



# **2015 SWIM BC SHORT COURSE AAA AGE GROUP CHAMPIONSHIPS**

*Hosted by Surrey Knights Swim Club*

**MARCH 5-7, 2015  
SURREY SPORTS AND LEISURE CENTRE**

- **AGE GROUPS:**
  - 11&U, 13&U, 15&U (Individual events)
  - 11&U, 13&U, 15&U (Relay events)
- **MEDAL EVENTS:**
  - 50-100-200-400-800/1500 Free
  - 50-100-200 Back, Breast, Fly
  - 200-400 IM
  - 200 Free relay; 200 Medley relay; 400 Free Relay
  - Para Events: 50 Free, 100 Free, 200/400 Free, 50/100 Back, 50/100 Breast, 50/100Fly, and 150/200 IM
- **Minimum TWO qualifying times**
- **Maximum TWO bonus entries**



# 2015 SWIM BC AAA SHORT COURSE AGE GROUP CHAMPIONSHIPS MARCH 5-7 2015 – SURREY, BC



**SANCTIONED BY SWIM BC: #17423**

**DATE**                   **MARCH 5-7, 2015**  
**(Thursday to Saturday)**

**HOST**                   **Surrey Knights Swim Club**  
**MEET MANAGER**   **Amanda Bickell (604-996-0084)**  
                                  [meetmanager@surreyknights.com](mailto:meetmanager@surreyknights.com)

**PARA ADVISOR**      **Janet Dunn**  
**MEET REFEREE**     **Heather Stein**

**VENUE**  
Surrey Sport & Leisure Centre  
16555 Fraser Hwy, Surrey, BC                   604-501-5881

Prelims: 2 x 8x25m Competition Pools;  
Finals: 8x25m Competition pool  
Warm-up space available in free-form pool  
Omega Timing System; Daktronics scoreboard

WARM UP AND SESSION TIMES		
THURSDAY, MARCH 5, 2015		
Heats	Warm-up *	7:30 - 8:50am
	Competition	9:00am - 12:30pm
FRIDAY, MARCH 6, 2015		
Heats	Warm-up*	7:30 - 8:50am
	Start	9:00am - 12:30pm
Finals	Warm-up*	3:30 - 4:50pm
	Start	5:00 - 7:30pm
SATURDAY, MARCH 7, 2015		
Heats	Warm-up*	7:30 - 8:50am
	Start	9:00am - 12:30pm
Finals	Warm-up*	2hrs. after prelims
	Start	3hrs. after prelims

**\*Warm-up periods may be blocked.**  
**Session completion times are approximate.**

**ELIGIBILITY**

**See also SPECIAL MEET RULES below.**

1. As of the entry deadline, athletes must have attained, after September 1, 2013, at least TWO 2014-2015 SwimBC AAA long course or short course times in an applicable age group.
2. Para-swimmers, within the same time frame, must have similarly achieved TWO 2014-2015 Provincial Para-Swimming AAA times. <http://bit.ly/ParaStdsBC>
3. All swimmers must be registered with a Swim BC, SNC, or other FINA recognized club.
4. Age groups will be 11&U, 13&U, 15&U for individual and relay events.
  - a. NOTE: Coaches must specify in their entries if they want their swimmer to compete in an older age / age group and notify meet management of the competitor's name, event and swim-up age category.

5. Swimmer age is as of the first day of competition.
6. Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
  - a. Swimmers cannot compete in the same individual event in more than one age/age group

**NON-QUALIFIED SWIMS**

1. The limits on non-qualified swims apply to all swimmers in the meet, including para-swimmers.
2. Non-qualified swims are permitted so that a swimmer may enter up to a maximum of TWO non-qualified events.
  - 2 qualifying entries – Up to 2 Non-qualified entries
  - 3 qualifying entries – Up to 1 Non-qualified entries
  - 4 qualifying entries – 0 Non-qualified entries
3. Swimmers must have met the Swim BC **"AA"** standard for all non-qualified swims.
4. For 400 freestyle and 400 IM, meet management may schedule any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the prelims session, time permitting; if there is insufficient time, non-qualifiers will be offered the opportunity to enter a different event.
5. Non-qualified entries in the 800 and 1500 events will be accepted only if session timelines remain acceptable

