

HOST: Pacific Coast Swimming
 MEET MANAGER: Rob Crisp
 meets@pacificcoastswimming.com
 VENUE: Saanich Commonwealth Place
 4636 Elk Lake Drive, Saanich, BC
 POOL AND FACILITIES
 2x25 M pools Ares-Omega electronic timing, touch pads and scoreboard.
 2-4 25 M lanes available for warm up and warm down in dive tank
 Coffee shop available on site

Eligibility

- Registered members of clubs of the Vancouver Island Regional Swimming Association. Clubs from outside the region may be considered (depending on number of entries) but will not be eligible to swim 'A' finals.
- All swimmers must be registered with SwimBC or FINA Affiliated club.
- Age groups are based on the age of the swimmers as of the first day of competition.
- Qualifying times for individual events are Regional SC Standards.
- Entry times are to be submitted in short course meters established to a hundredth of a second. LC times converted by HyTek's Team Manager or TeamUnify will be accepted.

Entries & Deadline

- Entry Deadline: Meet entries must be uploaded to www.swimming.ca/MeetList.aspx no later than midnight **Friday, January 16, 2015**. Entries sent directly to the Meet Manager will not be accepted.
- Entry Fees: Must be received to Meet Management prior to VIR Championships Friday Prelims warm-ups.
 - Individual Events: \$9.00/ event
 - Relays: \$9.00 / event
 - Saanich Commonwealth Place requires a \$5.00 per swimmer Facility Improvement Fee and SWIM BC requires a \$4.00 / swimmer Provincial Team Splash Fee
- Please make cheques for the total amount, including all individual and relay entries, and Swim BC and SCP facility fees, payable to **Pacific Coast Swimmers and Parents Association (PCSPA)**.
- The No Charge Scratch Deadline is noon Wednesday, Jan. 21, 2015. Email scratches to meets@pacificcoastswimming.com
- Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.

WARM-UP AND SESSION TIMES		
Friday, January 23rd, 2015		
Heats	Warm-up	10:00 am - 10:50 am
	Competition	11:00 am - 3:00 pm
Finals	Warm-up	5:00 pm - 5:50 pm
	Competition	6:00 pm - 9:00 pm
Saturday, January 24th, 2015		
Heats	Warm-up	8:00 am - 8:50 am
	Competition	9:00 am - 2:00 pm
Finals	Warm-up	4:00 pm - 4:50 pm
	Competition	5:00 pm - 8:30 pm
Sunday, January 25th, 2015		
Heats	Warm-up	8:00 am - 8:50 am
	Competition	9:00 am - 2:00 pm
Finals	Warm-up	4:00 pm - 4:50 pm
	Competition	5:00 pm - 8:30 pm
All listed session completion times are approximate		

Individual Events

- To be eligible to enter an individual event, a swimmer must have equaled or bettered the qualifying time for that event in a sanctioned race after September 1, 2013.
- Swimmers may enter a maximum of NINE events.
- All nonqualified swims must have a minimum Provincial A / Regional 10&U A qualifying time.
 - Free swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of SIX events:
 - 1 qualifying standard: up to 5 Free Swims
 - 5 qualifying standards: 1 Free swim
 - To enter more than six events, the swimmer must have qualifying times in all events entered.
 - Qualifying time for boys' 800Free is VIR standard in 1500F and qualifying time for girls' 1500F is VIR standard in 800F.
- Age groups for individual events are as follows: 10&U, 11&U, 12/13, 14/15, 16&Over.
- Competitors may swim in any age group in which they meet the qualifying standard. However, swimmers cannot compete in the same event in more than one age group. Meet Management must be notified of swimmers who will swim up an age group before the meet entry deadline.

Relay Events

- 1) A club may enter a maximum of 3 relay teams per relay event. Only VIR A and B teams will be eligible for scoring.
- 2) Swimmers participating in relay only events must be identified on the entry file as "RELAY ONLY SWIMMER".
- 3) If association clubs are entered as members of their respective clubs, then they must compete on their club relay teams, not as members of association relay teams.
- 4) There are no qualifying times for Relays, however, times should be submitted for seeding purposes.
- 5) 11&O relays will swim in 12&U, 14&U and 15+ age groups.
- 6) Club Relay Championship teams must consist of 8 swimmers: one female and one male from 11&U, 12/13, 14/15, 16+. 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.**

Meet Rules

- 1) SNC's current swimsuit policy will be in effect.
- 2) SNC Warm Up procedures will be in effect at this meet.

