

2015 SWIM BC LONG COURSE SENIOR OPEN

Hosted by Swim BC

MARCH 8-9, 2015
UBC AQUATIC CENTRE

- **THREE FINALS IN ALL 50, 100, 200, 400M EVENTS**
 - Senior
 - 18&U
 - Next 8 fastest
- **OVER \$6000 IN PRIZE MONEY**
 - \$100 - \$50 - \$25 for Top 3 in each Olympic event
 - Additional \$1600 in performance money

DATE: March 8-9, 2015 (Sunday-Monday)

HOSTED BY: SwimBC

LOCATION: UBC Aquatic Centre
6121 University Blvd.
Vancouver, BC

POOL SPECS: 8-lane x 50m meter competition pool
Additional warm-up space available

Meet Manager: Mike Flegel (mike@swimbc.ca; 250-898-9008)

Entries: Rudi Plesch (rudi.plesch@gmail.com; 778-868-4286)

Meet Referee: Heather Stein

WARM UP AND START TIMES:

Sunday, March 8, 2015:

PRELIMS: Warm-Up: 8:00 – 9:20am
Competition: 9:30am – 1:30pm*

FINALS: Warm-Up: 4:00 – 5:20 pm
Competition: 5:30pm – 7:30pm*

Monday, March 9, 2015:

PRELIMS: Warm-Up: 8:00 – 9:20am
Competition: 9:30am – 12:30pm*

FINALS: Warm-Up: ~2hrs. after completion of prelims
Competition: 1hr. after start of warm-up

*Note: Session completion times are approximate.

ELIGIBILITY:

- 1) All swimmers must be registered with a Swim BC, SNC, USA Swimming or other FINA recognized club.
- 2) Ages are based on the age of the swimmer as of March 8, 2015.
- 3) **Qualifying Times are the 2014-2015 Swim BC Senior (16&O) AAA short course or long course standards. (Do not convert entry times; SCM entries will be converted by meet management)**
- 4) Qualifying period is from September 1, 2013, to the entry deadline.
- 5) There is no limit on the number of qualified events a swimmer may enter

ENTRY DEADLINE:

The entry deadline is 9:00 pm Thursday, February 26, 2015.

Meet management has the discretion to either accept or deny entries submitted after the entry deadline.
Late entries, if accepted, will be invoiced at 200% of the stated entry fees.

NON-QUALIFIED SWIMS:

Entries not meeting the qualifying standard will be accepted under the following structure:

- ONE qualifying entry - TWO non-qualified entries
- TWO qualifying entries – TWO non-qualified entries
- THREE qualifying entries – ONE non-qualified entries
- etc.

Swimmers may choose any event for their non-qualified entries, **except the 800/1500 Freestyle events**, provided their entry meets the SwimBC “AA” time standard.

SPECIAL MEET RULES:

- 1) This meet will follow applicable SNC and Swim BC rules as outlined in the current SNC Rulebook and Swim BC Tech Guide. If discrepancies exist between the Tech Guide and this meet package, the meet package shall take precedence.
- 2) The 800 (W) and 1500 Freestyle (M) will be conducted as Timed Finals. The fastest heat (4 fastest Senior and 4 fastest 18&U) will swim in the finals session. The slower heats will be swum at the end of preliminaries, fastest to slowest, age irrelevant, alternating one heat of 800, one heat of 1500. Some or all of the slower heats may be swum two-per-lane.
- 3) There will be a Senior “A” final and 18&U “A” final in all 50, 100, 200, and 400m events
(18&U swimmers wishing to compete in the Top8 Senior final must declare this when submitting entries – send email to entries@swimbc.ca with a list of swim-ups)
 - a) There will also be a third final of the next fastest eight, regardless of age, in all events with 24 or more entrants as of the start of the meet.
- 4) There will be a positive check-in for the 800m and 1500m Freestyles. **Deadline will be start of the prelims session.** Swimmers who fail to show or complete their swim after positive check-in will be subject to same penalties as late scratch from finals (See “Scratches” section)
- 5) The fastest four heats in the 400 Free and 400 IM events will be swum in the event order as presented. The slower heats of the 400 Free and 400 IM will be swum after the completion of the respective day’s heats.
 - a) The slower heats of the 400 Free and 400 IM will run fastest to slowest alternating women’s / men’s heats.
- 6) Any act of theft, vandalism or similar action will result in disciplinary measures up to and including disqualification from the meet.
- 7) “NT” entries will not be accepted in individual events. All individual event entries must be valid times swum at sanctioned competitions.
- 8) SNC’s warm-up procedures will be in effect.
- 9) A coaches meeting will be held if deemed necessary.
- 10) CHANGES - should it become necessary to change warm-up and or starting times, coaches will be notified as soon as possible.
- 11) Deck Entries will be accepted to fill empty lanes only at a cost of \$15.00/entry. All Deck entry requests must be submitted to the Meet Manager / Clerk of Course with payment for that deck entry.