**ENTRIES**

1. Individual entries are limited to a maximum of EIGHT per swimmer. A swimmer entering four or more events must have qualifying times in all events entered.
2. **NO CONVERTED TIMES.** All LCM entries will be converted to SCM by meet management and seeded accordingly.
3. Times will be verified with SNC's online entry validations (which will flag bogus or converted times);
4. **CUSTOM TIMES** and 'NT' entries ARE NOT ACCEPTED in individual events.
5. Relay entries must include names along with the relay entries. Relay swimmers may be changed at the meet.
6. Relay entries submitted with invalid times or without swimmer names will be seeded as "NT"
7. Entry fees are \$8.50 per individual event and \$12.00 per relay event.
8. Surcharges:
  - a) \$4.00 per swimmer Swim BC Provincial Team Fee.
9. Cheques payable to: **Surrey Knights Swim Club**
10. Please include a contact name, phone number, and email address with entries.
11. Entries must be uploaded to Swimming Canada meet listings website prior to the entry deadline.

**ENTRY DEADLINE:**

**MONDAY, FEBRUARY 23, 2015, AT 9:00PM PST**

**Entries submitted after the entry deadline may be accepted at the discretion of meet management. Any late entries which are accepted will be surcharged at the rate of 200% of the published entry fees, to a maximum of \$500/team.**



# 2015 SWIM BC AAA SHORT COURSE AGE GROUP CHAMPIONSHIPS MARCH 5-7 2015 – SURREY, BC



## SPECIAL MEET RULES

See also **ELIGIBILITY** above.

### GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide; where discrepancies exist between Tech Guide and this meet package, the meet package shall take precedence.
2. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials
4. SNC warm-up procedures apply.
5. Preliminary heats will be swum in two pools, divided by meet management such that both pools finish at approximately the same time.
6. Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
7. There will be a "B" final in all individual events with more than 16 entries at the time of meet program publication, apart from 11&U, which will have only "A" finals.
8. The "B" finals of the 400m events may be swum in a separate pool while the "A" finals are being run.

### SCRATCHES

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
2. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of results.
3. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and dealt with as such.
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.
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 'late-scratching' swimmer's team shall compete until the \$20 penalty has been paid.

### Para-swimmers

1. **Para-swimmers' complete classifications \*(S, SB, SM) must be included with athlete surname in their entries.**
2. The most current IPC rules will be observed for all para-swimming events.
3. By the entry deadline, swimmers must have attained at least TWO Swim BC Para-swimming AAA qualifying times. <http://bit.ly/ParaStdsBC>; being that SB9 only has 100BR as a para-event, swimmers who have only the SB9 classification can enter the meet with that one QT.
4. Non-qualified entries must meet the Para-AA time standard, and are limited to no more than TWO, as listed in the "NON-QUALIFIED SWIMS" section of this document.
5. Para-swimmers may enter Able-bodied events as non-qualified swims (within the same limits expressed in the previous point).
6. Para-swimming events are open age group – no age restrictions
7. Para-swimmer events will be single-gender and multi-class. Winners will be determined by using the respective male and female Swimming Canada Performance Points Charts.
8. There will be SEVEN para-"medal events": 50 free, 100 free, 200/400 Free, 50/100 Back, 50/100 breast, 50/100 Fly and 150/200IM, with distances for each class corresponding to the distances outlined in the time standards.

9. Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of medalists from each of those pairs of events.
10. In para-swimming events with five or more entries, Para-swimmers will compete integrated with able-bodied heats during preliminaries, then in a para-final during finals.
  - a. In para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only timed finals during the preliminaries session.

### AWARDS

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

### 800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, one age group each day.
2. The fastest heat (top eight swimmers) will swim as the first event in finals each evening.
3. All other heats will swim fastest to slowest at the conclusion of the prelims session, with the possibility that some or all of these heats may swim two-per-lane

### RELAYS

1. Age groups for relays will be 11&U, 13&U, 15&U
2. Clubs may enter as many relay teams as they wish; however, only "A" and "B" relay teams will be considered for scoring, and as such, only two relay entries per team per event will be seeded into the fastest heat, except in events where fewer than nine teams are entered.
3. Only the fastest eight proven relay entries (limit two per team as outlined above) in each event will swim as timed finals at the conclusion of finals sessions. All other relay heats will swim as a timed final at the end of the preliminaries session.
4. Proof-of-time is to be submitted for each relay team entered; however, NT entries will be accepted.
5. Valid relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative times of the four swimmers entered.
6. Only swimmers whose names appear on the meet entries shall compete in relay events.
7. Swimmers who will be in relays only shall be listed in their club's Hytek entry file as "Relay only swimmers"; such swimmers will be subject to Swim BC Splash Fee.
  - a. A relay team may have no more than two "relay-only" swimmers.