Para-swimming Information

- 1) This meet does not have 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 10&U individual events will be timed finals, senior seeded, swum slowest to fastest, mixed boys and girls, EXCEPT for the 200IM, 100 Bk, 200 Free, and 100Br which will be swum as heats and finals (top 8) for boys and girls (separately) and will be circle-seeded during heats.
- 2) All individual events will be awarded separately (boys and girls).
- 3) The 400 free will be conducted as a mixed timed finals event, senior seeded, and will be limited to four (4) heats.

11 & Over Events

- 1) All 11&Over individual events 200m or less will be circle seeded, swum slowest to fastest, and in open age groups. Finals will swim in Age Groups: 11, 12-13, 14-15, and 16&Over.
- 2) There will be Consolation Finals in 12/13, 14/15 and 16 & Over events that have 24 or more entries. Positive check in will be used for events with a Consolation Final and the B final will swim before the A final.
- 3) Timed final events will be senior seeded.
- 4) With the exception of 800m and 1500m events, all events will be swum slowest to fastest.
- 5) The 11& Over 400 m events may be limited to seven (7) heats consisting of the swimmers with the top 14 entry times in each age category.
 - 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.
- 6) 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 girls' and boys' heats.
 - d) There will be positive check-in for the 11&O 800m and 1500m events no later than 11am Friday, Jan 23, 2015.

- 7) If necessary, any entries in excess of heats permitted in 5 and 6 above will be notified and entry fees will be refunded.

Awards

Individual Events:

- 1) Medals shall be presented for places first, second and third for 13&U age categories only.
- 2) Ribbons shall be presented for places fourth through eighth (13&U) & first through eighth (14&O).

Relays:

- 1) Medals shall be presented to the first place team for ages 14 & Under.
- 2) Ribbons shall be presented to second and third place teams (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 events will not 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 sessions. Please send names of your officials to:

Heather Stebeck at meets@pacificcoastswimming.com

2014/2015 VIR STANDARDS -- SCM

EVENT	2014 / 2015 VIR FEMALE STANDARDS - SCM					EVENT	2014 / 2015 VIR MALE STANDARDS - SCM					EVENT
	16&Over	14 / 15yrs	12 / 13yrs	11yrs	10&Under		10&Under	11yrs	12 / 13yrs	14 / 15yrs	16&Over	
50 Free	0:31.00	0:31.15	0:32.44	0:36.00	0:42.11	50 Free	0:42.33	0:36.18	0:31.84	0:28.73	0:28.31	50 Free
100 Free	1:06.81	1:07.59	1:10.98	1:18.91	1:32.31	100 Free	1:34.08	1:20.42	1:10.04	1:02.92	1:01.69	100 Free
200 Free	2:25.25	2:26.44	2:34.11	2:53.40	3:22.84	200 Free	3:25.85	2:55.98	2:32.57	2:17.25	2:15.77	200 Free
400 Free	5:05.85	5:09.93	5:24.99	6:04.19	7:06.01	400 Free	7:18.14	6:14.56	5:27.72	4:53.13	4:47.12	400 Free
800 Free	10:45.32	10:45.32	11:20.11	12:29.83		800 Free		13:13.97				800 Free
1500 Free						1500 Free			22:13.57	19:48.57	19:16.68	1500 Free
50 Back	0:35.81	0:36.24	0:38.02	0:42.54	0:49.75	50 Back	0:51.15	0:43.73	0:38.09	0:33.98	0:32.94	50 Back
100 Back	1:16.09	1:17.00	1:20.76	1:30.35	1:45.69	100 Back	1:48.65	1:32.89	1:20.91	1:12.18	1:09.99	100 Back
200 Back	2:43.90	2:45.29	2:53.37	3:11.53		200 Back		3:18.86	2:53.28	2:35.68	2:32.06	200 Back
50 Breast	0:40.47	0:40.67	0:42.27	0:46.74	0:54.67	50 Breast	0:52.59	0:49.01	0:42.45	0:38.20	0:37.00	50 Breast
100 Breast	1:27.17	1:27.59	1:31.05	1:40.67	1:57.75	100 Breast	2:03.45	1:45.54	1:31.42	1:22.28	1:19.68	100 Breast
200 Breast	3:08.24	3:08.24	3:16.24	3:35.34		200 Breast		3:46.75	3:17.97	2:59.69	2:54.11	200 Breast
50 Fly	0:34.42	0:34.62	0:36.92	0:43.59	0:51.44	50 Fly	0:52.67	0:45.02	0:37.31	0:32.32	0:30.84	50 Fly
100 Fly	1:16.00	1:16.45	1:21.52	1:36.25	1:52.58	100 Fly	1:56.28	1:39.41	1:22.39	1:11.36	1:08.10	100 Fly
200 Fly	2:53.17	2:54.21	3:06.06	3:45.39		200 Fly		3:51.23	3:14.05	2:45.06	2:37.78	200 Fly
100 IM					1:50.81	100 IM	1:48.79					100 IM
200 IM	2:45.19	2:45.54	2:53.91	3:14.36	3:47.35	200 IM	3:53.82	3:19.89	2:53.81	2:36.96	2:30.84	200 IM
400 IM	5:51.75	5:53.60	6:11.36	7:03.01		400 IM		7:06.27	6:16.26	5:34.95	5:25.55	400 IM

