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| **HOST:** Pacific Coast Swimming**MEET MANAGER:** Margaret Penning  meets@pacificcoastswimming.com**VENUE**: Saanich Commonwealth Place 4636 Elk Lake Drive, Victoria, BC**Pool & Facilities:**8 x 50m competition pool 4 x 25m lanes in dive tank for warm up & warm down Ares-Omega electronic timing, touch pads & scoreboardCoffee shop available on site.**Eligibility:**1. Registered members of clubs of the Vancouver Island Regional Swimming Association. Clubs from outside the region may be considered (depending on number of entries).
2. All swimmers must be registered with Swim BC or FINA Affiliated club.
3. Age groups are based on the age of the swimmers as of the first day of competition.
4. Qualifying times for individual events are Regional LC Standards.
5. Entry times are to be submitted in LC meters established to a hundredth of a second. SC times converted by HyTek’s Team Manager or Team Unify will be accepted.

**Entries, Fees & Deadlines:**1. **Entry Deadline**: Meet entries must be uploaded no later than midnight **Thursday, May 26, 2016**to [www.swimming.ca/MeetList.aspx](http://www.swimming.ca/MeetList.aspx). Entries sent directly to the Meet Manager will not be accepted.
2. **Entry Fees**:Must be received to Meet Management prior to VIR Championships Friday Prelims warm-ups.
* Individual Events: $8.50/event
* Relays: $12.00 /event
* In addition, Swim BC requires a $4.00/swimmer Provincial Team Splash Fee & Saanich Commonwealth Place requires a $5.00/swimmer Facility Improvement Fee.
1. Cheques should include individual and relay entries + *Swim* BC and SCP facility fees and made payable to: **Pacific Coast Swimmers and Parents Association (PCSPA)**.
2. **No Charge Scratch Deadline**: **Monday, May 30, 2016**. Email scratches to: meets@pacificcoastswimming.com
3. Revised Psych Sheets will be posted on [www.pacificcoastswimming.com](http://www.pacificcoastswimming.com) to reflect all entries and scratches as of this deadline.
4. Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.

**Meet Rules:**1. SCN current swimsuit policy will be in effect.
2. SCN warm-up procedures will be in effect at this meet (see last page for details)
3. Meet Management must be notified of swimmers who will swim up in age group before the meet entry deadline. Swimmers can only swim in one age group for any given event.
4. No deck entries or exhibition swims.
5. The scratch deadline for finals is:
* Friday: 30 minutes from the conclusion of the Mixed 10 and under 400 Free
* Saturday and Sunday: 30 minutes from the conclusion of heats of that same day.

**11 & Over Events:**1. All individual events will be senior seeded. Finals will swim as the Swim BC age groups: 11&U, 12/13, 14/15 and 16&O.
2. There will be Consolation Finals only in 16&O events that have in excess of 24 entries. Consolation Finals will be swum after the A final.
3. With the exception of 800F and 1500F events, all events will be swum from slowest to fastest.
4. The 11&O 400 m events may be limited to 7 heats consisting of swimmers with the top 8 entry times in each age group, plus the 32 next fastest entries regardless of age. These events will be run as Timed Finals (senior seeded) with the top 8 swimmers (girls heat and boys heat regardless of age) swimming in the evening final. Positive check in required for top 8 swimmers no later than 10 am that day.
5. The 11&O 800 and 1500 F events will be conducted as Timed Finals and may be limited to 4 heats each. The top eight in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age. These events may be swum with swimmers per lane. Swimmers will be seeded by time but awarded by age group. These events will be swum from fastest to slowest alternating 800 and 1500.
6. Any entries in excess of heats permitted above will be notified and entry fees will be refunded.

**10 & Under Events:**1. All 10&U 100m & 200m events will be heats & finals
2. All 10 &U 50m & 400m events will be timed finals (senior seeded, slowest to fastest).
3. All 10&U prelims events will be mixed gender, senior seeded. There will be separate girls and boys finals.
4. For all individual events, separate awards will be given to boys and girls.
 | **Individual Events:**1. To be eligible to enter an individual event, a swimmer must have equaled or bettered the qualifying time for that event in a sanctioned race after September 1, 2014.
2. Girls entering the 1500 free will need to have the VIR standard in the 800 free. Boys entering the 800 free will need to have the VIR standard in the 1500 free. Swimmers are limited to 1 distance event – either 800F or 1500F but not both.
3. Free swims are permitted so that swimmers with 5 or fewer qualifying times may enter up to a maximum of 6 events: 1 qualifying standard = up to 5 free swims; 5 qualifying standards = 1 free swim
4. To enter more than 6 events, swimmers must have qualifying times in all events entered. Swimmers may enter a maximum of 9 individual events.

