



BENNETT CUP
November 13 - 15, 2015
SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive
Victoria, BC V8Z 3J2
Sanctioned by SwimBC: #18584

HOSTED BY: Island Swimming Club (ISC)

POOL: Two 25-metre, 8-lane pools separated by a bulk-head. This is a single-ended, short course (SC) meet. The 25-metre dive tank will be available for warm-up/warm-down. ARES electronic timing system will be used. Café on site.

SESSION	WARM-UP	START	PROJECTED END
Friday November 13, 2015			
Prelims & Timed Finals	8:00 – 8:50 am	9:00 am	1:00 pm
Finals	4:00 – 4:50 pm	5:00 pm	8:00 pm
Saturday November 14, 2015			
Prelims & Timed Finals	8:00 – 8:50 am	9:00 am	1:00 pm
Finals	4:00 – 4:50 pm	5:00 pm	8:00 pm
Sunday November 15, 2015			
Timed Finals	8:00 – 8:50 am	9:00 am	1:00 pm

ELIGIBILITY:

1. Swimmers must be registered with SwimBC or other FINA-related organizations.
2. Age group is determined by age of swimmer on November 13, 2015.
3. Age groups for this meet are 11&U, 12&13, 14&15 and 16&O.
4. Qualifying time standards are the SwimBC 2015-2016 Short Course A times which can be found at swimbc.ca/time-standards/
5. Stroke 50m events (Backstroke, Breaststroke and Butterfly) do not have SwimBC A time standards. These events may be entered by a swimmer who qualifies for any other event in the meet.
6. There are no entry time standards for relay events however, times should be submitted for seeding purposes.
7. Para swimmers are welcome; IPC athletes' classification must be designated with entries.
8. Swimmers from Island Swimming who do not meet the qualifying standard for an event may be entered in the event to fill empty lanes.

ENTRY INFORMATION:

1. Entries must be uploaded through the Swimming Canada website at swimming.ca/en/events-results/live-upcoming-meets/ prior to the entry deadline of noon on November 6, 2015. American teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list.
2. Canadian Teams: Entry times must be SCM times only.

- Long Course (LCM) and converted entry times will not be accepted. NT entries will not be accepted. All times will be validated through the Swimming Canada site.
3. American teams: Entry times must be SCY times only. NT entries will not be accepted.
 4. **ENTRY LIMITS:** The total number of swimmers attending the meet will be limited to **550**. Swimmers are limited to nine individual events. Meet Management reserves the right to limit entries in the 800 Free and 1500 Free events to ensure reasonable session lengths.
 5. **ENTRY FEES:** \$8.00 per individual event; \$10.00 per relay event; \$9.00 surcharge per swimmer (includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 SwimBC Provincial Team Splash fee).
 6. Entry fees are due at the beginning of the meet; payment must be made to the Clerk of Course prior to swimmers entering the water. Cheques should be made payable to **Island Swimming Club**.
 7. Entry fees for scratches received by noon November 11, 2015 will be refunded. Entry fees for scratches received after noon November 11, 2015 will not be refunded unless a medical note is provided.
 8. All scratches and changes to entries must be emailed to the Meet Manager at meetmanager@islandswimming.ca
 9. Deck entries may be accepted at the discretion of the Meet Manager and/or Clerk of Course to fill empty lanes. No new heats will be created.
 10. **DECK ENTRY FEES:** \$12.00 per individual event; \$16.00 per relay event. Payment of deck entry fees must be



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made to the Clerk of Course prior to swimmer(s) entering the water.

11. Deck entries will be exhibition swims only. Deck entries for swimmers not already in the meet **must** include proof of current registration, which shows the swimmer's correct nine-digit Swimming Canada ID and date of birth.

AWARDS:

The awards structure for this meet is currently under review. Detailed information about the awards will be made available at a later date.

MEET RULES:

1. Swimming Canada and SwimBC rules and sanctions will be in effect at this meet.
2. Swimming Canada Warm-Up Competition Safety Procedures will be in effect at this meet. The most current version of these procedures is included in this meet package and can also be found at swimming.ca/en/warm-up-safety-procedures/
3. The FINA one-start rule will be in effect at this meet.

