

**Vancouver Island Region  
Short Course Championships  
January 12-15, 2017**



**Comox Valley Aquatic Centre**

**Location:** Comox Valley Aquatic Center

**VIR SC Championships**  
Comox Valley Aquatic Club  
January 12-15, 2017  
**Sanctioned by Swim BC - #19908**

377 Lerwick Drive  
Courtenay, BC

**Pool:** 8 Lane, 25 meter pool with Colorado Timing System

**Meet Manager:** Aaron McKluskie [cvsharksmetmanager@gmail.com](mailto:cvsharksmetmanager@gmail.com)

**Accommodations:** Holiday Inn Express (778) 225-0010 several room types – Block Code **CVS**  
Port Augusta - 1-800-663-2141 – Rate code **CVSHARKS**  
Best Western – Teams can reserve a block of rooms under the Vancouver  
Island Regional Swim Meet group rate" starting at \$125/night

**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) but will not be eligible to swim 'A' finals.
- 2) All swimmers must be registered with Swim BC or a 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 SC Standards.
- 5) Entry times are to be submitted in short course meters established to a hundredth of a second. LC times converted by HyTek's Team Manager or TeamUnify will be accepted.

**Entries and Deadline**

- 1) Entry Deadline: All entries must be uploaded to [www.swimming.ca/meetlist.aspx](http://www.swimming.ca/meetlist.aspx) no later than midnight **Thursday, January 5, 2017**. Entries sent directly to the meet manager will not be accepted.
- 2) Entry Fees: Must be received to the Clerk of Course/Meet Management prior to VIR Championships Thursday warm-ups.
  - Individual Events: \$9.00/event
  - Relays: \$9.00/event
  - Swim BC Splash fee: \$4.00/swimmer
- 3) Please make cheques for the total amount, including all individual and relay events, and Swim BC Fee, payable to **Comox Valley Aquatic Club (CVAC)**.
- 4) The No Charge Scratch Deadline is noon Monday, January 9, 2017. Email scratches to [cvsharksmetmanager@gmail.com](mailto:cvsharksmetmanager@gmail.com).
- 5) Scratches after the deadline above will not be refunded unless a medical not is provided.

**VIR SC Championships**  
 Comox Valley Aquatic Club  
 January 12-15, 2017  
**Sanctioned by Swim BC - #19908**

<b>WARM-UP AND SESSION TIMES</b>		
<b>Thursday, January 12<sup>th</sup>, 2017</b>		
Distance	Warm-up	4:00 pm – 4:45 pm
	Competition	5:00 pm – 9:00 pm
<b>Friday, January 13<sup>th</sup>, 2017</b>		
Heats	Warm-up	8:00 am – 8:50 am
	Competition	9:00 am – 2:00 pm
Finals	Warm-up	4:00 pm – 4:50 pm
	Competition	5:00 pm – 8:00 pm
Heats	Warm-up	7:30 am – 8:20 am
	Competition	8:30 am – 1:00 pm
Finals	Warm-up	3:00 pm – 3:50 pm
	Competition	4:00 pm – 7:30 pm
Heats	Warm-up	7:30 am – 8:20 am
	Competition	8:30 am – 1:00 pm
Finals	Warm-up	3:00 pm – 3:50 pm
	Competition	4:00 pm – 7:30 pm

**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 meet after September 1, 2014.
- 2) Swimmers may enter a maximum of **NINE** events.
- 3) All nonqualified swims must have a minimum of Provincial A/Regional 10&U A qualifying time.
  - a) Free swims are permitted so that a swimmer with five (5) or fewer qualifying times may enter up to a maximum of **SIX** events.
    - i. 1 qualifying standard: up to 5 free swims
    - ii. 5 qualifying standards: 1 free swim.
  - b) To enter more than 6 events, the swimmer must have qualifying times in all events entered.
  - c) Qualifying times for Boys' 800 Free is VIR standard in 1500 Free and qualifying time for girls' 1500 Free is VIR standard in 800 Free.
- 4) Age groups for individual events are as follows: 10&U, 12&U, 14&U, 15 and Over.
- 5) Competitors may swim in any age group in which they meet the qualifying standard. However, swimmers cannot compete in the same event in more than one age group. Meet Management must be notified of swimmers who will swim up an age group before the meet entry deadline.

**Relay Events**

- 1) A club may enter a maximum of 3 relay teams per relay event. Only VIR A and B teams will be eligible for scoring.
- 2) Swimmers participating in relay only events must be identified on the entry file as "RELAY ONLY SWIMMER"
- 3) If association clubs are entered as members of their respective clubs, then they must compete on their club relay teams, not as members of association relay teams.

