



VANCOUVER ISLAND REGIONAL LONG COURSE
 CHAMPIONSHIP
 JUNE 6-8, 2014
 NANAIMO AQUATIC CENTER
 741 3rd Street
 Nanaimo, BC
 (250)756-7847

Sanctioned by SwimBC: #16191

Hosted by: Nanaimo Riptides Swim Team

Meet Manager: Sylvia Wilson: meets@nanaimoriptides.com

Pool: 8 X 50m competition pool
 1 X 25m lane in leisure pool for warm-ups and warm downs
 Colorado electronic timing, touch pads and scoreboard
 Coffee Shop on site

DAY	PRELIMINARY SESSIONS		FINALS SESSION	
	WARM-UPS	HEATS	WARM-UPS	FINALS
FRIDAY, JUNE 6, 2014	10:00AM	11:00AM – 3:00PM	5:00PM	6:00 - 9:00PM
SATURDAY, JUNE 7, 2014	8:00AM	9:00AM – 2:00PM	4:00PM	5:00 - 8:30PM
SUNDAY, JUNE 8, 2014	8:00AM	9:00AM – 2:00PM	4:00PM	5:00 – 8:30PM

ELIGIBILITY:

- Open to swimmers who are registered with member clubs of the VIR Swimming Association.
- All swimmers must be registered with Swim BC or FINA affiliated clubs.
- Age groups are based on the age of the swimmers as of June 6, 2014.
- Qualifying times for individual events are outlined in the section below titled Individual Events. Time standard are to be used as follows:

For 10&U swimmers:

- Use the A and AA standards from the 2012-2013 VIR 10&U Provincial Time Standards

For 11&O swimmers:

- Use the A time standard from the Swim BC 2012-2013 Provincial Time Standards.
- Use the VIR 2.5% time standard as the Regional AA standard. 2012-13 standards table is on page 4

- Entry times are to be submitted in L/C meters established to a hundredth of a second. S/C times converted by Hytek's Team manager or TeamUnify will be accepted.
- Times must have been swum in sanctioned meets since Sept 1, 2013.
- There are no qualifying times for relays.

INDIVIDUAL EVENTS:

- “A” SWIMMERS:** Swimmers with at least one “A” time in a 50, 100 or 200m event and no Regional “AA” times may enter up to 6 events of 200m or less; they may not enter events of 400m or more. “A” swimmers wishing to swim more than 6 events of 200m or less must have the “A” standard in all entered events.
- “REGIONAL AA” SWIMMERS:** Swimmers with at least one Regional AA time may enter up to 6 events of 400m or less. Regional AA swimmers wishing to swim more than 6 events must have the “A” standard in all events in any 400m events entered. To enter an 800 or 1500m

event, swimmers must have the Regional AA standard in the distance event entered or a Regional AA time in a 400m event.

- Swimmers may enter a maximum of 9 individual events subject to the conditions outlined above.

RELAY EVENTS:

- A club may enter a maximum of 3 relay teams per relay event. Only A and B relay teams from VIR teams will be scored.
- Swimmers participating in relay events only must be identified on the entry file as "Relay Only Swimmer".
- If association clubs are entering this meet as members of their respective clubs, then they must compete on their club relay teams, not as members of association relay teams.
- Entry times for relay teams should be submitted for seeding purposes.
- Club Relay Championship must consist of 8 swimmers: one female and one male from 10&U, 11/12, 13/14 and 15&O. Swimmers can move up an age group ONLY if their club has no swimmers entered in the meet in that age group. **Note that this is a club relay, therefore no association teams.**

ENTRIES & DEADLINES:

- Entry Deadline: Meet entries must be uploaded no later than noon **Thursday, May 29th, 2014** to www.swimming.ca/MeetList.aspx. Entries sent directly to the Meet Manager will not be accepted.
- Entry Fees: Must be received by Meet Management prior to Friday Prelims Warmups.
 - Individual Events: \$10.00/event
 - Relays: \$11.00/event
 - Swim BC Prov Team Splash Fee \$4.00/swimmer.
- Make cheques payable to "NRST"
- The No Charge Scratch deadline is noon Tuesday, June 3, 2014. Email scratches to meets@nanaimoriptides.com. Revised Psych Sheets will be posted on www.nanaimoriptides.com to reflect all entries and scratches as of this deadline.
- Scratches after the No Charge Scratch deadline will not be refunded unless a medical note is provided.

