



**SWIM BC**

# **2016 SWIM BC LONG COURSE AA CHAMPIONSHIPS**

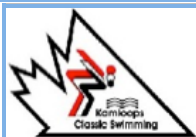
***HOSTED BY KAMLOOPS CLASSIC SWIMMING***

***JUNE 24-26, 2016***

***KAMLOOPS, BC***



- **AGE GROUPS: 11&U, 12-13, 14&O**
- **EVENTS:**
  - **50-100-200-400-800/1500 FREE**
  - **50-100-200 BACK, BREAST, FLY**
  - **200-400 IM**
  - **200 FREE RELAY; 200 MEDLEY RELAY**
- **MINIMUM TWO QUALIFYING TIMES**
- **MAXIMUM FOUR BONUS ENTRIES**



# 2016 SWIM BC LONG COURSE AA CHAMPIONSHIPS JUNE 24-26, 2016

HOSTED BY KAMLOOPS CLASSIC SWIMMING - KAMLOOPS, BC



SANCTIONED BY SWIM BC: #19652

**DATE** June 24-26, 2016  
**HOST** Kamloops Classic Swimming  
**MEET DIRECTOR** Brenda Laupland  
Email: [kbetlaup@gmail.com](mailto:kbetlaup@gmail.com)  
Phone: 250-319-6255  
**SWIM BC CONTACT** Carrie Matheson: [cmatheson@swimbc.ca](mailto:cmatheson@swimbc.ca)

## VENUE

Canada Games Aquatic Centre  
910 McGill Rd., Kamloops, BC  
8 X 50m Competition Pool; free-form warm-up space available  
Omega Timing System; scoreboard; Food services on site

WARM UP AND START TIMES		
FRIDAY, JUNE 24, 2016		
Heats	Warm-up*	7:30 - 8:50am
	Competition**	9:00am - 1:30pm
Finals	Warm-up	4:00 - 4:50pm
	Competition**	5:00pm - 7:30pm
SATURDAY, JUNE 25, 2016		
Heats	Warm-up*	7:30 - 8:50am
	Competition**	9:00am - 1:30pm
Finals	Warm-up	4:00 - 4:50pm
	Competition**	5:00pm - 7:30pm
SUNDAY, JUNE 26, 2016		
Heats	Warm-up*	7:30 - 8:50am
	Competition**	9:00am - 1:30pm
Finals	Warm-up	2 hours after conclusion of prelims (approx. 3:30pm)
	Competition**	One hour later (approx. 4:30; Completion projected to be approx. 6:30pm)

\* Prelims warm-ups may be blocked

\*\* Session lengths are approximate

## ELIGIBILITY

- All swimmers must be registered with a Swim BC, Swimming Canada, USS or other FINA recognized club.
- Qualifying period is from September 1, 2014, to June 14, 2016.
- During the qualifying period, athletes must have attained at least **TWO 2015-2016 Swim BC AA** short course or long course qualifying times (in events offered at this meet) in an appropriately sanctioned competition, AND **must not have attained three or more AAA times** in their age group.
  - Age groups for finals will be 11&U, 12-13, 14&O
  - Ages with fewer than 8 finalists in an event may be combined with other under-subscribed ages
- Swimmer age is as of the first day of competition.
- Swimmers cannot swim in an "older" age group, with the exception being swimmers who "age up" between June 24 and July 6, inclusive.

- In these cases, swimmers will be moved into the "older" age category and will be subject to the same entry rules as other swimmers.

## NON-QUALIFIED ("BONUS") SWIMS

- Every swimmer with at least TWO qualifying times may enter up to **FOUR** additional events for a total of **SIX** entries.
- All non-qualified entries must meet the Swim BC "A" time standard.
- For 400 freestyle and 400 IM, meet management may swim any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the heats, time permitting. This means that there is no guarantee that non-qualified 400m entries will swim.
- Non-qualified entries in the 800 and 1500 will not be accepted.
- "NT" entries and "custom time" entries will not be accepted in individual events; swimmers must have a valid proveable entry time in each event they enter.

## ENTRIES

- Swimmers who have qualifying times in more than six events may enter up to eight events, provided they have the qualifying time in all events entered (and no more than two AAA times).
- Swimmers MAY enter the event in which they have AAA times.
- Entries will be validated against the Swimming Canada meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
- For reference purposes, please email a .pdf copy of entries to entries coordinator : [meets@swimkamloops.com](mailto:meets@swimkamloops.com)
- Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet.
- Relay entries without names will be seeded as "NT".
- Entry fees are **\$8.00 per individual entry** and **\$10.00 per relay entry**, plus the \$4.00 per swimmer Swim BC Provincial Team Splash Fee.
- Cheques payable to: **KAMLOOPS CLASSIC SWIMMING**
- All fees MUST be paid prior to the start of the meet.
- Entries must be uploaded to Swimming Canada meet listing website: <http://meetlist.notlong.com>
- Please include the proper contact name, phone number, and email address when uploading entries.

