



# 2016 LONG COURSE SWIM BC OPEN

MARCH 12-13, 2016 – UBC Aquatic Centre

HOSTED BY Vancouver Pacific Swim Club

SANCTIONED BY SWIM BC: #19125



**DATE:** March 12-13, 2016

**HOSTED BY:** Vancouver Pacific Swim Club (VPSC)

**LOCATION:** UBC Aquatic Centre

**POOL SPECS:** 8-lane x 50m meter competition pool

**Meet Manager:** Tyler Lewall  
vpscswim@telus.net

**Meet Referee:** Sheila Lencoe

**Para Advisor:** TBD

**Entries:** vpscswim@telus.net

## WARM UP AND START TIMES:

### **Saturday, March 12, 2016:**

**PRELIMS:** Warm-Up: 9:00 – 10:20am  
Competition: 10:30am – 1:30pm\*

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

### **Sunday, March 13, 2016:**

**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, Swimming Canada, USA Swimming or other FINA recognized club.
- 2) Ages are based on the age of the swimmer as of March 12, 2016.
- 3) **Qualifying Times are the 2015-2016 Swim BC Senior/Open 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, 2014, 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 (PST) Tuesday, March 1, 2016.**

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 - FIVE non-qualified entries
- TWO qualifying entries – FOUR non-qualified entries
- THREE qualifying entries – THREE non-qualified entries
- etc.

Swimmers may choose any event for their non-qualified entries, **except the 800/1500 Freestyle events.**

The number of non-qualified entries may be reduced if session timelines run overtime.

## SPECIAL MEET RULES:

- 1) This meet will follow applicable Swimming Canada and Swim BC rules as outlined in the current Swimming Canada Rulebook and Swim BC Tech Guide.
- 2) The 800 (W) and 1500 Freestyle (M) will be conducted as Timed Finals. The fastest heat will swim in the finals session. The slower heats will be swum at the end of preliminaries, fastest to slowest.
- 3) For all 50, 100, 200, 400m events with 20 or more entrants, there will be "A", "B", and "C" finals, with the Top 4 in the "A" final; 5<sup>th</sup>-12<sup>th</sup> in the "B" final; and 13<sup>th</sup>-20<sup>th</sup> in the "C" final.
  - a) Order of finals will be A, B, C
  - b) For events with fewer than 20 entrants, there will be only a "B" final and "A" final.
- 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 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.
  - b) If timelines cannot be met, non-qualifiers may be required to select a different event.
- 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) **Warm-up:** Swimming Canada's warm-up procedures will be in effect. No diving into pool until sprint lanes are announced approx. 30 minutes prior to the conclusion of warm-up.
- 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.



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Deck entries are not eligible for prize money or finals consideration – they are prelims 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** Swim BC Provincial Team Splash fee and **\$5.00/swimmer** UBC Facility Enhancement fee.

Late entries may be accepted/rejected at the discretion of the meet management, subject to the aforementioned late entry fee.

**Entries must be submitted to the Swimming Canada meet website.** Cheques are to be made payable to **"Vancouver Pacific Swim Club"**

## SCORING & AWARDS:

### No Team Scoring

### BC Open Prize Money:

For able-bodied "Olympic" events:

#### 1) Placings Prize money

- a) First place: \$100
- b) Second place: \$50
- c) Third place: \$20

#### 2) World Ranking Prize Money

An additional \$1500 in prize money will be awarded to the Top5 world-ranked Able-Bodied swimmers\*\*, as ranked against the 2014-2015 FINA World Rankings (rankings list that will be used

<http://swimbc.me/2015FINA-Top250>) as follows:

- 1<sup>st</sup> - \$500
- 2<sup>nd</sup> - \$400
- 3<sup>rd</sup> - \$300
- 4<sup>th</sup> - \$200
- 5<sup>th</sup> - \$100

### For Para-swimming Events:

Prize money will be awarded to the Top3 Performance Points swimmers\*\*, as ranked using the Swimming Canada Performance Points Calculator:

- 1<sup>st</sup> - \$400
- 2<sup>nd</sup> - \$200
- 3<sup>rd</sup> - \$100

Prize monies are available to swimmers from any Swimming Canada or other FINA-affiliated program.

## BCAAP RECIPIENTS

**All** 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) **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 ONE Swim BC Para-swimming AAA qualifying time.  
<http://bit.ly/ParaStdsBC>;
- 4) Para-swimmers may enter Able-bodied events as non-qualified swimmers (See Non-Qualified Swim Section for limits).
- 5) 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.
- 6) There will be SEVEN para- "specific 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.
- 7) 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.
- 8) 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.

## Relays

- 1) Relays may be limited to two relay entries per club, per event, depending on timelines.
- 2) Relays will run as timed finals at the end of each final session, seeded by proved entry times.

## SCRATCHES – PLEASE READ CAREFULLY

- 1) There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
- 2) For all finals sessions, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
- 3) 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
- 4) 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.
- 5) 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



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SATURDAY HEATS – MARCH 12, 2016   Warm Up: 9:00am – 10:20am; Start: 10:30am		
Event Number WOMEN	EVENT	Event Number MEN
2	50 Fly	3
4	Women 400 Free / Men 200 Free	5
102/202	Para - 200/400 Free	103/203
6	100 Breast	7
104/204	Para - 50/100 Breast	105/205
8	200 Fly	9
10	50 Free	11
106	Para - 50 Free	107
12	100 Back	13
14	400 IM	15
108/208	Para - 150/200 IM	109/209
	M 1500 Free (slower heats)	1
SATURDAY FINALS – MARCH 12, 2016   Warm Up: 4:00pm – 5:20pm; Start: 5:30 pm		
Event Number WOMEN	EVENT	Event Number MEN
2	M 1500 Free (fastest heat)	1
4	50 Fly	3
102/202	Women 400 Free/Men 200 Free	5
6	Para - 200/400 Free	103/203
104/204	100 Breast	7
8	Para - 50/100 Breast	105/205
10	200 Fly	9
106	50 Free	11
12	Para - 50 Free	107
14	100 Back	13
108/208	400 IM	15
16	Para - 150/200 IM	109/209
	4x50 Free Relay	17
SUNDAY HEATS – MARCH 13, 2016   Warm Up: 8:00am – 9:20 am; Start: 9:30 am		
Event Number WOMEN	EVENT	Event Number MEN
19	200 Breast	20
21	100 Fly	22
110/210	Para - 50/100 Fly	111/211
23	Women 200 Free / Men 400 Free	24
25	50 Breast	26
112/212	Para - 50/100 Back	113/213
27	200 Back	28
29	100 Free	30
114	Para - 100 Free	115
31	200 IM	32
33	50 Back	34
18	W 800 Free (slower heats)	
SUNDAY FINALS – MARCH 13, 2016   Warm Up: 2hrs. after conclusion of prelims; Start: 1hr. later		
Event Number WOMEN	EVENT	Event Number MEN
18	W 800 Free (fastest heat)	
19	200 Breast	20
21	100 Fly	22
110/210	Para - 50/100 Fly	111/211
23	Women 200 Free / Men 400 Free	24
25	50 Breast	26
112/212	Para - 50/100 Back	113/213
27	200 Back	28
29	100 Free	30
114	Para - 100 Free	115
31	200 IM	32
33	50 Back	34
35	4x50 Medley Relay	36



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**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