SCRATCHES AND POSITIVE CHECK IN DURING THE MEET:

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. The Swim BC Scratch rules for finals and associated penalties will be applied.

DAY	SESSION	SCRATCH AND POSITIVE CHECK IN RULES
FRIDAY JUNE 6, 2014	PRELIMINARIES	Scratches for all events and positive check in for 800m and 1500m events required by 10:30am
	FINALS	Initial deadline: 30 minutes following conclusion of Event 201, Mixed 10&U 400 Free. Last Deadline: 5:30 pm, The Clerk of the Course and alternate's coaches MUST be notified by the coach of the scratching swimmer prior to this deadline.
SATURDAY, SUNDAY, JUNE 7/8, 2014	PRELIMINARIES	Scratches for all events and positive check in for 400m events required by 8:30am on the day of the event.
	FINALS	Initial deadline: 30 minutes following the conclusion of preliminary session each day. Last deadline: 4:30pm on the day of the event. The clerk of the course and the alternate's coach MUST be notified by the coach of the scratching swimmer prior to this deadline.

MEET RULES:

- 1) SNC's current swimsuit policy will be in effect.
- 2) SNC Warm Up procedures will be in effect at this meet (see last page for details)
- 3) Meet Management must be notified of swimmers who will swim up in age group before the meet entry deadline.
 - a) Swimmers can only swim in one age group for the duration of the competition.
- 4) No deck entries, time trials, or exhibition swims.
- 5) The scratch deadline for finals is:
 - Friday: 30 minutes from the conclusion of the Mixed 10 and under 400 Free (event 201)
 - Saturday and Sunday: 30 minutes from the conclusion of heats of that same day.
- 6) A Coaches meeting will be held 10 minutes before session starts on Fri, June 6, 2014 and as needed.
- 7) The bleacher area on the south side of the pool is for swimmers and coaches only. Please inform your parents to stay on the north side of the pool to avoid congestion for the swimmers and coaches.
- 8) All applicable FINA/SNC/SwimBC Rules apply for rules not specifically covered by this package.

PARASWIMMER INFORMATION

- 1) This meet has IPC Sanctioning
- 2) Para Swimmer entries must include each swimmer's complete classification with all 3 designations: an S class, an SB class, and SM class.
- 3) Para Swimmers must be licenced by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and classification information is available at <https://swimming.ca/ParaswimmingClassification>
- 4) Eligible classes include S1-S10, S11-13 and S14.
- 5) Para Swimming events are Open Age Group and will run as multi-disability. There are no minimum qualifying standards for Para Swimmers.
- 6) Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
- 7) Para Swimmers may enter able-bodied events as per SwimBC policy. Coaches are asked to limit these additional events to those which correspond with their swimmers' classification as per SNC events.
- 8) Events with 8 or fewer splashes per gender will swim as Timed Finals in the Preliminary sessions; events with nine or more splashes will have prelims and finals.
- 9) Event winners will be determined by using the male and female SNC Performance Points Charts.
- 10) All Para Swimming events (both timed finals and finals) will have awards. Awards will be given for 1st, 2nd, and 3rd on a minus one rule: 4 or more swimmers = 3 awards...1 swimmer = no awards.
- 11) The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events.

10&UNDER EVENTS

- 1) All events for 10 and Under will be timed finals (Senior Seeded, slowest to fastest), mixed boys and girls, EXCEPT for the 200 IM and 200 Free which will be swum as heats and finals (top 8) for boys and for girls and will be Circle Seeded during heats.
- 2) For all individual events, separate awards will be given to boys and girls.
- 3) The 100 Freestyle will be run between events 17 & 18; the 200 Freestyle will be run between events 28 & 29.
- 4) The 400 free will be conducted as Mixed Timed Finals Senior Seeded and will be limited to four (4) heats.
 - a) Girls and Boys will race together but will be awarded separately.
 - b) There will be a positive check in no later than 12pm Friday, June 6th, 2014.