# VIR SC Championships

Comox Valley Aquatic Club

January 12-15, 2017

## Sanctioned by Swim BC - #19908

- 4) There are no qualifying times for relays; however, times should be submitted for seeding purposes.
- 5) Relays will swim in 10&U, 12&U, 14&U, and 15+ age groups.
- 6) Club Relay Championships must consist of 8 swimmers: one male and one female from each age group. 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 association teams.**
- 7) Deadline for Relay Name changes/scratches will be 45 minutes before the start of the respective Finals session.

### Meet Rules

- 1) SNC's current swimsuit policy will be in effect.
- 2) SNC Warm Up procedures will be in effect at this meet.
- 3) Swim BC Scratch Rule will be in effect.

### Para-swimming Information

- 1) This meet does NOT have IPC Sanctioning
- 2) Para Swimmer entries must include each swimmer's complete classification with all 3 designators: an S class, an SB class, and an SM class.
- 3) Para Swimmers 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 <https://www.swimming.ca/en/resources/para-swimming/para-swimming-classification>.
- 4) Eligible classes include S1-S10, S11-S13, and S14.
- 5) Para Swimming events are Open Age Group and will be run as multi-disability. There are no minimum standards for Para Swimmers.
- 6) Para Swimmers will be judged using the most current version of the IPC Swimming Rules
- 7) Para Swimmers may enter able-bodied events as per SwimBC policy. Coaches are asked to limit these additional events to those which correspond with the swimmers' classification as per SNC events.
- 8) Events with 8 or fewer splashes per gender will swim as timed finals in the Prelim session; events with nine or more splashes will have prelims and finals.
- 9) Event winners will be determined by using the male and female SNC Performance Points Chart.
- 10) All Para Swimming events (both timed finals and finals) will have awards. Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> on a minus one rule: 4 or more swimmers = 3 awards, 1 swimmer = no awards.
- 11) The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events.

### 10 & Under Events

- 1) All 10&U individual events will be timed finals, senior seeded, swum slowest to fastest, mixed boys and girls, **EXCEPT** the 100 Fly, 100 Back, 100 Breast, 100 Free, 200 IM and 200 Free, which will be swum as heats and finals (top 8) for boys and girls (separately) and will be circle-seeded during heats.
- 2) All individual events will be awarded separately (boys and girls).
- 3) The 400 Free will be conducted as a mixed, timed final event; senior seeded (slowest to fastest), and will be limited to 4 heats.

**VIR SC Championships**  
Comox Valley Aquatic Club  
January 12-15, 2017  
**Sanctioned by Swim BC - #19908**

**11 and Over Events**

- 1) All 11 and Over events 200m or less will be circle-seeded, swum slowest to fastest, and in open age groups. Finals will swim on age groups: 11/12, 13/14, and 15+.
- 2) There will be a consolation final only in the 15+ age group, in events that have more than 24 entries. Positive check –in, 30 minutes before the start of Finals sessions, will be used for events with a Consolation Final and the B final will swim before the A final.
- 3) The 50 Fly, 50 Back and 50 Breast will be timed finals, and will be senior seeded.
- 4) With the exception of the 800m and 1500m events, all events will be swum slowest to fastest.
- 5) The 400m events may be limited to seven (7) heats consisting of the swimmers with the top 14 entry times in each age category.
  - a) These events will be run as timed finals (senior seeded) with the fastest 8 swimmers (girls heat and boys heat regardless of age) swimming in the evening final.
  - b) Positive check-in required for top 8 swimmers no later than 10 am that day.
- 6) The 11 and over 800 and 1500 Free events will be conducted as Timed Finals and may be limited to four (4) heats each.
  - a) The top 8 in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times, regardless of age.
  - b) Swimmers will be seeded by time but awarded by age group. These events will be swum from fastest to slowest alternating girls' and boys' heats.
  - c) There will be positive check-in for the 800m and 1500m events no later than 4:30 pm on Thursday, January 12<sup>th</sup>, 2017
- 7) If necessary, any entries in excess of heats permitted in 5 and 6 above will be notified and entry fees will be refunded.

**Awards**

- 1) Medals shall be presented for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for 10&U, 12&U and 14&U age groups only.
- 2) Ribbons shall be awarded for places 4<sup>th</sup> through 8<sup>th</sup> (14 and Under) and 1<sup>st</sup> through 8<sup>th</sup>, (15+).

**Relays**

- 1) Medals shall be presented for the 1<sup>st</sup> place team for ages 14 and under
- 2) Ribbons shall be presented for 2<sup>nd</sup> and 3<sup>rd</sup> place teams (14 and Under) and 1<sup>st</sup> through 3<sup>rd</sup> (15+).

**Scoring**

- 1) Scoring of VIR Teams will be as follows:
  - a) Individual and Relay events:  
50-30-20-15-14-13-12-11
  - b) Consolation Finals will not be scored.
  - c) Para Events will not be scored.

