

2010 VAN-ISLE REGION ZONE SWIM CHAMPIONSHIPS INFORMATION FOR COACHES

OPEN EVENTS Sanctioned by SwimBC: #10215

Zone Rep: Shona Lindsay

Email: sjlindsay@sd61.bc.ca

Meet Manager: Margaret Penning (SNC Sanction for Open category swimmers only)

1. **DATE:** Sunday, October 31st, 2010

2. **TIME:** Warm-up: 11am* Safety Marshalls on Deck*
Coaches Meeting: 11:30 Events 12-5pm

3. **PLACE:** Saanich Commonwealth Place
4636 Elk Lake Dr., Victoria, BC Phone: 250-475-7600

4. REGISTRATION

It is the responsibility of coaches to ensure that their school is registered with BC School Sports and in Aquatics by the deadline specified by BC School Sports and each athlete must be registered in their eligible category, by the Sport Deadline!

5. **MEET ENTRY DEADLINE:** Tuesday, October 19th, 2010

6. CLASSIFICATION OF COMPETITORS AND RULES

As outlined in the BC School Sports Handbook & Directory (Aquatics) and the aquatic's website. www.bcschoolsports.ca/pages/news.php

NOTE: "C" swimmer category is for swimmers who have **not** previously been registered with summer, winter, or synchro swimming associations, or any club in another country: i.e. International students or transfers from another country or Province.

* **New Category*** PARA EVENTS- for the Zone qualifier, enter the para swimmers in "B" category, only. The PARA swimmer must swim at the Zone qualifier to attend Provincials where they will be then entered in their PARA Events as outlined in the Provincial Meet Information. **DO NOT USE THE PARA EVENT #'s** for this meet. As in the past PARA swimmers can be entered on relays, again see the Provincial rules.

7. MEET RULES:

- 7.1 Swim meet rules governing the meet will be SNC and SWIM BC rules.

NOTE: SNC/SwimBC swimmers competing in the OPEN category events will be able to have their times recognized as "official".

- 7.2 "NT (No time)" entries will NOT be allowed for seeding purposes. "C" swimmers will be seeded by entry times against "B" swimmers, therefore entry times are mandatory to ensure that they swim against swimmers with similar times. All swimmers must be entered with entry time, or the entries will not be accepted. **No entry time=no swim**

The meet secretary will not contact coaches who enter swimmers with no times.

- 7.3 The meet will run card less. Coaches are responsible for getting swimmers to the blocks. Swimmers who miss their event will not be allowed to re-swim the event.
- 7.4 Start: Clarification will be at the Coaches meeting
- 7.5 Swimmer's age must be included on the entry grids.
- 7.6 **Once the meet is seeded, scratches will be taken, but the meet will not be reseeded.**
- 7.7 **Scratches** must be submitted by email no later than **OCTOBER 26th**

ENTRIES: Must be received by October 19, 2010 –Do Not Be Late

Please follow the Instructions below for New entry format!

Entry Instructions:

1. Entries will be completed in an *Excel spreadsheet, pre-formatted for your zone meet.
Attachment.
2. Please complete each tab in the spreadsheet with your: team information, swimmer information, individual entries and relay entries. The only field that is optional is the Athlete ID. Instructions are on the first tab of the spreadsheet.
3. Completed spreadsheets should be e-mailed to bchsswim@gmail.com prior to the entry deadline of [October 19, 18:00].
4. A psych sheet and fee report will be circulated via e-mail [October 22].
5. Corrections must be returned to bchsswim@gmail.com prior to [October 26, 12:00]. Corrections are for input errors only, and are not intended for you to change swimmers events once you have seen the psych sheet. You must save, print off a copy of your entries and bring to the meet.
- 6 Following the Zone meet: **Provincial scratches** must be made by [November 1st, 18:00]

7. **ENTRY FEES:** \$25.00 per swimmer, this includes alternates. (\$5 of this \$25 if for the mandatory Facility Enhancement Fee at Commonwealth for each athlete).

8. **PAYMENT:** Cheque made **payable to Mount Douglas Secondary School** to be **mailed to**

Mount Douglas Secondary School
attention: Shona Lindsay
3970 Gordon Head Road, Victoria B.C. V8N 3X3

Please include a completed “Coach/Sponsor Contact Sheet” and a copy of your Exnet roster with your cheque. Payment needs to reflect the entries submitted by the deadline (October 19th) and reach us prior to October 26th. There will be no refunds for scratches. If we are not in receipt of your payment on the day of the meet you will be asked to make a personal payment, before your swimmers can go on deck.

NO CASH =NO SPLASH!

11. SCRATCHES/DECK ENTRIES:

Before the meet begins, coaches must inform the clerk of the course of any scratched swimmers. **Deck entries and changes are not permitted.**

12. TEACHER SPONSOR

Each team must be accompanied at all times by a teacher sponsor. This requirement may be fulfilled by the principal of a school sending a letter with another team, designating a teacher/ sponsor/chaperone from within the same school district as being responsible. No teacher/ sponsor/chaperone: **No letter=No swimming.**

13: Advancing to Provincial Championships: November 19th & 20st, in Nanaimo, BC.