Vancouver Island Regional SC Championships

January 23-25, 2015

Sanctioned by Swim BC: #16918

Live results at <http://results.pacificcoastswimming.com>

Friday January 23, 2015

Schedule of Events

Female	Preliminary Session WU: 10:00 Start: 11:00	Male
1	11 & Over 50 Free	2
201	Mixed 10&U 100 IM TF	201
3	11 & Over 100 Breast	4
101	Para (S1-S14) 100 Breast	102
5	11 & Over 200 IM	6
103	Para (S1-S14) 50 Fly	104
7	11 & Over 50 Fly TF	8
202	Mixed 10&U 400 Free TF	202
9	11 & Over 800 Free TF*	10
11	11 & Over 1500 Free TF*	12
Female	Finals Sessions WU: 5:00 Start: 6:00	Male
13	11/12 200 Medley Relay	14
15	13/14 200 Medley Relay	16
17	15&O 200 Medley Relay	18
50 Free Finals**		
100 Breast Finals**		
200 IM Finals**		

Vancouver Island Regional SC Championships

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Saturday, January 24, 2015

Female	Preliminary Session WU: 8:00 Start: 9:00	Male
203	Mixed 10&U 200 Medley Relay	203
19	11 & Over 400 IM TF (slower heats)	20
204	Mixed 10&U 100 Free TF*** To swim bet. events 19 & 20	204
205	10&U 100 Back****	206
105	Para (S1-S14) 100 Back	106
21	11 & Over 100 Back	22
207	Mixed 10&U 50 Breast TF	207
23	11 & Over 50 Breast TF	24
25	11 & Over 200 Breast	26
208	Mixed 10&U 100 Fly TF	208
107	Para (S1-S14) 100 Free	108
27	11 & Over 100 Fly	28
209	10&U 200 IM****	210
109	Para (S1-S14) 150/200 IM	110
29	11 & Over 200 Free	30
Female	Finals Sessions WU: 4:00 Start: 5:00	Male
31	8 x 50 Club Relay Championship	31
	10 & Under 200 IM Finals	
	11 & Over 400 IM TF (fastest heat)	
	10 & Under 100 Back Finals	
	11 & Over 100 Back Finals**	
	11 & Over 200 Breast Finals**	
	11 & Over 100 Fly Finals**	
	11 & Over 200 Free Finals**	

Vancouver Island Regional SC Championships

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Sunday January 25, 2015

Female	Preliminary Session WU: 8:00 Start: 9:00	Male
211	Mixed 10&U 200 Free Relay	211
111	Para (S1-S14) 50 Free	112
32	11 & Over 400 Free TF	33
212	10 & Under 200 Free***, **** To swim bet. events 32 & 33	213
214	Mixed 10&U 50 Back TF	214
113	Para (S1-S14) 50 Back	114
34	11 & Over 50 Back TF	35
36	11 & Over 200 Back	37
215	Mixed 10&U 50 Fly TF	215
38	11 & Over 200 Fly	39
216	Mixed 10&U 50 Free TF	216
40	11 & Over 100 Free	41
217	10&U 100 Breast****	218

Female	Finals Sessions WU: 4:00 Start: 5:00	Male
42	11/12 200 Freestyle Relay	43
44	13/14 200 Freestyle Relay	45
46	15&O 200 Freestyle Relay	47
10&U 200 Free Finals		
11 & Over 400 Free TF (fastest heat)		
10&U 100 Breast Final		
11 & Over 200 Back**		
11 & Over 200 Fly**		
11 & Over 100 Free**		

* These events will be swum from fastest to slowest alternating girls and boys heats

** Finals will be by age group: 11, 12/13, 14/15, 16&Over

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

**** to be swum as heats and finals

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

November 25, 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 removed 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."