



**ISLAND PACIFIC CUP**  
**November 7-9, 2014**  
**SAANICH COMMONWEALTH PLACE**

4636 Elk Lake Drive  
Victoria, BC  
Sanctioned by SWIM BC: #16895

**HOSTED BY:** Island Swim Club (ISC)

**POOL:** Two 25-metre, 8-lane pools separated by a bulk-head. This is a double-ended, short course meet format. ARES timing system will be used.

SESSION	WARM-UP	START	PROJECTED END
<b>Friday November 7, 2014</b>			
Heats	9:15 a.m.	10:15 a.m.	1:30 p.m.
Finals	3 hours after heats ends	1 hr after warmup	8:30 p.m.
<b>Saturday November 8, 2014</b>			
Heats	8 a.m.	9 a.m.	1:30 p.m.
Finals	3 hours after heats ends	1 hr after warmup	8:30 p.m.
<b>Sunday November 9, 2014</b>			
Timed Finals	8 a.m.	9 a.m.	1:00 p.m.

**ELIGIBILITY:**

1. Swimmers registered with Swim BC or other FINA-related organizations. Swimmer age is determined on November 7, 2014.
2. Qualifying time standards are the Swim BC 2014-2015 A short course times. (<http://swimbc.ca/time-standards/>).
3. Stroke 50 metre events (Backstroke, Breaststroke and Butterfly) do not have Swim BC A time standard. These events may be entered by a swimmer who qualifies for any other event in the meet.
4. There are no entry standards for relay events.
5. Swimmers from Island Swimming who do not meet the qualifying standards may be entered to fill the meet, up to 450 swimmers.

**ENTRY INFORMATION:**

1. FEES: \$7.50 per individual. \$8.00 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 the **Island Swim Club**.
2. Entries must be uploaded prior to the entry deadline through the SNC website at <https://www.swimming.ca/meetlist.aspx>. Please email an entry report for cross-checking to [meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com). Non-Canadian teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list.
3. Scratches received after the final scratch deadline will be charged, unless a medical note is provided.
4. Deck entries may be accepted at the discretion of the meet manager and/or Clerk of Course. Deck entries for swimmers not already in the meet **must** include proof of current registration, which shows the swimmers' correct nine-digit SNC ID and date of birth.

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**ENTRY DEADLINES:**

<b>Initial entry deadline</b>	October 31, 2014 at noon
<b>Initial psych sheets posted:</b> <a href="http://www.islandswimming.com">www.islandswimming.com</a>	November 3, 2014
<b>Email scratches or changes to:</b> <a href="mailto:meetmanager@islandswimming.com">meetmanager@islandswimming.com</a>	November 4, 2014 at noon
<b>Final scratch deadline</b> – final fee reports will be based on entries as of this deadline	November 5, 2014 at noon
<b>Revised psych sheets posted:</b> <a href="http://www.islandswimming.com">www.islandswimming.com</a>	November 5, 2014

**AWARDS:**

1st, 2nd, and 3rd place winners of the individual events and 1st place for relays will be eligible for entry in prize draws.

**MEET RULES:**

1. The meet will follow SWIM BC RULES and SNC RULES.
2. Friday and Saturday's events are heats and finals, except for the relays and distance events. All events will be swum as senior seeded, slowest to fastest, then separated according to **age groups (11&U, 12&13, 14&15 and Open)** in finals.
3. All 4 x 50 relays are timed finals swum at the beginning of the Friday and Saturday Finals sessions. The 4 x 100 relays are timed finals swum at the beginning of Friday and Sunday prelim sessions. Teams may enter as many relay teams as they want but scoring is limited to the fastest 8 teams per gender, max. 1 team per club.
4. Sunday's events are timed finals.

**Distance Events:**

5. The 800 and 1500 freestyle events will be conducted as senior seeded timed finals, swum fastest to slowest. The events are limited to the fastest eight swimmers of each age group and gender, three heats per gender per event. Meet Management reserves the right to add overflow heats to the end of Sunday's heats. Positive check-in is required for the 800 and 1500 events on the day of the swim.

6. The 400, 800 and 1500 freestyle events may be swum TWO swimmers per lane, at the Meet Manager's discretion upon approval from the meet referee.