**Relay Events:**1. All Relays will be swim first in Finals.
2. A club may enter a maximum of 3 relay teams per relay event. Only VIR A and B teams will be eligible for scoring.
3. Swimmers participating in relay only events must be identified on the entry as “RELAY ONLY SWIMMER”.
4. If association clubs are entering this meet as members of their respective clubs, then they must compete on their club relay teams, not as members of association relay teams.
5. There are no qualifying times for relays, however, entry times for relay teams should be submitted for seeding purposes.
6. Club Relay Teams must consist of 8 swimmers: one

female and one male from 11&U, 12/13, 14/15, 16&O age groups. Swimmers can move up an age group ONLY if their club has no swimmers entered in the meet in that age group. **Note that this is a CLUB relay; therefore, no associations teams.****Para Swimming Information:**1. Para Swimmer entries must include each swimmer’s complete classification with all 3 designations: an S class, an SB class, and SM class.
2. Para Swimmers must be licenced 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 <https://swimming.ca/ParaswimmingClassification>
3. Eligible classes include S1-S10, S11-13 and S14.
4. Para Swimming events are Open Age Group and will run

as multi-disability. There are no minimum qualifying standards for Para Swimmers.1. Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
2. Para Swimmers may enter able-bodied events as per Swim BC policy. Coaches are asked to limit these additional events to those which correspond with their swimmers’ classification as per SNC events.
3. Events with 8 or fewer splashes per gender will swim as Timed Finals in the Preliminary sessions; events with 9 or more splashes will have prelims and finals.
4. Event winners will be determined using the male and female SNC Performance Points Charts.
5. All Para Swimming events (both timed finals and finals) will have awards. Awards will be given for 1st, 2nd, and 3rd on a minus one rule: 4 or more swimmers = 3 awards…1 swimmer = no awards.
6. The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events.

 **Scoring:** Individual and Relay events will be scored as follows:  50-30-20-15-14-13-12-11- 9-7-6-5-4-3-2-1.  Para Swimming events will be scored. **Awards:** **Individual:** Medals shall be presented for places 1st – 3rd for  13&U age categories only. Ribbons shall be presented for 4th –  8th (for 14&U) and 1st – 8th (15&O). **Relays:** Medals shall be presented to the 1st place team for ages 13&U. Ribbons shall be presented to 2nd & 3rd place teams  (14&U) and 1st – 3rd (15&0). **Officials:** VIR championships are offered as a cooperative effort with officials participating from all clubs. Each day, non-host VIR  clubs will be responsible for supplying senior officials and  timers for 8 lanes during prelims and 4 lanes during finals.  **Please email the names of your volunteers to:** Audrey Panter  (senior officials) orJeff Stevens (timers) at:  meets@pacificcoastswimming.com |

