

VANCOUVER ISLAND REGIONAL SHORT COURSE CHAMPIONSHIP

January 20 to 22nd, 2012
NANAIMO AQUATIC CENTRE
741 3rd st,
Nanaimo, BC
Sanctioned by Swim BC: #11335

Hosted by: NANAIMO RIPTIDES SWIM TEAM

Pool: 25 METER 8 LANE POOL. This will be a short course meet.
12 lanes offered for warm-up, 2 lanes for warm downs
COLORADO Timing System with full color video Board
Coffee Shop on site

Participating clubs: All Vancouver Island Region Swim Clubs

SESSION	WARM-UP	START	PROJECTED END
Friday January 20, 2012			
Preliminary	10:00 a.m.	11:00 a.m.	3:00 p.m.
Final	5:00 p.m.	6:00 p.m.	9:00 p.m.
Saturday January 21, 2012			
Preliminary	8:00 a.m.	9:00 a.m.	2:00 p.m.
Final	4:00 p.m.	5:00 p.m.	8:30 p.m.
Sunday January 22, 2012			
Preliminary	8:00 a.m.	9:00 a.m.	2:00 p.m.
Final	4:00 p.m.	5:00 p.m.	8:30 p.m.

Eligibility:

1. Open to swimmers who are registered in a competitive category with member clubs of Vancouver Island Regional Swimming Association.
2. Age groups are based on the age of the swimmers as of January 20, 2012.
3. Qualifying times for individual events are Provincial AA short course times for 11 and Overs, Regional AA times for 10 and Unders. Coaches please use your judgment to enter swimmers with 'regional' abilities.
4. There are no qualifying times for relays.
5. Entry times are to be submitted in short course meters established to a hundredth of a second. LC times converted to SC by HyTek's team manager will be accepted.
6. Official Swim BC and SNC Swimming Rules will govern this meet.
7. All swimmers must be registered with Swim BC or FINA Affiliated club.
8. Please note SNC's current swimsuit policy will be in effect.

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 between January 1, 2011 and the entry deadline.
2. Swimmers may enter a maximum of NINE events.
3. FREE SWIMS:
 - a) AA swimmers may enter up to a maximum of SIX events without qualifying, provided they are 50, 100, or 200 meter events.
 - 1 qualifying standard: up to 5 Free Swims;
 - 2 qualifying standards: up to 4 Free Swims;
 - 3 qualifying standards: up to 3 Free Swims;
 - 4 qualifying standards: up to 2 Free Swims;
 - 5 qualifying standards: 1 Free Swim.
 - b) EXCEPTIONS:
Swimmers who qualify with a AA time for:
 - a 200m event may choose one 400m event as one of their free swim(s)
 - a 400m event may choose either the 800m or 1500m event as one of their free swim(s).
 - An 800m or 1500m event may choose one 400m event as one of their free swim.
 - c) To enter more than six events, the swimmer must have qualifying times in all events entered.
 - d) COACHES – Please indicate free (Bonus) swims on your entry file.

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Relay Events:

1. A club may enter a maximum of three (3) relay teams per relay event. Only two (2) teams will be eligible for scoring.
2. Swimmers participating in relay events only must be identified on the entry printout as "RELAY SWIMMER ONLY".
3. 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.
4. Entry times for relay teams should be submitted for seeding purposes.
5. If two relay teams are entered, one team may have 3 eligible athletes and 1 swimmer from a younger age group who may be designated relay only swimmer. The second relay team may have 1 or 2 swimmers in the event from a younger age group who may be designated relay only swimmer.
6. Club Relay Championship will have two swimmers for each age group – one male and one female from Mixed 10&U, 11/12, 13/14, 15&O; swimmers can move up an age group if no swimmer in that age group. Clubs may enter "relay only" swimmers. Note that this is a CLUB relay; therefore, no associations teams.

Entries and Deadline:

1. Entries must be uploaded prior to the entry deadline to the Swimming Canada website at www.swimming.ca/meetlist.aspx. Entries sent directly to the meet manager will not be accepted.
2. Final entries must be uploaded by midnight **January 9, 2012**.

Entry Fees:

1. Entry fee Cheques are due upon arrival at the meet on Friday, January 20.
 - Individual Events: \$8.50 / event
 - Relays: \$10.00 / event
 - SWIM BC Provincial Team Splash Fee: \$4.00 / swimmer

Cheques payable to: **Nanaimo Riptides Swim Team**

2. Please ensure that the amount of the cheque reflects entries as of the scratch deadline (noon on January 17).

Scratches:

1. Please email scratches to Sylvia Wilson at meets@nanaimoriptides.com by noon on **Tuesday, January 17, 2012**. Revised psych sheets will be posted on the NRST website to reflect all entries and scratches as of this deadline.
2. Scratches received after noon on Tuesday, January 17, 2012 will be charged, unless a medical note is provided.
3. The Swim BC scratch rules for finals and associated penalties will be applied, as follows.