11 & OVER EVENTS

- 1) All individual events 200m or less for 11 and Over will be swum as Circle Seeded, slowest to fastest, and Open Age Groups. Finals will swim in Age Groups: 11/12, 13/14, and 15&Over.
- 2) There will be Consolation Finals ONLY in 15 & Over events that have in excess of 24 splashes.
 - a) Positive check in will be used for events with a Consolation Final and will swim before the A final.
- 3) With the exception of 800 and 1500 events, all events will be swum from slowest to fastest.
- 4) The 11& Over 400 m events may be limited to seven (7) heats consisting of the swimmers with the top 8 entry times in each age group, plus the 32 next fastest entries regardless of age.
 - a) These events will be run as Timed Finals (senior seeded) with the top 8 swimmers (girls heat and boys heat regardless of age) swimming in the evening final.
 - b) Positive check in required for top 8 swimmers no later than 10am that day.
- 5) The 11&Over 800 and 1500 free events will be conducted as Timed Finals and may be limited to four (4) heats each.
 - a) The top eight in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age.
 - b) These events may be swum with two (2) swimmers per lane.
 - c) Swimmers will be seeded by time but awarded by age group. These events will be swum from fastest to slowest alternating 800 and 1500.
 - d) There will be positive check-in for the 11&O 800m and 1500m events no later than 11am Friday, June 6th, 2014.
- 6) If necessary, any entries in excess of heats permitted in 2 and 3 above will be notified and entry fees will be refunded.

Awards:

Individual:

- 1) Medals shall be presented for places first, second and third for 14&U age categories only.
- 2) Ribbons shall be presented for places fourth through eighth (14&U) first through eighth (15&O).

Relays:

- 1) Medals shall be presented to the first place team for ages 14yrs & Under
- 2) Ribbons shall be presented to second and third place team (14&U) first through third (15&O)

Scoring:

- 1) Scoring of VIR Teams will be as follows:
 - a) Individual and Relay events:
50-30-20-15-14-13-12-11
 - b) Consolation Finals will not be scored
 - c) Para Swimming dedicated events will be scored

Officials:

VIR championships are offered as a cooperative effort with officials participating from all clubs. **Each participating club is expected to provide officials for all meet sessions. For the 800 and 1500m events, swimmers will be expected to supply 1 timer.**

Please submit names of volunteers to:

Sylvia Wilson meets@nanaimoriptides.com.

All officials should report to the official's room at the beginning of warm-ups.