The top 5 entries in each individual event for swimming qualify for the Provincial Championships. The top 5 relays per relay event also advance with the **EXCEPTION** that only two relays may advance to Provincials from the **same school.**

- *NEW Order of Events* Please make note of the changes to the order of events-**
- **Again enter PARA swimmers in the B category events. After Zones they will be seeded in their appropriate Event number for Provincial Championships.**

VAN-ISLE ZONE SWIMMING CHAMPIONSHIPS
ORDER OF EVENTS

Event #	Event	Category	Event #	Event	Category
1	200 Medley Relay	Girls B	24	100 Freestyle	PARA
2	200 Medley Relay	Boys B	25	100 Freestyle	Girls B
3	200 Medley Relay	Girls Open	26	100 Freestyle	Boys B
4	200 Medley Relay	Boys Open	27	100 Freestyle	Girls Open
			28	100 Freestyle	Boys Open
5	50 Freestyle	PARA			
6	50 Freestyle	Girls B	29	200 Mixed Medley Relay	B
7	50 Freestyle	Boys B	30	200 Mixed Medley Relay	Open
8	50 Freestyle	Girls Open			
9	50 Freestyle	Boys Open	31	50 Butterfly	PARA
			32	50 Butterfly	Girls B
10	50 Backstroke	PARA	33	50 Butterfly	Boys B
11	50 Backstroke	Girls B	34	100 Butterfly	Girls Open
12	50 Backstroke	Boys B	35	100 Butterfly	Boys Open
13	100 Backstroke	Girls Open			
14	100 Backstroke	Boys Open	36	200 Mixed Free Relay	B
			37	200 Mixed Free Relay	Open
15	400 Free Relay	Girls B			
16	400 Free Relay	Boys B	38	100 I.M.	PARA
17	400 Free Relay	Girls Open	39	100 I.M.	Girls B
18	400 Free Relay	Boys Open	40	100 I.M.	Boys B
			41	200 I.M.	Girls Open
19	50 Breaststroke	PARA	42	200 I.M.	Boys Open
20	50 Breaststroke	Girls B			
21	50 Breaststroke	Boys B	43	200 Free Relay	Girls B
22	100 Breaststroke	Girls Open	44	200 Free Relay	Boys B
23	100 Breaststroke	Boys Open	45	200 Free Relay	Girls Open
			46	200 Free Relay	Boys Open

14. AWARDS AND SCORING

RIBBONS: to 8th place, in individual events: to 3rd place in relay events.

Individual points 10 8 6 5 4 3 2 1

Relay points 20 16 12 10 8 6 4 2

TROPHIES: PERPETUALS: Overall Winner- Total points “A”+ “B”+ “C”

Most “A”+ “B” Individual points

Top “A” Team- Individual Events

Top “B” Team- Individual Events

Top “C” Team- Individual Events

Top Jr. Secondary School

PLAQUES: Team

Team Excellence (Most points per team member)

Most Relay Points

Most “A” relay points

Most “B” relay points

NOTE : Please Bring all trophies to the meet.

BOB SMIRL TROPHY:

Nominations should be mailed with your contact form. Nominations will be accepted the day of the meet, provided they are handed in at the registration desk, before 12 noon.

Bob Smirl was a dedicated swimmer (backstroker), who made a lifelong commitment to developing and promoting swimming in the community.

The quality that a candidate for this trophy should have demonstrated that he/she has made a commitment to this idea over several years.

The Trophy will be awarded to a Vancouver Island student for outstanding contributions to the sport of swimming showing qualities of Leadership, Sportpersonship and Athletic Ability.

COACH/ SPONSOR CONTACT INFORMATION

Please return this form along with your meet fees (\$25.00 per swimmer) and your BCSS ExNET –Roster for Aquatics, to:

Mount Douglas Secondary School
attention: Shona Lindsay
3970 Gordon Head Road, Victoria B.C. V8N 3X3

SCHOOL: _____ code _____

SCHOOL PHONE #: _____

SCHOOL FAX #: _____

COACH/SPONSOR: _____

Schools Coached _____

EMAIL: _____

Phone W&H: _____

Are you a community coach _____ student _____ other _____

of swimmers attending _____

#of spectators attending _____

of practice times per week offered _____

of volunteers for timing _____ Stroke and Turn _____

Please print clearly and return this form with your meet fees (\$25.00 per swimmer entered). Cheques made payable to: Mount Douglas Secondary School.

NOTE: Each swimmer must be entered under his/her own school regardless of who coaches them.

2010 VAN-ISLE REGION ZONE SWIM CHAMPIONSHIPS
T-SHIRT ORDER FORM

- This year we will have a Regional T-Shirt available for purchase. Orders must be made in advance - t-shirts cannot be purchased on the day of the meet.
- Cheques to be made out to Mount Douglas Secondary. Order forms and cheques must be mailed and postmarked no later than Thursday, October 7th.
- T-shirts are \$20 each. Men's sizing (typically Gildan t-shirts).

Please submit this order form with one cheque from your school:

School Name: _____

Name of Coach / Teacher Sponsor: _____

Email contact for Coach / Teacher Sponsor: _____

	Quantity
Youth Large	
Adult Small	
Adult Medium	
Adult Large	
Adult XL	
Adult XXL	

Total number of t-shirts ordered: _____

Total cheque amount: _____

Forms and cheques must be mailed no later than Thursday, October 7th to:
Mount Douglas Secondary School
attention: Shona Lindsay
3970 Gordon Head Road, Victoria B.C. V8N 3X3