Day	Session	Scratch Deadline
Friday, January 20	Preliminary	Scratches for all events and positive check in for 800 and 1500 m events required by 10:30 a.m.
	Final	Initial deadline: 30 minutes following conclusion of Event 11, Mixed 10 and Under 400 Free Last deadline: 5:30 p.m. The Clerk of Course AND alternate's coach MUST be notified by the coach of the scratching swimmer prior to this deadline.
Saturday, January 21 & Sunday, January 22	Preliminary	Scratches for all events and positive check in for 400 m events required by 8:30 a.m. on the day of the event
	Final	Initial deadline: 30 minutes following conclusion of Preliminary Session each day Last deadline: 4:30 p.m. on the day of the event. The Clerk of Course AND alternate's coach MUST be notified by the coach of the scratching swimmer prior to this deadline.

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Special Meet Rules:

1. Swimmers are limited to nine (9) individual events plus relays.
2. Swimmers wishing to swim up in age group must let meet management know in advance.
3. All events for 10 & Under will be timed finals, mixed boys and girls, EXCEPT for the 200 IM and 200 Free, which will be swum as heats and finals (top 8) separately for boys and girls. For all individual events, separate awards will be given to boys and girls. The 100 Free for 10 & Under will be run between events 25 & 26; the 200 Free for 10 & Under will be run between events 55 & 56.
4. All individual events for 11 & Over, except for 400m events, will be swum as "OPEN" (no age groups), senior seeded and then broken down into age groups for finals, as 11/12, 13/14, and 15 & Over.
5. The 800 and 1500 Free events will be conducted as timed finals and may be limited to four (4) heats for each gender.
 - a. 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.
 - b. These events will be swum from fastest to slowest alternating 800 and 1500m swims.
 - c. These events may be swum with two (2) swimmers per lane.
 - d. Swimmers would be seeded together by time but awarded by age group.
 - e. There will be positive check-in for 800 and 1500 events. Any swimmers who are not checked in for these events will be scratched.
6. The 11 & Over 400 events may be limited to seven (7) heats for each gender, consisting of the swimmers with the top 8 entry times in each age group, plus the 32 next fastest entries.
 - a. These events will be run as timed finals.
 - b. The top 8 swimmers in each gender, regardless of age, will swim during finals. All other swimmers will swim in the preliminary session, senior seeded.
 - c. Positive check in for 400 events will take place prior to 8:30 a.m. on the day of the event. Any swimmers who are not checked in for these events will be scratched.
7. If necessary, any entries in excess of heats permitted in 5 and 6 above will be notified and entry fees will be refunded or the opportunity to enter alternate events provided.
8. With the exception of 800 and 1500 events, all events will be swum from slowest to fastest.
9. Meet Management reserves the right to swim two events at the same time when each has less than one full heat of 8 entries.
10. For 11 & Over events, there will be consolation finals only in events of 200 meters or less that have 24 or more qualified entries.
11. There will be NO consolation finals for 10 & Under events.
12. Deck entries and exhibition swims are not permitted.
13. All applicable FINA/SNC/Swim BC Rules apply for items not already covered.
14. Meet Management reserves the right to alter event and session times and/or to combine heats and events to run the meet as efficiently as possible.
15. A coaches meeting will be held 10 minutes before the session starts on Friday, January 20, 2012, and as needed on Saturday and Sunday.
16. There will be a positive check-in for finals with a consolation final.

Warm-up Procedure Guideline:

1. SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.
2. Coaches are responsible for supervision of their swimmers throughout the warm-up period. Safety Marshals will be on deck to monitor safety procedures.
3. Swimmers shall enter the pool feet first in a cautious manner. Racing starts shall be allowed only under the supervision of a coach in lanes designated for that purpose.
4. Backstroke starting from the water in "sprint" lanes shall have the "right-of-way" over swimmers diving from the blocks.
5. The pool will be cleared 5 – 15 minutes prior to the start of the competition.

Awards:

Individual:

- a. Medals will be presented for places first, second and third for 12 & Unders.
- b. Ribbons will be presented for first, second and third places for 13 & Over and for fourth through eighth for all age groups.

Relays:

- a. Medals will be presented to the first place team for the 12 & Unders.
- b. Ribbons will be presented to the first place team for 13 & Over age groups.

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Para Swimming Meet Rules:

1. All Para Swimmers (S1-S13) 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/ParaswimmingClassification>
2. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
3. The Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
4. Classes eligible for competition are S1-S10; S11-13 and S14.
5. Para Swimming events are Open Age Group – no age restrictions.
6. All Para Swimmer entries must include the swimmers classification numbers (e.g. S4SB3SM5).
7. The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events. Ranking will be from highest to lowest point score.
8. Swimmers will compete in dedicated Para Swimming Timed Final events. Swimmers may enter the able bodied events, but coaches are asked limit entries to those events which correspond with their swimmers classification as per Swimming Canada events.
9. Events will run as multi-disability, and may be swum mixed gender together. Winners will be determined by multi-disability competition using the most recent SNC Performance Points Charts to determine awards for the Para Swimming Events.
10. Finals: Events with 9 or more swimmers will have a designated final of 8 swimmers. Events with 5-8 swimmers will have a designated final of 4 swimmers. Events with 4 or fewer swimmers will be a timed final in the preliminary session.
11. Awards: 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, 3 swimmers = 2 awards, 2 swimmers = 1 award, 1 swimmer = no awards.
12. Para Swimming dedicated events will count towards overall Team Scoring.