**Officials**

**VIR Championships are offered as a cooperative effort with officials participating from all clubs. Each participating club is expected to provide officials (2 timers and 1 stroke/turn) for EACH session. Please send the names of your officials to [cvsharksdirectorofofficials@gmail.com](mailto:cvsharksdirectorofofficials@gmail.com).**

# VIR SC Championships

Comox Valley Aquatic Club  
January 12-15, 2017  
Sanctioned by Swim BC - #19908

## 2016/2017 VIR STANDARDS – SCM

	2016 - 2017 VIR Standards: Female SCM					2016 - 2017 VIR Standards: Male SCM			
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O
50 fr	:43.12	:34.46	:31.26	:30.63	50 fr	:43.12	:37.44	:33.89	:30.12
100 fr	1:35.19	1:15.91	1:08.96	1:06.46	100 fr	1:35.19	1:22.80	1:15.24	1:05.76
200 fr	3:28.93	2:45.69	2:31.64	2:24.82	200 fr	3:28.93	3:02.66	2:45.50	2:24.11
400 fr	7:08.46	5:51.59	5:22.53	5:07.43	400 fr	7:08.46	6:29.09	5:54.52	5:10.07
800 fr		12:11.24	11:05.03	10:38.10	800 fr		13:38.50		
50 bk	:52.36				1500 fr			23:17.72	21:01.67
100 bk	1:49.57	1:27.14	1:19.60	1:15.67	50 bk	:52.36			
200 bk		3:06.24	2:48.89	2:43.65	100 bk	1:49.57	1:35.55	1:26.49	1:15.65
50 br	:59.47				200 bk		3:26.84	3:03.30	2:44.13
100 br	2:04.44	1:37.98	1:30.00	1:26.70	50 br	:59.47			
200 br		3:28.61	3:13.98	3:06.85	100 br	2:04.44	1:49.49	1:39.89	1:25.81
50 fly	:50.67				200 br		3:55.29	3:31.67	3:08.82
100 fly	1:54.79	1:30.93	1:18.17	1:14.90	50 fly	:50.67			
200 fly		3:32.89	3:03.05	2:50.47	100 fly	1:54.79	1:40.47	1:25.55	1:14.06
100 IM	1:52.67				200 fly		3:53.83	3:20.71	2:52.76
200 IM	3:56.17	3:06.97	2:49.47	2:43.27	100 IM	1:52.67			
400 IM		6:46.50	6:01.44	5:49.91	200 IM	3:56.17	3:26.80	3:07.68	2:44.86
					400 IM		7:23.18	6:42.37	5:49.18

### Event Order

Thursday			Saturday			Sunday		
Female		Male	27	8 x 50 Club Relay	28	43	10 & Under 200 Free Relay	44
1	800 Free	2	29	Mixed 10 & Under 100 IM (TF)	29	45	12 & Under 200 Free Relay	46
3	1500 Free	4	30	400 IM	31	47	14 & Under 200 Free Relay	48
			32	Mixed 10 & Under 50 Fly (TF)	32	49	Open 200 Free Relay	50
			33	50 Fly (IF)	34	51	Mixed 10 & Under 50 Back (IF)	51
			107	Para 50 Fly	108	52	50 Back (IF)	53
5	10 & Under 200 Medley Relay	6	35	Mixed 10 & Under 200 Free	35	111	Para 50 back	112
7	12 & Under 200 Medley Relat	8	36	200 Free	37	54	Mixed 10 & Under 200 IM	54
9	14 & Under 200 Medley Relay	10	38	Mixed 10 & Under 100 Breast	38	55	400 Free	56
11	Open 200 Medley Relay	12	39	100 Breast	40	57	Mixed 10 & Under 50 Breast (IF)	57
13	Mixed 10 & Under 400 Free (IF)	13	109	Para 100 Breast	110	58	50 Breast (IF)	59
14	200 IM	15	41	200 Fly	42	113	Para 50 Breast	114
101	Para 200 IM	102				60	200 Back	61
16	Mixed 10 & Under 100 Back	16				62	Mixed 10 & Under 100 Free	62
17	100 Back	18				63	100 Free	64
103	Para 100 Back	104				115	Para 100 Free	116
19	200 Breast	20						
21	Mixed 10 & Under 50 Free (IF)	21						
22	50 Free	23						
105	Para 50 Free	106						
24	Mixed 10 & Under 100 Fly	24						
25	100 Fly	26						

All relays will be the first event in Finals!  
10 & Under will have finals for 100 Back, 100 Fly, 200 Free, 100 Breast, 200 IM, 100 Free  
50 Back, 50 Fly and 50 Breast will be timed finals

**VIR SC Championships**  
Comox Valley Aquatic Club  
January 12-15, 2017  
**Sanctioned by Swim BC - #19908**



**COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool **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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lanespace is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

**VIOLATIONS:**

*It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

**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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

**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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**