EVENTS:

Individual Events

1. Age groups for this meet are 11&U, 12&13, 14&15 and 16&O.
2. Events with preliminary heats will be swum senior seeded, slowest to fastest. Results will be separated by age groups and finals for these events will be swum by age group.
3. For all events with preliminary heats, an "A" final will be offered for all age groups. For all events with preliminary heats having more than 24 entries at the entry deadline of noon on November 11, 2015, a "B" final will be offered for the 12&13, 14&15 and 16&O age groups. If both an "A" and "B" final are offered, the "B" final will swim first.
4. Timed final events - except for 800 Free and 1500 Free – will be swum senior seeded, slowest to fastest. Results will be separated by age group.

800 and 1500 Free Events

1. The 800 Free and 1500 Free events will be conducted as timed finals, senior seeded and swum fastest to slowest. Results will be separated by age group. Meet Management reserves the right to limit entries for these events to the fastest 40 swimmers for each event. The decision to limit entries will be made after the entry deadline of noon on November 11, 2015. Teams will be notified by email of any swimmers who do not qualify to swim these events and these swimmers will be allowed to enter an alternate event.
2. For the 800 Free and 1500 Free events, the fastest heat of swimmers will swim in the finals session on the day of the event.

3. Positive check-in by 9:00am on the day of the event is required for the 800 Free and 1500 Free events.

Relay Events

1. Age groups for this meet are 11&U, 12&13, 14&15 and 16&O.
2. All relays will be swum as timed finals.
3. Teams may enter as many relay teams as they want but scoring is limited to the fastest 8 teams per gender, maximum 1 team per club.

SCRATCH RULES:

1. As a courtesy to other teams and swimmers, scratches for Saturday morning preliminary heats should be submitted to the Clerk of Course by 6:00pm Friday evening and scratches for Sunday morning timed finals should be submitted to the Clerk of Course by 6:00pm Saturday evening.
2. Scratches for Friday evening finals **must** be submitted to the Clerk of Course no later than 30 minutes after the completion of Event 18 on Friday morning.
3. Scratches for Saturday evening finals **must** be submitted to the Clerk of Course no later than 30 minutes after the completion of Event 38 on Saturday morning.
4. 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.

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 SwimBC 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 swimming.ca/en/resources/para-swimming/para-swimming-classification/
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 – no age restriction



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SCHEDULE OF EVENTS

Friday Preliminary Heats & Timed Finals: Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10
11	4 x 100 Medley Relay 11&U TF	12
13	4 x 100 Medley Relay 12&13 TF	14
15	4 x 100 Medley Relay 14&15 TF	16
17	4 x 100 Medley Relay 16&O TF	18
19	800 Free (Fastest Heat to Swim with Finals) TF	

Friday Finals: Warm-up 4:00 PM, Start 5:00 PM

Girls	Event	Boys
21	4 x 50 Free Relay 11&U TF	22
23	4 x 50 Free Relay 12&13 TF	24
25	4 x 50 Free Relay 14&15 TF	26
27	4 x 50 Free Relay 16&O TF	28
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10
19	800 Free (Fastest Heat) TF	

Saturday Preliminary Heats & Timed Finals: Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
29	100 Back	30
31	200 Free	32
33	100 Breast	34
35	200 Fly	36
37	50 Free	38
	1500 Free (Fastest Heat to Swim with Finals) TF	40

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Saturday Finals: Warm-up 4:00 PM, Start 5:00 PM

Girls	Event	Boys
41	4 x 50 Medley Relay 11&U TF	42
43	4 x 50 Medley Relay 12&13 TF	44
45	4 x 50 Medley Relay 14&15 TF	46
47	4 x 50 Medley Relay 16&O TF	48
29	100 Back	30
31	200 Free	32
33	100 Breast	34
35	200 Fly	36
37	50 Free	38
	1500 Free (Fastest Heat) TF	40

Sunday Timed Finals: Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
49	4 x 100 Free Relay 11&U TF	50
51	4 x 100 Free Relay 12&13 TF	52
53	4 x 100 Free Relay 14&15 TF	54
55	4 x 100 Free Relay 16&O TF	56
57	50 Fly TF	58
59	400 Free TF	60
61	50 Back TF	62
63	50 Breast TF	64
65	400 IM TF	66

Qualifying time standards are 2015-2016 SwimBC 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: swimbc.ca/time-standards/

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



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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.

November 25th, 2014

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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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