Scoring:

Scoring will be as follows

Individual Events 50-30-20-15-14-13-12-11

Relay Events 50-30-20-15-14-13-12-11

Consolation Finals will not be scored.

Officials:

VIR Championships are offered as a **COOPERATIVE EVENT** with officials participating from ALL CLUBS. Each participating club is required to provide officials for all meet sessions.

Please email the names of your volunteers willing to serve as officials by January 3 to:

Brent Tearoe at: meets@nanaimoriptides.com

All officials should report to the official's room at the beginning of warm-ups.

Meet Manager:

Please contact:

Sylvia Wilson at: meets@nanaimoriptides.com

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Schedule of Events

Friday – January 20

Preliminary Session

Warm-ups - 10:00 a.m. Start time - 11:00 a.m. Estimated finish: 3:00 p.m.

Girls	Event	Boys
1	11 and Over 50 Free	2
3	11 and Over 100 Breast	4
5	PARA 100 Breast	6
7	11 and Over 200 IM	8
9	PARA 50 Fly	10
11	Mixed 10 and Under 400 Free TF	11
13	11 and Over 800 Free TF*	14
15	11 and Over 1500 Free TF*	16

Final Session[^]

Warm-ups - 5:00 p.m. Start time – 6:00 p.m. Estimated finish: 9:00 p.m.

17	11 / 12 200 Medley Relay	18
19	13 / 14 200 Medley Relay	20
21	15 & Over 200 Medley Relay	22
50 Free FINALS**		
100 Breast FINALS **		
200 IM FINALS **		

Saturday – January 21

Preliminary Session

Warm-ups – 8:00 a.m. Start time – 9:00 a.m. Estimated finish: 2:00 p.m.

23	Mixed 10 and Under 200 Medley Relay	23
25	11 and Over 400 IM TF	26
27	Mixed 10 and Under 100 Free TF (To be swum between the girls and boys 400 IM – Event 25 and 26)	27
29	Mixed 10 and Under 100 Back TF	29
31	PARA 100 Back	32
33	11 and Over 100 Back	34
35	Mixed 10 and Under 50 Breast TF	35
37	11 and Over 200 Breast	38
39	Mixed 10 and Under 100 Fly TF	39
41	PARA 100 Free	42
43	11 and Over 100 Fly	44
45	10 and Under 200 IM	46
47	PARA 150/200 IM	48
49	11 and Over 200 Free	50

Final Session[^]

Warm-ups - 4:00 p.m. Start time – 5:00 p.m. Estimated finish: 8:30 p.m.

300	8 x 50 Club Relay Championship***	300
10 and Under 200 IM FINALS		
11 and Over 400 IM Timed Final (fastest heat)		
11 and Over 100 Back FINALS **		
11 and Over 200 Breast FINALS**		
11 and Over 100 Fly FINALS**		
11 and Over 200 Free FINALS**		

*These events will be swum from fastest to slowest alternating 800 and 1500 events.

**Finals will be by age groups: 11/12, 13/14, and 15 & Over.

[^] Finals may include IPC events, depending on number of entries.

***Remember that this is a CLUB relay, no association teams.

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Sunday – January 22

Preliminary Session

Warm-ups - 8:00 a.m. Start time - 9:00 a.m. Estimated finish: 2:00 p.m.

51	Mixed 10 and Under 200 Free Relay	51
53	PARA 50 Free	54
55	11 and Over 400 Free TF	56
57	10 and Under 200 Free (To be swum between the girls and boys 400 Free – Event 55 and 56)	58
59	Mixed 10 and Under 50 Back TF	59
61	PARA 50 Back	62
63	11 and Over 200 Back	64
65	Mixed 10 and Under 50 Fly TF	65
67	11 and Over 200 Fly	68
69	Mixed 10 and Under 50 Free TF	69
71	11 and Over 100 Free	72
73	Mixed 10 and Under 100 Breast TF	73

Final Session[^]

WARMUP- 4:00 p.m. START – 5:00 p.m. Estimated finish: 8:30 p.m.

75	11 / 12 200 Freestyle Relay	76
77	13 / 14 200 Freestyle Relay	78
79	15 & Over 200 Freestyle Relay	80
10 and Under 200 Free FINALS ^{***}		
11 and Over 400 Free Timed Final (fastest heat)		
11 and Over 200 Back FINALS [*]		
11 and Over 200 Fly FINALS [*]		
11 and Over 100 Free FINALS [*]		

^{***} To be swum between the Girls and Boys 400 Free

^{*} Finals will be by age groups: 11/12, 13/14, and 15 & Over.

[^] Finals may include IPC events, depending on number of entries.

LOCAL HOTEL ACCOMODATION

Coast Bastion Inn

11 Bastion Street

Nanaimo, BC

V9R 6E4

Tel: (250)753-2977

Please mention The Vancouver Island Swimming Championships for best price rooms.