**VIR Time Standards**

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| 2015-2016 VIR Standards - SCM | Female | 2015-2016 VIR Standards - LCM |
| 10&Under | 11&Under | 12/13 yrs | 14/15 yrs | 16&Over | 10&Under | 11&Under | 12/13 yrs | 14/15 yrs | 16&Over |
| 42.11 | 36.00 | 32.76 | 31.15 | 31.00 | 50 Free | 43.34 | 36.72 | 33.42 | 31.76 | 31.61 |
| 1:32.31 | 1:18.91 | 1:12.46 | 1:07.59 | 1:06.81 | 100 Free | 1:34.16 | 1:20.49 | 1:13.90 | 1:08.94 | 1:08.14 |
| 3:22.84 | 2:53.40 | 2:37.77 | 2:26.44 | 2:25.25 | 200 Free | 3:26.90 | 2:56.87 | 2:40.93 | 2:29.37 | 2:28.15 |
| 6:30.00 | 6:04.19 | 5:34.99 | 5:09.93 | 5:05.85 | 400 Free | 6:37.80 | 6:11.47 | 5:41.69 | 5:16.13 | 5:11.96 |
|   | 12:29.83 | 11:30.17 | 10:45.32 | 10:45.32 | 800 Free |   | 12:44.82 | 11:43.98 | 10:58.22 | 10:58.22 |
|   |   |   |   |   | 1500 Free |   |   |   |   |   |
| 49.75 | 42.54 | 38.02 | 36.24 | 35.81 | 50 Back | 50.75 | 43.39 | 38.78 | 36.97 | 36.53 |
| 1:45.69 | 1:30.35 | 1:22.52 | 1:17.00 | 1:16.06 | 100 Back | 1:47.80 | 1:32.16 | 1:24.17 | 1:18.54 | 1:17.60 |
|   | 3:11.53 | 2:57.28 | 2:45.29 | 2:43.90 | 200 Back |   | 3:15.35 | 3:00.83 | 2:48.60 | 2:47.18 |
| 54.67 | 48.52 | 42.27 | 40.67 | 40.47 | 50 Breast | 55.77 | 49.50 | 43.12 | 41.48 | 41.28 |
| 1:57.75 | 1:40.67 | 1:34.22 | 1:27.59 | 1:27.17 | 100 Breast | 2:00.11 | 1:42.68 | 1:36.10 | 1:29.34 | 1:28.91 |
|   | 3:35.34 | 3:22.67 | 3:08.24 | 3:08.24 | 200 Breast |   | 3:39.65 | 3:26.72 | 3:12.01 | 3:12.01 |
| 51.44 | 43.59 | 36.92 | 34.62 | 34.42 | 50 Fly | 52.49 | 44.64 | 37.66 | 35.32 | 35.11 |
| 1:52.58 | 1:36.25 | 1:25.01 | 1:16.45 | 1:16.00 | 100 Fly | 1:54.84 | 1:38.17 | 1:26.72 | 1:17.98 | 1:17.52 |
|   | 3:45.39 | 3:20.52 | 2:54.21 | 2:53.17 | 200 Fly |   | 3:49.90 | 3:24.53 | 2:57.69 | 2:56.64 |
| 1:45.40 |   |   |   |   | 100 IM |   |   |   |   |   |
| 3:47.35 | 3:14.36 | 3:03.14 | 2:45.54 | 2:45.19 | 200 IM | 3:51.90 | 3:18.25 | 3:06.80 | 2:48.85 | 2:48.49 |
|   | 7:03.01 | 6:26.18 | 5:53.60 | 5:51.75 | 400 IM |   | 7:11.46 | 6:33.91 | 6:00.68 | 5:58.78 |
| 2015-2016 VIR Standards - SCM | Male | 2015-2016 VIR Standards - LCM |
| 10&Under | 11&Under | 12/13 yrs | 14/15 yrs | 16&Over | 10&Under | 11&Under | 12/13 yrs | 14/15 yrs | 16&Over |
| 42.33 | 38.48 | 35.15 | 30.56 | 30.11 | 50 Free | 43.18 | 39.25 | 35.86 | 31.17 | 30.71 |
| 1:34.08 | 1:25.53 | 1:17.08 | 1:06.92 | 1:05.61 | 100 Free | 1:35.96 | 1:27.24 | 1:18.63 | 1:08.26 | 1:06.92 |
| 3:25.85 | 3:07.14 | 2:50.15 | 2:25.96 | 2:24.38 | 200 Free | 3:29.98 | 3:10.89 | 2:53.55 | 2:28.88 | 2:27.27 |
| 6:30.00 | 6:38.31 | 5:54.97 | 5:11.72 | 5:05.33 | 400 Free | 6:37.80 | 6:46.28 | 6:02.07 | 5:17.95 | 5:11.43 |
|   | 14:04.32 |   |   |   | 800 Free |   | 14:21.20 |   |   |   |
|   |   | 23:53.71 | 21.03.94 | 20:30.03 | 1500 Free |   |   | 24:22.38 | 21.29.22 | 20:54.63 |
| 51.15 | 45.43 | 38.09 | 34.88 | 33.82 | 50 Back | 52.17 | 46.34 | 38.86 | 35.58 | 34.49 |
| 1:48.65 | 1:38.77 | 1:30.81 | 1:16.76 | 1:14.43 | 100 Back | 1:50.82 | 1:40.75 | 1:32.62 | 1:18.30 | 1:15.92 |
|   | 3:31.47 | 3:11.80 | 2:45.55 | 2:41.71 | 200 Back |   | 3:35.70 | 3:15.63 | 2:48.86 | 2:44.94 |
| 58.42 | 53.11 | 42.85 | 39.36 | 37.94 | 50 Breast | 59.60 | 54.18 | 43.71 | 40.15 | 38.70 |
| 2:03.45 | 1:52.23 | 1:44.88 | 1:27.50 | 1:24.74 | 100 Breast | 2:05.93 | 1:54.48. | 1:46.98 | 1:29.25 | 1:26.43 |
|   | 4:01.13 | 3:41.07 | 3:11.09 | 3:05.15 | 200 Breast |   | 4:05.96 | 3:45.50 | 3:14.91 | 3:08.85 |
| 52.67 | 44.56 | 37.31 | 33.47 | 32.05 | 50 Fly | 53.72 | 45.92 | 38.06 | 34.14 | 32.69 |
| 1:56.28 | 1:45.71 | 1:32.18 | 1:15.89 | 1:12.41 | 100 Fly | 1:58.61 | 1:47.83 | 1:34.02 | 1:17.40 | 1:13.86 |
|   | 4:05.89 | 3:34.53 | 2:55,52 | 2:47.79 | 200 Fly |   | 4:10.81 | 3:38.82 | 2:59.03 | 2:51.14 |
| 1:49.03 |   |   |   |   | 100 IM |   |   |   |   |   |
| 3:53.82 | 3:32.56 | 3:11.70 | 2:46.91 | 2:40.41 | 200 IM | 3:58.49 | 3:36.81 | 3:15.53 | 2:50.25 | 2:43.62 |
|   | 7:33.29 | 7:01.07 | 5:56.19 | 5:46.20 | 400 IM |   | 7:42.36 | 7:09.49 | 6:03.31 | 5:53.12 |