Deck entries are not eligible for prize money or finals consideration – they are swims for time only.

- 12) Relays are timed finals with all heats swum during finals.
- 13) There will be no time trials.

ENTRY FEES:

Entry fees are **\$10.00 per individual entry** and **\$12 per relay entry**. There is also a **\$4.00/swimmer** SwimBC Provincial Team Splash fee and **\$5.00/swimmer** UBC Aquatic Centre Facility fee. Late entries can be accepted/rejected at the discretion of the meet management.

Entries must be submitted to the SNC meet website.
Cheques are to be made payable to **SwimBC**

SCORING & AWARDS:

1. Top3 Medals in Senior and 18&U in all events
2. SwimBC Senior Open Prize Money: Offered in all Senior "Olympic" events
 - 1) First place: \$100
 - 2) Second place: \$50
 - 3) Third place: \$20
3. An additional \$1600 in prize money will be awarded to the Top5 world-ranked swimmers, as ranked against the 2013-2014 FINA World Rankings (rankings list that will be used: <http://bit.ly/1wkUJ3o>) as follows:
 - 1st - \$600
 - 2nd - \$400
 - 3rd - \$300
 - 4th - \$200
 - 5th - \$100

****Prize monies are available to swimmers from any SNC or other FINA-affiliated program.**

BCAAP RECIPIENTS

BCAAP recipients are required to attend **all** Senior Circuit meet(s), including BC Open, unless a viable rationale is presented in writing to, and approved by, the Swim BC Executive Director no later than one week prior to the entry due date.

PARA-SWIMMING

- 1) There will be no dedicated Para-swimming events at this meet.

Relays

- 1) Relays are limited to two relay entries per club, per event.
- 2) Relays will run as timed finals, with only the fastest eight proven entries swimming in finals; other entries will swim at the conclusion of prelims, prior to distance events and/or overflow heats.

SCRATCHES – PLEASE READ CAREFULLY

- 3) There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
- 4) For all finals sessions, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
- 5) 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
- 6) The last scratch deadline for finals will be 30 minutes prior to the start of the finals session. Both the clerk of course and the coach of the alternate swimmer must be notified of the scratch by the coach of the scratching swimmer prior to this deadline.
- 7) 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 offending swimmer's team shall compete in a final until the \$20 penalty has been paid.



www.team-aquatic.com



SUNDAY HEATS – MARCH 8, 2014 Warm Up: 8:00am – 9:20 am; Start: 9:30 am Anticipated Time out: 1:30 pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
2	Women 400 Free / Men 200 Free	3
4	50 Fly	5
6	100 Breast	7
8	200 Fly	9
10	50 Free	11
12	100 Back	13
14	Women 200 IM / Men 400 IM	15
	M 1500 Free (slower heats)	1
SUNDAY FINALS – MARCH 8, 2014 Warm Up: 4:00pm – 5:20pm; Start: 5:30 pm Anticipated Time out: 7:30 pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
	M 1500 Free (fastest heat)	1
2	Women 400 Free / Men 200 Free	3
4	50 Fly	5
6	100 Breast	7
8	200 Fly	9
10	50 Free	11
12	100 Back	13
14	Women 200 IM / Men 400 IM	15
16	4x100 Free Relay	17
MONDAY HEATS – MARCH 9, 2014 Warm Up: 8:00am – 9:20 am; Start: 9:30 am Anticipated Time out: 1:30 pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
19	200 Breast	20
21	100 Fly	22
23	Women 200 Free / Men 400 Free	24
25	50 Breast	26
27	200 Back	28
29	100 Free	30
31	Women 400 IM / Men 200 IM	32
33	50 Back	34
18	W 800 Free (slower heats)	
MONDAY FINALS – MARCH 9, 2014 Warm Up: 2hrs. after conclusion of prelims; Start: 1hr. later Anticipated Time out: 6:00 pm		
<u>Event Number WOMEN</u>	<u>EVENT</u>	<u>Event Number MEN</u>
18	W 800 Free (fastest heat)	
19	200 Breast	20
21	100 Fly	22
23	Women 200 Free / Men 400 Free	24
25	50 Breast	26
27	200 Back	28
29	100 Free	30
31	Women 400 IM / Men 200 IM	32
33	50 Back	34
35	4x100 Medley Relay	36

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.”