



2016 SWIM BC SHORT COURSE AAA AGE GROUP CHAMPIONSHIPS

Hosted by UVic-Pacific Coast Swimming

MARCH 3-6, 2016

SAANICH COMMONWEALTH PLACE

- **AGE GROUPS:**
 - 11&U, 13&U, 15&U, 18&U (Individual events)
 - 12&U, 14&U, 18&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 Medley Relay
- **Minimum THREE qualifying times**
- **Maximum THREE bonus entries**

SANCTIONED BY SWIM BC: #19105

DATE MARCH 3-6, 2016
HOST UVIC-Pacific Coast Swimming
MEET MANAGERS Rob Crisp / Kingsley Lee
meets@pacificcoastswimming.com
MEET REFEREE Leon Politano

VENUE
Saanich Commonwealth Place
4656 Elk Lake Drive – Saanich, BC

Prelims: 2 x 8x25m Competition Pools;
Finals: 8x25m Competition pool
Warm-up space available in dive tank
Omega Timing System and scoreboard

WARM UP AND SESSION TIMES		
Thursday, March 3, 2016 (Updated Feb 16, 2016)		
800/1500 Free	Warm-up	11:30 – 12:20pm
	Competition	12:30 – 4:00pm
Relays	Warm-up	*4:00 - 4:30pm
	Competition	*4:40 – 6:00 pm
<i>*Anticipated times, subject to change based on entries are received.</i>		
Friday, March 4, 2016		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am – 12:30pm
Finals	Warm-up	3:00 – 4:20pm
	Competition	4:30– 7:40pm
Saturday, March 5, 2016		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am – 12:30pm
Finals	Warm-up	3:00 – 4:20pm
	Competition	4:30 – 7:40pm
Sunday, March 6, 2016		
Heats	Warm-up	7:30 - 8:50 am
	Competition	9:00am – 12:30pm
Finals	Warm-up	2hrs. after prelims
	Competition	3hrs. after prelims

Note – All Session completion times are approximate

ELIGIBILITY

- As of the entry deadline, athletes must have attained, after September 1, 2014, at least THREE 2015-2016 Swim BC AAA long course or short course qualifying time in an applicable age group.
- All swimmers must be registered with a Swim BC, Swimming Canada, or other FINA recognized club.
- Age groups for individual events will be 11&U, 13&U, 15&U, 18&U

- 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.
- The 18&U age category will use the Swim BC “Open/Senior” time standards.
 - Swimmer age is as of the first day of competition.
 - Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
 - Swimmers cannot compete in the same individual event in more than one age/age group

NON-QUALIFIED SWIMS

- Non-qualified swims are permitted so that a swimmer with six or fewer qualifying times may enter up to a maximum of THREE non-qualified events.
 - 3 qualifying entries – Up to 3 non-qualifying Swims
 - 4 qualifying entries– Up to 2 non-qualifying Swims
 - 5 qualifying entries– Up to 1 non-qualifying Swims
 - 6 qualifying entries– No non-qualifying Swims
- Swimmers must have met the Swim BC “AA” standard for all non-qualified swims.
- 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 heats, time permitting; if there is insufficient time, non-qualifiers will be offered the opportunity to enter a different event.
- Non-qualified entries in the 800 and 1500 events will be accepted only to the extent that the Thursday afternoon session does not extend past 5:00pm.

ENTRIES

- Individual entries are limited to a maximum of EIGHT per swimmer. A swimmer entering seven or eight events must have qualifying times in all events entered.
- NO CONVERTED TIMES. All LCM entries will be converted to SCM by meet management and seeded accordingly.
- Times will be verified with SNC’s online entry validations (which will flag bogus or converted times);
- CUSTOM TIMES and ‘NT’ entries ARE NOT ACCEPTED in individual events.
- Relay entries must include names along with the relay entries. Relay swimmers may be changed at the meet.
- Entry fees are \$8.00 per individual event and \$10.00 per relay event.
 - Surcharges: (a) \$4.00 per swimmer Swim BC Provincial Team Fee; (b) \$5.00 per swimmer SCP Facility Improvement Fee
- Cheques payable to: **PCSPA**
- Please include a contact name, phone number, and email address with entries.
- Entries must be uploaded to Swimming Canada meet listings website prior to the entry deadline.

ENTRY DEADLINE:

MONDAY, FEBRUARY 22, 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.

GENERAL MEET RULES

1. This meet will observe rules as outlined in the current Swimming Canada Rulebook and Swim BC Tech Guide; where discrepancies exist between Tech Guide and this meet package, the meet package shall be deemed correct.
2. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials.
4. Swimming Canada 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 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 swum.

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 prelims results.
 - a. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and dealt with as such.
 - b. 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.
 - c. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
 - d. 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. There will be no para-swimming events at this meet.