### SCORING

Individual scoring will be 16-deep, utilizing "reverse" scoring in both para- and able-bodied events.

1. In A/B Finals:
  - a. A-Final: 50-30-20-15-14-13-12-11
  - b. B-Final: 9-7-6-5-4-3-2-1
2. In A" Final only and timed final events, Top 16 places will be scored:
 

50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1

  - a. Reverse scoring: In all individual events,
    - i. If only 15 swimmers compete: 30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
    - ii. If only 14 swimmers compete: 20-15-14-13-12-11-9-7-6-5-4-3-2-1
    - iii. If only 13 swimmers compete: 20-15-14-13-12-11-9-7-6-5-4-3-2-1
    - iv. Etc.

Relay scoring is Top 8: 50-30-20-15-14-13-12-11



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### PARENTS: PRESENTATION ON SUPPORTING SUCCESS

Regional Coach Mike Flegel will offer a presentation on athlete development and the role that parents can play in nurturing and supporting that development.

This presentation has been delivered to a number of clubs, and has been well-received in every venue.

Attendance is welcomed and encouraged.

### OTHER

1. Coaches are asked to check in with the Meet Manager immediately upon arrival to pick up Meet Package, pay entry fees, and receive information regarding any changes.
2. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Friday and as necessary.
3. Clubs are asked to submit names of timers and deck officials with session availability to [officials@surreyknights.com](mailto:officials@surreyknights.com)
4. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

### THURSDAY, MARCH 5, 2015

	HEATS	FINALS
Warm up	7:30-8:50am	3:30 - 4:50pm
Competition	9:00am-12:30pm*	5:00 - 7:30pm
GIRLS #	EVENT	BOYS #
1	200 IM	2
101	Para 150/200 IM	102
3	50 Free	4
103	Para 50 Free	104
5	200 Breast	6
7	50 Back	8
9	100 Fly	10
105	Para 50/100 Fly	106
11	12-13 200 Free	12
13	14-15 400 Free	14
15	11&U 800 Free	16
RELAYS		
17	11&U 4 x 50 M.R.	18
19	13&U 4 x 50 M.R.	20
21	15&U 4 x 50 M.R.	22

\*All listed session completion times are approximate

### FRIDAY, MARCH 6, 2015

	HEATS	FINALS
Warm up	7:30-8:50am	3:30 - 4:50pm
Competition	9:00am-12:30pm*	5:00 - 7:30pm
GIRLS #	EVENT	BOYS #
23	200 Fly	24
25	100 Back	26
107	Para 50/100 Back	108
27	400 IM	28
29	50 Breast	30
31	11&U 400 Free	32
33	14-15 200 Free	34
109	Para 200/400 Free	110
35	12-13 800/1500 Free	36
RELAYS		
37	11&U 4 x 50 F.R.	38
39	13&U 4 x 50 F.R.	40
41	15&U 4 x 50 F.R.	42

\*All listed session completion times are approximate

### SATURDAY, MARCH 7, 2015

	HEATS	FINALS
Warm up	7:30-8:50am	2hrs. after prelims
Competition	9:00am-12:30pm*	3hrs. after prelims*
GIRLS #	EVENT	BOYS #
43	11&U 200 Free	44
45	12-13 400 Free	46
47	50 Fly	48
49	200 Back	50
51	100 Breast	52
111	Para 50/100 Breast	112
53	100 Free	54
113	Para 100 Free	114
55	14-15 800/1500 Free	56
RELAYS		
57	11&U 4 x 100 Free Relay	58
59	13&U 4 x 100 Free Relay	60
61	15&U 4 x 100 Free Relay	62

\*All listed session completion times are approximate

**\*\*Start time for Saturday finals will be confirmed after entries have been received and session timelines have been confirmed.**



## 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."**