrictions
6. Para-swimmers may enter able-bodied events that match the IPC events of their classification.
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. 50/100 Fly and 150/200IM will be scored against each other for one set of medalists from each of those pairs of events.
10. 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.

800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with a scratch deadline of **10am on the day of the event.**
2. The Top8 seeded swimmers will race as the first event in finals; remaining heats will swim fastest to slowest, regardless of age group, in the morning session
3. Latter heats in age groups may be combined to fill out empty lanes, may be swum two-per-lane, and may be swum on a different day than scheduled to help balance timelines.

RELAYS

1. Age groups for relays will be 12&U, 14&U, Open.
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. Only the fastest eight proven relay entries (limit two per team as outlined 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, prior to distance events.
4. Valid entry times are requested, although NT entries will be accepted.
5. Valid relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered.
6. There are no qualifying times for relays.
7. Only swimmers whose names appear on the meet entries shall compete in relay events.
8. 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 SwimBC and SCP splash fees.
 - a. A relay team may have no more than two "relay-only" swimmers.

SCORING

1. Para-events and 50m TT events do not count towards team scoring
2. Individual results slower than the AAA standard will not be scored
3. Individual scoring: A-Final: 50-30-20-15-14-13-12-11
 - a. B-Final: 9-7-6-5-4-3-2-1
4. Relay scoring: 50-30-20-15-14-13-12-11

50M TIME TRIALS

50m time trials for 50FL, 50BK, 50BR will be held at the conclusion of Thursday-Friday-Saturday morning sessions, after that day's distance events. These time trials are in place solely to give swimmers the opportunity to attain for 50m qualifying times for Age Group or Senior Nationals.

Qualifying standard for the 50m Time Trial events will be AAA time in the 100 or 200 distance of that stroke.

Entry and seeding will utilize 100m time.

Entry fee for time trials events will be \$10 per entry.

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.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

ATHLETE DEVELOPMENT PRESENTATION

- Sunday: SwimBC's Provincial Coach and Regional Coach will deliver a presentation on SwimBC's Athlete Development Strategy. This presentation is directed at parents of 14&U swimmers but is All to anyone interested.

THURSDAY, JULY 3, 2014

THURSDAY	HEATS	FINALS
Warm up	7:15 – 8:35am	3:45 – 5:05m
Start	8:45am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
3		All	Girls 200 Free
101		Girls Para	200 Free
	4	All	Boys 400 Free
5	6	All	200 Breast
7	8	All	100 Back
102	103	Para	100 Back
1		11&U/13&U	Girls 800 Free*
9	10	12&U	4x50 Free Relay**
11	12	14&U	4x50 Free Relay**
13	14	Open	4x50 Free Relay**
501	502	Open	50 Fly Time Trial

* Top 8 each age group swim as first events in finals

** Fastest relay heats swim at the conclusion of finals

FRIDAY, JULY 4, 2014

FRIDAY	HEATS	FINALS
Warm up	7:15 – 8:35am	3:45 – 5:05m
Start	8:45am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
17	18	All	50 Free
104	105	Para	50 Free
19	20	All	200 Fly
21		All Girls	Girls 400 Free
	22	All Boys	Boys 200 IM
	106	Boys Para	Para 150 IM
	107	Boys Para	Para 200 IM
	15/16	11&U/13&U	Boys 800/1500 Free*
23		12&U	Girls 4x100 Medley Relay**
24		14&U	Girls 4x100 Medley Relay**
25		Open	Girls 4x100 Medley Relay**
503	504	Open	50 Back Time Trial

* Top 8 each age group swim as first events in finals

** Fastest relay heats swim at the conclusion of finals

SATURDAY, JULY 5, 2014

	HEATS	FINALS
Warm up	7:15 – 8:35am	3:45 – 5:05m
Start	8:45am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
27	28	All	100 Free
108	109	Para	100 Free
29		All Girls	Girls 200 IM
110		Girls Para	150 IM
111		Girls Para	200 IM
	30	All Boys	Boys 400 IM
31	32	All	200 Back
26		15&U/Open	Girls 800 Free*
	33	12&U	Boys 4x100 Medley Relay**
	34	14&U	Boys 4x100 Medley Relay**
	35	Open	Boys 4x100 Medley Relay**
505	506	Open	50 Breast Time Trial

* Top 8 each age group swim as first events in finals

** Fastest relay heats swim at the conclusion of finals

SUNDAY, JULY 6, 2014

	HEATS	FINALS
Warm up	7:15 – 8:35am	2 Hrs after conclusion of heats
Start	8:45am	1 Hr following start of warm-up

GIRLS	BOYS	AGE GROUP	EVENT
37		All Girls	Girls 400 IM
	38	All Boys	Boys 200 Free
	112	Boys Para	200 Free
39	40	All	100 Breast
113	114	Para	100 Breast
41	42	All	100 Fly
115	116	Para	50 Fly
117	118	Para	100 Fly
	36	15&U/Open	Boys 1500 Free*
43	44	12&U	4x50 Medley Relay**
45	46	14&U	4x50 Medley Relay**
47	48	Open	4x50 Medley Relay**

* Top 8 each age group swim as first events in finals

** Fastest relay heats swim at the conclusion of finals

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 All 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 Alled 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