VIR Championships Standards

11&Over Standard based on SwimBC 2011/2012/2013 Provincial AA Standard + 2.5%

10&Under Standard based on SwimBC circa 2000 Provincial AA Standard

SCM	10&Under	11&Under	12yrs	13yrs	14yrs	15yrs	Sr/Open	SCM	10&Under	11&Under	12yrs	13yrs	14yrs	15yrs	Sr/Open
50 fr	:43.28	:36.08	:33.70	:32.80	:32.01	:31.76	:31.50	50 fr	:41.90	:36.23	:33.85	:31.81	:30.55	:29.18	:28.53
100 fr	01:34.02	01:19.15	01:13.92	01:11.81	01:10.24	01:09.00	01:07.77	100 fr	01:32.34	01:20.21	01:14.91	01:09.77	01:06.76	01:04.40	01:02.46
200 fr	03:22.57	02:48.91	02:40.16	02:35.45	02:31.86	02:29.06	02:26.93	200 fr	03:31.31	02:54.72	02:43.17	02:32.41	02:26.25	02:20.28	02:16.08
400 fr	07:02.52	06:02.10	05:38.19	05:26.45	05:20.74	05:15.57	05:10.43	400 fr	07:06.04	06:10.41	05:45.96	05:24.11	05:10.49	05:04.44	04:55.31
800 fr		12:35.73	11:45.83	11:21.94	11:13.17	11:00.60	10:44.08	1500 fr		25:01.66	23:22.51	21:43.41	21:20.32	20:38.89	20:01.73
50 bk	:48.04							50 bk	:46.29						
100 bk	01:44.83	01:31.54	01:25.50	01:22.20	01:20.38	01:18.54	01:17.10	100 bk	01:42.72	01:33.27	01:27.11	01:20.61	01:18.47	01:14.00	01:11.78
200 bk		03:13.87	03:01.06	02:54.16	02:52.18	02:48.25	02:44.55	200 bk		03:18.89	03:05.77	02:52.56	02:49.61	02:40.25	02:35.44
50 br	:53.91							50 br	:52.04						
100 br	01:57.12	01:42.90	01:36.07	01:34.34	01:33.00	01:31.03	01:28.76	100 br	01:55.46	01:47.36	01:40.28	01:32.15	01:29.64	01:25.32	01:22.77
200 br		03:39.74	03:25.23	03:21.14	03:18.89	03:15.69	03:10.79	200 br		03:49.26	03:34.13	03:17.55	03:13.66	03:06.97	03:01.36
50 fly	:46.44							50 fly	:44.99						
100 fly	01:40.89	01:32.71	01:26.58	01:23.17	01:19.95	01:18.16	01:16.21	100 fly	01:39.85	01:34.81	01:28.55	01:21.53	01:17.72	01:12.31	01:10.15
200 fly		03:33.79	03:19.67	03:10.34	03:00.94	02:57.72	02:53.28	200 fly		03:41.68	03:27.05	03:09.69	03:01.24	02:46.45	02:41.45
100 IM	01:45.02							100 IM	01:44.34						
200 IM	03:47.26	03:14.35	03:01.52	02:55.93	02:51.67	02:48.08	02:45.42	200 IM	03:46.85	03:17.56	03:04.52	02:52.70	02:45.78	02:39.96	02:35.16
400 IM		06:58.12	06:30.52	06:17.63	06:08.14	06:03.00	05:53.92	400 IM		07:06.21	06:41.79	06:15.52	05:57.85	05:50.17	05:39.67
LCM	10&Under	11&Under	12yrs	13yrs	14yrs	15yrs	Sr/Open	LCM	10&Under	11&Under	12yrs	13yrs	14yrs	15yrs	Sr/Open
50 fr	:44.16	:36.80	:34.38	:33.46	:32.65	:32.39	:32.13	50 fr	:42.76	:36.96	:34.52	:32.44	:31.16	:29.77	:29.17
100 fr	01:35.94	01:20.73	01:15.40	01:13.25	01:11.64	01:10.38	01:09.13	100 fr	01:34.22	01:21.82	01:16.41	01:11.17	01:08.10	01:05.68	01:03.71
200 fr	03:26.70	02:52.28	02:43.36	02:38.56	02:34.90	02:32.04	02:29.87	200 fr	03:35.62	02:58.21	02:46.43	02:35.45	02:29.17	02:23.09	02:18.81
400 fr	07:11.14	06:09.34	05:44.95	05:32.98	05:27.16	05:21.89	05:16.64	400 fr	07:14.73	06:17.86	05:52.88	05:30.59	05:16.69	05:10.53	05:01.22
800 fr		12:50.84	11:59.95	11:35.38	11:26.64	11:13.81	10:56.96	1500 fr		25:31.70	23:50.55	22:09.48	21:45.92	21:03.67	20:25.77
50 bk	:49.02							50 bk	:47.23						
100 bk	01:46.46	01:33.37	01:27.21	01:23.85	01:21.99	01:20.11	01:18.65	100 bk	01:44.82	01:35.13	01:28.86	01:22.23	01:20.03	01:15.80	01:13.22
200 bk		03:17.74	03:04.68	02:57.64	02:55.62	02:51.61	02:47.84	200 bk		03:22.87	03:09.48	02:56.01	02:53.00	02:43.46	02:38.55
50 br	:55.01							50 br	:53.10						
100 br	01:59.51	01:44.96	01:38.00	01:36.23	01:34.86	01:32.85	01:30.54	100 br	01:57.82	01:49.50	01:42.28	01:33.99	01:31.43	01:27.02	01:24.42
200 br		03:44.14	03:29.34	03:25.16	03:22.87	03:19.60	03:14.61	200 br		03:53.84	03:38.41	03:21.49	03:17.54	03:10.71	03:04.99
50 fly	:47.39							50 fly	:45.91						
100 fly	01:42.93	01:34.57	01:28.31	01:24.83	01:21.55	01:19.71	01:17.74	100 fly	01:41.89	01:36.71	01:30.32	01:23.16	01:19.27	01:13.76	01:11.56
200 fly		03:38.06	03:23.67	03:14.16	03:04.56	03:01.28	02:56.74	200 fly		03:46.12	03:31.19	03:13.49	03:04.87	02:49.77	02:44.69
200 IM	03:51.90	03:18.24	03:05.15	02:59.45	02:55.11	02:51.44	02:48.74	200 IM	03:51.48	03:21.52	03:08.21	02:56.16	02:49.09	02:43.16	02:38.26
400 IM		07:06.48	06:38.34	06:25.17	06:15.50	06:10.26	06:01.01	400 IM		07:14.73	06:49.83	06:23.03	6:15.00	05:57.17	05:46.46