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| Female  | **Friday** | Male |  | Female  | **Saturday** | Male |
| 1 | 10 & Under 200 Medley Relay | 2 |  | 25 | 10 & Under 200 Free Relay | 26 |
| 3 | 11 & Under 200 Medley Relay | 4 |  | 27 | 11 & Under 200 Free Relay | 28 |
| 5 | 12-13 200 Medley Relay | 6 |  | 29 | 12-13 200 Free Relay | 30 |
| 7 | 14-15 200 Medley Relay | 8 |  | 31 | 14-15 200 Free Relay | 32 |
| 9 | 16 & Over 200 Medley Relay | 10 |  | 33 | 16 & Over 200 Free Relay | 34 |
| 11 | Mixed 10 & Under 200 IM | 11 |  | 35 | 400 IM | 36 |
| 13 | 200 IM | 14 |  | 37 | Mixed 10 & Under 100 Back | 37 |
| 101 | Para 150/200 IM | 102 |  | 39 | 100 Back | 40 |
| 15 | Mixed 10 & Under 50 Free | 15 |  | 107 | Para 100 Back | 108 |
| 17 | 50 free | 18 |  | 41 | 200 fly | 42 |
| 103 | Para 50 Free | 104 |  | 43 | Mixed 10 & Under 100 breast | 43 |
| 19 | 200 Breast | 20 |  | 45 | 100 Breast | 46 |
| 21 | Mixed 10 & Under 50 Fly | 21 |  | 109 | Para 100 Breast | 110 |
| 23 | 50 Fly | 24 |  |  47 | Mixed 10 & Under 200 Free | 47 |
| 105 | Para 50 Fly | 106 |  | 49 | 200 Free | 50 |
| 25 | Mixed 10 & Under 400 Free | 26 |  |  |  |  |
| 27 | 800 Free | 28 |  |  |  |  |
| 29 | 1500 Free | 30 |  |  |  |  |
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| Female | **Sunday** | Male |
| 51 | Mixed 8 x 50 Club Relay | 51 |
| 53 | Mixed 10 & Under 50 Breast | 53 |
| 55 | 50 Breast | 56 |
| 111 | Para 50 Breast | 112 |
| 57 | 400 Free | 58 |
| 59 | 10 & Under 100 Fly | 60 |
| 61 | 100 Fly | 62 |
| 63 | 200 Back | 64 |
| 65 | 10 & Under 100 free | 66 |
| 67 | 100 Free | 68 |
| 113 | Para 100 Free | 114 |
| 69 | Mixed 10 & Under 50 Back | 70 |
| 71 | 50 Back | 72 |
| 115 | Para 50 back | 116 |

