



# ISLAND SWIMMING LONG COURSE MEDLEY CHALLENGE

May 9 - 11, 2014

SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive

Victoria, BC

Sanctioned by SWIM BC: #16053



**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. Cafeteria on site.

SESSION	WARM-UP	START	PROJECTED END
<b>Friday May 9, 2014</b>			
Timed Finals PM	5:00-5:50 PM	6:00 PM	8:30 PM
<b>Saturday May 10, 2014</b>			
Timed Finals AM	7:30-8:20 AM	8:30 AM	12:30 PM
Timed Finals PM	2:30-3:20 PM	3:30 PM	7:00 PM
<b>Sunday May 11, 2014</b>			
Timed Finals AM	7:30-8:20 AM	8:30 AM	12:30 PM

### ELIGIBILITY:

- Open to SWIM BC (or FINA related) registered swimmers. Age is determined by age of swimmer as of May 9, 2014.
- This meet is a timed finals Long Course event.**
- Island Swimming reserves the right to limit entries.
- The Meet is open to all swimmers who have achieved a BC 2013-2014 Long Course A Time Standard in the individual stroke (fly, backstroke, breaststroke and freestyle) events they choose to swim within their age category.

### ENTRY INFORMATION:

- FEES:** \$8.00 per individual. \$9.00 per relay event. \$9.00 surcharge per swimmer includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 Provincial Team Splash fee per swimmer. Fees are due at the beginning of the meet via a cheque made payable to **Island Swimming Club**.

- Entries must be submitted with a time through the SNC website at <https://www.swimming.ca/meetlist.aspx>. Please do not convert entry times, Meet Management will do this through the entry process. Please email an entry report for cross-checking to [meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com). Non-Canadian entries should also be submitted via the SNC website at <https://www.swimming.ca/meetlist.aspx>. (Choose OUT OF COUNTRY in the "PROVINCE" drop down list).
- Scratches received after the final scratch deadline will be charged \$20.00, 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, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.

### ENTRY DEADLINES:

<b>Initial entry deadline</b>	May 2, 2014, 11:59 PM
<b>Initial psych sheets posted:</b> <a href="http://www.islandswimming.com">www.islandswimming.com</a>	May 6, 2014
<b>Email scratches or changes to:</b> <a href="mailto:meetmanager@islandswimming.com">meetmanager@islandswimming.com</a>	May 6, 2014
<b>Final scratch deadline</b> – final fee reports will be based on entries as of this deadline	May 8, 2014 at noon
<b>Revised psych sheets posted:</b> <a href="http://www.islandswimming.com">www.islandswimming.com</a>	May 7, 2014

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## AWARDS:

Prizes (Electronics and gift cards) will be awarded to the top 3 broken IM swimmers in each age group by combining each of their IM component strokes for a total overall time. For example, in the 11& 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 time total and prizes will be awarded based on the top 3 places in the age category. The categories will be 11&under 200 IM (4x50m) aggregate, 13&under 200 IM (4x50) aggregate, 15&under 400 IM (4x100) aggregate and Open 800 IM(4x200) aggregate.

## MEET RULES:

1. The meet will run under SwimBC 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 11&under, 13&under, 15&under and Open as timed finals.
4. Each Club is allowed only 2 relay teams per age group. Please submit entry times with relays.
5. All events, except the 800 and 1500, will be seeded slowest to fastest by age category 11&under, 13&under, 15&under and Open. 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.

6. A maximum of 300 swimmers will be accepted into the meet.
7. Time over-runs may result in relays being cancelled.

## Distance Events:

- Swimmers in the Open category may enter either the 800 or 1500 freestyle events but not both. Swimmers 15&under may enter either the 400 or 800 freestyle events but not both.
- Entry times for all 800/ 1500 events will be based on the individual's 800 times for Girls and the 1500 times for boys.
- Swimmers 13&under will compete in the 400 freestyle.
- Swimmers 11&under will compete in the 200 freestyle.
- All 800 and 1500 swimmers will be senior seeded fastest to slowest, alternating girl and boy heats, and will swim in that order.
- Positive check in for the 800 and 1500 is required.
- Meet Management may limit the number of entries in the 800/ 1500 events based on the number of swimmers and timeout considerations.

## Scratch Rules:

- The "No Charge Scratch" deadline is **noon on Thursday, May 8th.**
- 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
Friday, May 9 PM	Timed Finals Session PM	Scratches due by 5:30 PM Positive check-in for 800 and 1500m events
Saturday, May 10 AM	Timed Finals Session AM	Scratches due by 8:00 a.m. Positive check-in for 400 events
Saturday, May 10 PM	Timed Finals Session PM	Scratches due by 12:30 p.m.
Sunday May 11 AM	Timed Finals Session AM	Scratches due by 8:00 a.m. Positive Check-in for 400 events

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## Events by Age Group:

Age Group	Fly	Back	Breast	Free	IM	Distance	Combined IM (Results Only) **
<b>11&amp; Under</b>	50 Fly	50 Back	50 Breast	50 Free	200 IM	200 Free	200 IM Aggregate
<b>13&amp; Under</b>	50 Fly	50 Back	50 Breast	50 Free	200 IM	400 Free	200 IM Aggregate
<b>15&amp; Under</b>	100 Fly	100 back	100 Breast	50 & 100 Free	400 IM	400/800 free	400 IM Aggregate
<b>Open</b>	200 fly	200 back	200 Breast	50 & 200 Free	400 IM	800/1500 Free	800 IM Aggregate

\*\*The IM Aggregate is not an individual event on its own, it is calculated as a result of the swimmers' IM component strokes\*\*

## Schedule of Events

### Friday PM: Warm-up 5:00 PM, Start at 6:00 PM

Girls	Event	Boys
1	Open 800 Freestyle	2
3	Open 1500 Freestyle	4
5	15&U 800 Freestyle	6
** Seeded fastest to slowest alternating girl and boy		

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

Girls	Event	Boys
7	15&U 400 Freestyle	8
9	13&U 200 IM	10
11	11&U 200 IM	12
13	Open 400 IM	14
15	15&U 100 Backstroke	16
17	13&U 50 Fly	18
19	11&U 50 Fly	20
21	Open 50 Freestyle	22
23	200 Medley Relay	24

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

Girls	Event	Boys
25	Open 200 Breaststroke	26
27	15&U 400 IM	28
29	13&U 50 Freestyle	30
31	11&U 50 Freestyle	32
33	Open 200 Backstroke	34
35	15&U 100 Freestyle	36
37	13&U 50 Backstroke	38
39	11&U 50 Backstroke	40
41	200 Free Relay	42

### Sunday AM: Warm up 7:30 AM, Start 8:30 AM (on next page)

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

Girls	Event	Boys
43	Open 200 free	44
45	15&U 100 Breaststroke	46
47	13&U 400 Freestyle	48
49	11&U 200 Freestyle	50
51	Open 200 Butterfly	52
53	15&U 100 Butterfly	54
55	13&U 50 Breaststroke	56
57	11&U 50 Breaststroke	58

Marshalls will be present during warm-ups



## SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 209



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



Island Swimming Club is a non-profit society  
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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