FRIDAY, JUNE 6, 2014

Female	Preliminary Session WU: 10:00 Start: 11:00	Male
1	11 & Over 50 Free	2
3	11 & Over 100 Breast	4
101	Multi-Disability (S1-S14) 100 Breast	102
5	11 & Over 200 IM	6
103	Multi-Disability (S1-S14) 50 Fly	104
201	Mixed 10 & Under 400 Free TF	201
7	11 & Over 800 Free TF*	8
9	11 & Over 1500 Free TF*	10

Female	Finals Sessions WU: 5:00 Start: 6:00	Male
11	11/12 200 Medley Relay	12
13	13/14 200 Medley Relay	14
15	15 & Over 200 Medley Relay	16
	50 Free Finals**	
	100 Breast Finals**	
	200 IM Finals**	

SATURDAY, JUNE 7, 2014

Female	Preliminary Session WU: 8:00 Start: 9:00	Male
202	Mixed 10 & Under 200 Medley Relay	202
17	11 & Over 400 IM TF	18
203	Mixed 10 & Under 100 Free TF*** To be swum between events 17 & 18	203
204	Mixed 10 & Under 100 Back TF	204
105	Multi-Disability (S1-S14) 100 Back	106
19	11 & Over 100 Back	20
205	Mixed 10 & Under 50 Breast TF	205
21	11 & Over 200 Breast	22
206	Mixed 10 & Under 100 Fly TF	206
107	Multi-Disability (S1-S14) 100 Free	108
23	11 & Over 100 Fly	24
109	Multi-Disability (S1-S14) 150/200 IM	110
25	11 & Over 200 Free	26

Female	Finals Sessions WU: 4:00 Start: 5:00	Male
27	8 x 50 Club Relay Championship	27
	10 & Under 200 IM Finals	
	11 & Over 400 IM TF (fastest heat)	
	11 & Over 100 Back Finals**	
	11 & Over 200 Breast Finals**	
	11 & Over 100 Fly Finals**	
	11 & Over 200 Free Finals**	

SUNDAY, JUNE 8, 2014

Female	Preliminary Session WU: 8:00 Start: 9:00	Male
209	Mixed 10 & Under 200 Free Relay	209
111	Multi-Disability (S1-S14) 50 Free	112
29	11 & Over 400 Free TF	30
210	10 & Under 200 Free*** To be swum between events 29 & 30	211
212	Mixed 10 & Under 50 Back TF	212
113	Multi-Disability (S1-S14) 50 Back	114
31	11 & Over 200 Back	32
213	Mixed 10 & Under 50 Fly TF	213
33	11 & Over 200 Fly	34
214	Mixed 10 & Under 50 Free TF	214
35	11 & Over 100 Free	36
215	Mixed 10 & Under 100 Breast TF	215

Female	Finals Sessions WU: 4:00 Start: 5:00	Male
37	11/12 200 Freestyle Relay	38
39	13/14 200 Freestyle Relay	40
41	15 & Over 200 Freestyle Relay	42
	10 & Under 200 Free Finals	
	11 & Over 400 Free TF (fastest heat)	
	11 & Over 200 Back**	
	11 & Over 200 Fly**	
	11 & Over 100 Free**	

* These events will be swum from fastest to slowest alternating 800 and 1500 events

** Finals will be by age group: 11/12, 13/14, 15&Over

*** To be swum between the Female & Male 11& Over events as listed

^ Finals may include Para events, depending on numbers of splashes

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