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.

SCORING

1. Individual scoring: A-Final: 50-30-20-15-14-13-12-11
B-Final: 9-7-6-5-4-3-2-1
2. Relay scoring: 50-30-20-15-14-13-12-11

800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with an initial scratch deadline of noon **on Wednesday, March 2.**
2. **The last-chance scratch deadline will be 30 minutes prior to the start of the 800-1500 session.**
Any scratches after that point will be treated as a late scratch and subject to the same "late scratch" penalties as for other finals events.
3. 800 – 1500 Freestyle will be seeded fastest to slowest, rotating age groups (11&U, then 12-13, then 14-15, then 16-18) with the fastest heat of each age group swum one per lane.
4. Heats after will continue to rotate in that same order.
5. Latter heats in age groups may be combined to fill out empty lanes, and may be swum two-per-lane.
6. Swim BC and Meet Management will distribute the timeline of heats for 800/1500 Freestyle at least 48 hours prior to the start of the meet.

NOTE: The heats may be re-seeded after the scratch deadline, meaning that swimmers may move into an earlier heat.

RELAYS

1. Age groups for relays will be 12&U, 14&U, 18&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 when fewer than nine teams are entered.
3. For the 4x50 relay events, 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.
 - a. The 4x100 M.R. events on Thursday will be swum as timed finals seeded slowest to fastest.
4. NT entries will be accepted for relay events.
5. Valid relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best individual times of the four swimmers entered.
6. There are no qualifying times for relays.
7. Only swimmers whose names appear on the meet entries shall compete in relay events.
8. 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 swimmer surcharges
 - a. A relay team may have no more than two "relay-only" swimmers.

ATHLETE DEVELOPMENT PRESENTATION (TBC)

1. Saturday and Sunday (during Morning Warm-ups): Swim BC's Performance Director will deliver a presentation on Swim BC's Athlete Development Strategy for long-term success. This presentation is directed at parents of 14&U swimmers but is open to anyone interested.

OTHER

1. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Friday and as necessary.
2. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

EVENT ORDER

THURSDAY, MARCH 3, 2016

		800-1500 FREE	RELAYS
Warm up		11:30-12:20pm	4:00pm* – 4:30pm
Start		12:30 – 4:00pm	4:40pm* – 5:45pm
GIRLS	BOYS	AGE GROUP	EVENT
1 (800m)	2 (800m)	11&U	800 / 800 Free (TF)
3 (800m)	4 (1500m)	13&U	800 / 1500 Free (TF)
5 (800m)	6 (1500m)	15&U	800 / 1500 Free (TF)
7 (800m)	8 (1500m)	18&U	800 / 1500 Free (TF)
9	10	12&U	4x100 Medley Relay (TF)
11	12	14&U	4x100 Medley Relay (TF)
13	14	18&U	4x100 Medley Relay (TF)
➤ 800 / 1500 free will swim fastest to slowest, rotating age groups – see applicable section of meet rules for explanation. * Anticipated start times; subject to change based on number of entries received.			

FRIDAY, MARCH 4, 2016

		HEATS	FINALS
Warm up		7:30-8:50am	3:00 – 4:20pm
Competition		9:00am-12:30pm*	4:30 – 7:40pm*
GIRLS EVENT #	BOYS EVENT #	EVENT	
15	16	200 IM	
17	18	100 Back	
19	20	50 Breast Timed Final	
21	22	200 Fly	
23	24	400 Free	
RELAYS			
25	26	4x50 Free Relay	

*All listed session completion times are approximate

S W I M B C

SATURDAY, MARCH 5, 2016

	HEATS	FINALS
Warm up	7:30-8:50am	3:00 – 4:20pm
Competition	9:00am-12:30pm*	4:30 – 7:40pm*
GIRLS EVENT #	BOYS EVENT #	EVENT
27	28	100 Free
29	30	200 Back
31	32	50 Fly Timed Final
33	34	100 Breast
35	36	400 IM
RELAYS		
37	38	4x50 Medley Relay

*All listed session completion times are approximate

SUNDAY, MARCH 6, 2016

	HEATS	FINALS
Warm up	7:30-8:50am	**2:30 - 3:20pm
Competition	9:00am-12:30pm*	**3:30 – 6:00pm*
GIRLS EVENT #	BOYS EVENT #	EVENT
39	40	50 Free (prelims/finals)
41	42	200 Breast
43	44	50 Back Timed Final
45	46	200 Free
47	48	100 Fly

*All listed session completion times are approximate

****Start time for Sunday Finals will be confirmed after entries have been received and session timelines have been confirmed.**

S W I M B C

**SWIMMING
CANADA
NATATION**



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."

November 25, 2014