



**2014 SWIM BC SHORT COURSE AA CHAMPIONSHIPS**  
**FEBRUARY 28 – MARCH 2, 2014**  
**HOSTED BY SPARTAN SWIM CLUB – CHILLIWACK, BC**



**SANCTIONED BY SWIM BC: #15708**

**DATE** February 28 – March 2, 2014  
**HOST** Spartan Swim Club  
**MEET MANAGER** Larry Hine: [lhine@shaw.ca](mailto:lhine@shaw.ca)  
**Phone:** 604.793.6990  
**SWIMBC CONTACT** Mike Flegel ([mike@swimbc.ca](mailto:mike@swimbc.ca))

**LOCATION**

Chilliwack Landing Leisure Centre  
 9145 Corbould St., Chilliwack, BC 604-793-7946  
 8 X 25m Competition Pool; Warm-up space available  
 Colorado Timing System; Food services available on-site

WARM UP AND START TIMES		
FRIDAY, FEBRUARY 28, 2014		
Heats	Warm-up*	7:30-8:50am
	Competition**	9:00am – 1:30pm
Finals	Warm-up	4:00-4:50*
	Competition*	5:00pm – 7:30pm
SATURDAY, MARCH 1, 2014		
Heats	Warm-up*	7:30-8:50am
	Competition**	9:00am – 1:30pm
Finals	Warm-up	4:00-4:50*
	Competition*	5:00pm – 7:30pm
SUNDAY, MARCH 2, 2014		
Heats	Warm-up*	7:30-8:50am
	Competition**	9:00am – 1:30pm
Finals	Warm-up	2 hours after conclusion of prelims (approx. 3:30pm)
	Competition**	One hour later (approx. 4:30; Completion projected to be approx. 6:30pm)

\* Prelims warm-ups may be blocked

\*\* Session lengths are approximate

**ELIGIBILITY**

- All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club.
- Qualifying period is from September 1, 2012, to February 18, 2014.
- During the qualifying period, athletes must have attained at least **TWO 2013-2014 SwimBC AA short course or long course qualifying time in an appropriately sanctioned competition, AND must not have attained more than one AAA time in their age group as of February 18, 2014.**
  - Age groups for finals will be 11&U, 12-13, 14&O
  - Ages with fewer than 8 finalists in an event may be combined with other under-subscribed ages
- Swimmer age is as of the first day of competition.
- Swimmers cannot swim in an "older" age group.

**NON-QUALIFIED SWIMS**

- Every swimmer with at least TWO qualifying times may enter up to FOUR additional events for a total of SIX entries.
- All non-qualified entries must meet the SwimBC "A" time standard.
- For 400 freestyle and 400 IM, meet management may swim any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the heats provided time permits. This means that there is no guarantee that non-qualified 400m entries will swim.
- Non-qualified entries in the 800 and 1500 will not be accepted.
- "NT" entries and "custom time" entries will not be accepted in individual events; swimmers must have a valid proveable entry time in each event they enter.

**10&U Swimmers**

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

**ENTRIES**

- Swimmers who have qualifying times in more than six events may enter up to eight events, provided they have the qualifying time in all events entered (and no more than one AAA time).
- Swimmers CAN enter the event in which they have a AAA time.
- Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
- For reference purposes, please email a .pdf copy of entries to entries coordinator **Justin Daly** [spartans@spartanswimclub.com](mailto:spartans@spartanswimclub.com)
- Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet.
- Entry fees are **\$8.25 per individual entry** and **\$10.00 per relay entry**, plus the \$4/swimmer SwimBC Provincial Team Splash Fee.
- Cheques payable to: **SPARTANS SWIM CLUB**
- 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>
- Please include the proper contact name, phone number, and email address when uploading entries.
- Late entries (entries received or uploaded after 9:00pm on Tuesday, February 18, 2014) will be accepted at the discretion of meet management; if accepted, the entry fees will be doubled.**

**ENTRY DEADLINE:**

**TUESDAY, FEBRUARY 18, 2014, at 9:00pm**



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#### GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook.
2. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials.
4. SNC warm-up procedures apply.
5. Warm-ups may be blocked, depending on number of swimmers entered in the meet.
6. Preliminaries and finals will be swum in the event order as outlined in the meet event list, with the exception of the 800 and 1500, which will alternate heats.
7. All events will be senior-seeded slowest to fastest for prelims, with ages broken out for finals; fastest three heats circle-seeded, except the 400s, which will have top two heats circle-seeded
8. There will be "A" and "B" finals in non-timed finals events with 16 or more entrants; "A" finals only in events/age groups with 15 or fewer entrants.
9. 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.
10. A coaches' meeting will be held 10 minutes prior to the start of heats on Friday and as necessary through the meet.
11. No more than 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.
12. 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.
13. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

#### 800 – 1500 FREESTYLE

1. Swimmers must have the AA qualifying time to enter 800 or 1500 Free.
2. These events will be swum as timed finals.
3. All age groups will swim on Friday; however, if the desired timelines on Friday cannot be met, slower qualified heats that cannot be completed on Friday will be swum on Saturday at the conclusion of prelims.
4. The first three heats will be the Top 8 of each age group, swum youngest to oldest. All other entrants will be senior-seeded and swum fastest to slowest.
  - a. If there are empty lanes in one of the "Top8" heats, those lanes may be filled by 9<sup>th</sup>- and lower swimmers from another age group
5. The scratch deadline for 800/1500 will be 10:00am on Friday, February 28, 2014.
6. Any scratches (as defined in SCRATCHES section previously) after the 10:00am scratch deadline will be treated the same as a late scratch from finals with the same penalties.
7. 800/1500 Free 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 is a small number of entries in some events.
2. Age groups for relays will be 12&U, 14&U, Open.
3. There will be no qualifying times for relays.
4. There will be no maximum number of teams per club for relay entries.
5. Only swimmers whose names appear on the meet entries may compete in relay events.
6. Please specify relay team swimmer assignments with entries. Clubs will have the opportunity to change relay swimmers.
7. Swimmers who will be in relays only must be listed in their club's Hytek entry file as "Relay only swimmers", and cannot have more than one "AAA" time.  
An email must also be sent to the entries coordinator notifying them of the relay-only swimmer and their SNC ID number and date of birth.

#### SCORING

1. There will be no team or individual scoring.

#### AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.

#### SCRATCHES – PLEASE READ CAREFULLY

##### Scratches received prior to February 25 will not incur entry fees.

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims in prelims.
2. The scratch rules outlined here apply to all finalists and alternates as listed in the official posting of results.
3. For all finals sessions and timed final events, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
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; the coach of the scratching swimmer must inform Clerk of Course as well as coaches of the alternates.
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 shall compete until the \$20 penalty has been paid.

#### ATHLETE DEVELOPMENT PRESENTATION

Regional Coach Mike Flegel will offer a short (30-40 minutes) presentation on SwimBC and Swimming Canada's athlete development strategy. This presentation will be aimed at parents of 13&U swimmers, but is open to all. Time and meeting place at the venue will be announced closer to the meet.



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**FRIDAY, FEBRUARY 28, 2014**

		HEATS	FINALS
Warm up		7:30-8:50am*	4:00-4:50pm
Competition		9:00am – 1:30pm**	5:00 – 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, MARCH 1, 2014**

		HEATS	FINALS
Warm up		7:30-8:50am*	4:00-4:50pm
Competition		9:00am – 1:30pm**	5:00 – 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, MARCH 2, 2014**

		HEATS	FINALS
Warm up		7:30-8:50am*	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

**\*Warm-up period for prelims may be blocked.**

**\*\*Sessions 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*