## ENTRY DEADLINE:

**TUESDAY, JUNE 14, 2016, at 9:00pm (PST)**

**Meet management has the discretion to either accept or deny entries submitted after the entry deadline.**

**Late entries, (entries, including event changes, received or uploaded after 9:00pm on June 14, 2016) if accepted, will be invoiced at 200% of the stated entry fees**



## 2016 SWIM BC LONG COURSE AA CHAMPIONSHIPS JUNE 24-26, 2016

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### GENERAL

1. This meet will observe rules as outlined in the current Swimming Canada Rulebook.
2. No deck entries, time trials, or exhibition swims.
3. Swimming Canada warm-up procedures apply.
4. Warm-ups may be blocked, depending on number of swimmers entered in the meet.
5. The meet may run double-ended. In that event, odd numbered heats will start in the deep end and even numbered heats will start in the shallow end except that all heats for the 50's shall start in the shallow end.
6. Preliminaries and finals will be swum in the event order as outlined in the meet event list, with the exception of the 800 and 1500, which will alternate heats.
7. All events will be senior-seeded slowest to fastest for prelims, with ages broken out for finals; fastest three heats circle-seeded, except the 400s, which will have top two heats circle-seeded.
8. There will be "A" and "B" finals in 12-13 and 14&O non-timed finals events with 20 or more entrants; "A" finals only in events/age groups with 19 or fewer entrants and in all 11&U events. "A" final precedes "B" final.
9. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay entry fees, pick up Meet Package and receive information regarding any changes.
10. A coaches' meeting will be held 10 minutes prior to the start of heats on Friday and as necessary through the meet.
11. No more than 48 hours after the entry deadline, club entry contacts will be notified of any non-qualified entries that cannot be accepted, and will be given the opportunity to enter an alternative event.
12. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

### 800 - 1500 FREESTYLE

1. Swimmers must have the AA qualifying time to enter 800 or 1500 Free; non-qualifiers will be scratched.
2. These events will be swum as timed finals, alternating genders.
3. All age groups will swim on Friday; slower heats that cannot be completed on Friday may be swum on Saturday at the conclusion of prelims.
4. The first three heats will be the Top 8 of each age group, swum youngest to oldest. All other entrants will be senior-seeded and swum fastest to slowest.
  - a. If there are empty lanes in one of the "Top 8" heats, those lanes may be filled by 9<sup>th</sup> - and lower swimmers from another age group
5. The **scratch deadline for 800/1500 will be 10:00am** on Friday, June 24, 2016.
6. Any scratches (as defined in SCRATCHES section herein) after the 10:00am scratch deadline will be treated the same as a late scratch from finals with the same penalties.
7. 800/1500 Free may be swum two-swimmers-per-lane.

### SCORING

1. Individual and relay events scored Top 8: 9-7-6-5-4-3-2-1.

### PARA-SWIMMERS

1. There will be no para-swimming events at this meet.

### RELAYS

1. All relays will be swum during the finals session; age groups may be combined into one race if there is a small number of entries in some events.
2. Age groups for relays will be 12&U, 14&U, Open.
3. Relays will be seeded by valid, proven entry times; non-validated relay entry times will be entered as "NT".
4. Only swimmers whose names appear on the meet entries may compete in relay events.
5. Please specify relay team swimmer assignments with entries. Clubs will have the opportunity to change relay swimmers.
6. Swimmers who will be in relays only must be listed in their club's Hytek entry file as "Relay only swimmers", and cannot have more than one "AAA" time.
7. An email must also be sent to the entries coordinator notifying them of the relay-only swimmer and their SNC ID number and date of birth.

### AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.

### SCRATCHES – PLEASE READ CAREFULLY

**Scratches received prior to noon on June 20, 2016, will not incur entry fees.**

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims in prelims.
2. The scratch rules outlined here apply to all finalists and alternates as listed in the official posting of results.
3. For all finals sessions and timed final events, no-shows, step downs, scratches after the last scratch deadline and unexcused incomplete swims will all be considered a late scratch.
4. 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.
5. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session; the coach of the scratching swimmer must inform Clerk of Course as well as coaches of the alternates.
6. 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 until the \$20 penalty has been paid.

### PARENTS: PRESENTATION ON SUPPORTING ATHLETE SUCCESS

Provincial Performance Director Mike Flegel will offer a presentation on athlete development and the role that parents play in nurturing and supporting that development. This presentation has been delivered to a number of clubs, and has been well-received in every venue.

Attendance is welcomed and encouraged.



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**JUNE 24-26, 2016**



**HOSTED BY KAMLOOPS CLASSIC SWIMMING – KAMLOOPS, BC**

**FRIDAY, JUNE 24, 2016**

	HEATS	FINALS
Warm up	7:30 - 8:50am*	4:00 - 4:50pm
Competition	9:00am - 1:30pm**	5:00 - 7:30pm**

GIRLS	BOYS	AGE	EVENT
1	2	Open	200 IM
3	4	Open	50 Free
5	6	Open	200 Fly
7	8	Open	100 Back
9	10	Open	50 Breast (TF)
11	12	Open	800/1500 Free (TF)
RELAYS			
13	14	12&U	200 Free Relay
15	16	14&U	200 Free Relay
17	18	OPEN	200 Free Relay

**SATURDAY, JUNE 25, 2016**

	HEATS	FINALS
Warm up	7:30 - 8:50am*	4:00 - 4:50pm
Competition	9:00am - 1:30pm**	5:00 - 7:30pm**

GIRLS	BOYS	AGE	EVENT
19	20	Open	100 Free
21	22	Open	200 Breast
23	24	Open	100 Fly
25	26	Open	50 Back (TF)
27	28	Open	400 Free
RELAYS			
29	30	12&U	200 Medley Relay
31	32	14&U	200 Medley Relay
33	34	OPEN	200 Medley Relay

**SUNDAY, JUNE 26, 2016**

	HEATS	FINALS
Warm up	7:30 - 8:50am*	2 hrs. after prelims
Competition	9:00am - 1:30pm**	3 hrs. after prelims

GIRLS	BOYS	AGE	EVENT
35	36	Open	200 Free
37	38	Open	100 Breast
39	40	Open	200 Back
41	42	Open	50 Fly (TF)
43	44	Open	400 IM

**\*Warm-up period for prelims may be blocked.**

**\*\*Sessions completion times are approximate.**



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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