**PARA ATHLETES:**

1. Para athletes are invited to take part in the Meet in the able bodied events as outlined. There are no qualifying times for para athletes.
2. All Para Swimmer entries must include the swimmer's classification numbers (e.g., S4SB3SM5). Swimmers without classification should contact Swim BC a minimum of one month prior to the entry deadline to ensure that classification can be arranged.
3. All Para Swimmers (S1-S13) must be licensed 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://www.swimming.ca/ParaswimmingClassification>
4. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
5. The Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
6. Classes eligible for competition are S1-S10; S11-13 and S14.
7. Para Swimming events are Open Age Group – no age restriction

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**SCRATCH RULES:**

The “No Charge Scratch” deadline is **noon on Wednesday, November 5, 2014.**

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. Late scratches, no shows and step downs from finals will be subject to a scratch penalty of \$20. No other member of the offending swimmer's team shall compete until the \$20 penalty has been paid.

<b>Day</b>	<b>Session</b>	<b>Scratch Deadline</b>
Friday, November 7	Preliminary Session	Scratches due by 9:15 a.m. Positive check-in for 800 metre by 10:15 a.m.
	Finals	Scratches due 30 minutes after the conclusion of preliminary Event 9, 200 Breast.
Saturday, November 8	Preliminary Session	Scratches due 60 minutes after start of finals on Friday, November 8. Positive check-in for 1500 events by 9 a.m.
	Finals	Scratches due 30 minutes after the conclusion of preliminary Event 25, 50 Free.
Sunday, November 9	Preliminary Session	Scratches due at 7:00 p.m., <u>Saturday, November 8.</u> Positive check-in for overflow distance events (if any) by 9 a.m.

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**SCHEDULE OF EVENTS**

**Friday Preliminaries: Warm-up 9:15 AM, Start 10:15 AM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	4 x 100 Medley Relay	2
3	200 Back	4
5	100 Fly	6
7	200 IM	8
9	100 Free	10
11	200 Breast	12
13	800 Free (Top 8 per Gender for 11&U, 12&13, 14&15 and Open)	14

**Friday Finals: Warm-up 5 PM, Start 6 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
15	4 x 50 Free Relay	16
3	200 Back	4
5	100 Fly	6
7	200 IM	8
9	100 Free	10
11	200 Breast	12

**Saturday Preliminaries: Warm-up 8 AM, Start 9 AM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
15	100 Back	16
17	200 Free	18
19	100 Breast	20
21	200 Fly	22
23	50 Free	24
25	1500 Free (Top 8 per Gender for 11&U, 12&13, 14&15 and Open)	26

**Saturday Finals: Warm-up 5 PM, Start 6 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
27	4 x 50 Medley Relay	28
15	100 Back	16
17	200 Free	18
19	100 Breast	20
21	200 Fly	22
23	50 Free	24

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**Sunday Timed Finals: Warm-up 8 AM, Start 9 AM**  
(all events are timed finals)

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
29	4 x 100 Free Relay	30
25	50 Fly	26
27	400 Free	28
29	50 Back	30
31	50 Breast	32
33	400 IM	34
35	800 Free (possible overflow heats after Friday)*	36
37	1500 Free (possible overflow heats after Saturday)*	38

\*Overflow heats for 800 and 1500 events will be held at the discretion of the meet manager.

Qualifying time standards are Swim BC Short Course A times for each event, based on the age of the swimmer on the first day of the meet. Any swimmer who qualifies to attend the meet may enter the 50 Fly, 50 Back, or 50 Breast as there are no A time standards for these events. The time standards chart can be found at: <http://swimbc.ca/time-standards/>

**SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.**

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June 27, 2014



**SWIMMING CANADA**  
**COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

**GENERAL WARM-UP:**

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

**EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

**VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

**SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

**PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**

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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

**Sandman Inn**

2852 Douglas Street  
Victoria, B.C. V8T 4M5  
Phone: 250-388-0788  
Toll free: 1 -800-726-0788 (Ask for the SwimBC rate)

**Travellers Inn**

[www.TravellersInn.com](http://www.TravellersInn.com)  
4 locations in Victoria  
Phone Sarah at 1-888-599-1555  
ask for the Island Swimming rate

Limited billeting may be provided to teams visiting from outside of British Columbia,  
or to athletes that need assistance with travel expenses.

Please contact

([meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com))

**prior to Oct 24, 2014** to request billeting assistance.