

2017 LONG COURSE SWIM BC OPEN
MARCH 11-12, 2017 – Guildford Recreation Centre

SANCTIONED BY SWIM BC: #20744



DATE: March 11-12, 2017
HOSTED BY: Swim BC and LMR Clubs
LOCATION: Guildford Recreation Centre (Surrey)
POOL SPECS: 8-lane x 50m meter competition pool
Meet Manager: Deirdre Porreca
porreca@telus.net
Meet Referee: Piero Porreca
Para Advisor: Michael Edey
Entries: porreca@telus.net

WARM UP AND START TIMES:

Saturday, March 11, 2017:

TIMED FINALS: Warm-Up: 2:30 - 3:50pm
Competition: 4:00 - 8:00pm*

Sunday, March 12, 2017:

TIMED FINALS: Warm-Up: 2:30 - 3:50pm
Competition: 4:00 - 8:00pm*

***Note: Session warm-up and completion times are approximate – once the meet has been seeded warm-up and competition times will be sent out to all attending clubs.**

ELIGIBILITY:

- 1) All swimmers must be registered with a Swim BC, Swimming Canada, USA Swimming or other FINA recognized club.
- 2) Ages are based on the age of the swimmer as of March 11, 2017.
- 3) **Qualifying Times are the 2016-2017 Swim BC Senior/Open AAA short course or long course standards. (Do not convert entry times; SCM entries will be converted by meet management)**
- 4) Qualifying period is from September 1, 2015, to the entry deadline.
- 5) There is no limit on the number of qualified events a swimmer may enter.

ENTRY DEADLINE:

The entry deadline is **9:00 pm (PST) Monday, Feb 27, 2017.**

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

Late entries, if accepted, will be invoiced at 200% of the stated entry fees.

NON-QUALIFIED SWIMS:

Entries not meeting the qualifying standard will be accepted under the following structure:

- ONE qualifying entry - FIVE non-qualified entries
- TWO qualifying entries - FOUR non-qualified entries
- THREE qualifying entries - THREE non-qualified entries
- etc.

Swimmers may choose any event for their non-qualified entries, **except the 800/1500 Freestyle events.**

The number of non-qualified entries may be reduced if session timelines run overtime.

SPECIAL MEET RULES:

- 1) This meet will follow applicable Swimming Canada and Swim BC rules as outlined in the current Swimming Canada Rulebook and Swim BC Tech Guide.
- 2) All events will be run as Timed Finals; slowest to fastest, ; the last two heats would be the Top8 Canada-Games aged swimmers (girls born in 2002 and later; boys born in 2001 and later), and then the Top8 "older than Canada Games age".
- 3) There will be a positive check-in for the 800m and 1500m Freestyles. **Scratch deadline will be start of the session that the distance event is being swum.**
 - a) Swimmers who fail to show or complete their swim after positive check-in will be subject to same penalties as late scratch from finals (See "Scratches" section)
- 4) The fastest four heats in the 400 Free and 400 IM will be swum in the event order as presented. The slower heats of the 400 Free and 400 IM may be swum after the completion of the respective day's events.
 - a) The slower heats of the 400 Free and 400 IM would run fastest to slowest alternating women's / men's heats.
 - b) If timelines cannot be met, non-qualifiers may be required to select a different event.
- 5) Any act of theft, vandalism or similar action will result in disciplinary measures up to and including disqualification from the meet.
- 6) "NT" entries will not be accepted in individual events. All individual event entries must be valid times swum at sanctioned competitions.
- 7) **Warm-up:** Swimming Canada's warm-up procedures will be in effect. No diving into pool until sprint lanes are announced approx. 30 minutes prior to the conclusion of warm-up.
- 8) A **coaches meeting** will be held if deemed necessary.
- 9) **CHANGES** - should it become necessary to change warm-up and or starting times, coaches will be notified as soon as possible.
- 10) Deck Entries will not be accepted.

ENTRY FEES:

Entry fees are **\$10.00 per individual entry** and **\$12 per relay entry.**

There is also a **\$4.00/swimmer** Swim BC Provincial Team Splash fee.

Late entries may be accepted at the discretion of the meet management, subject to the aforementioned late entry fee.

Entries must be submitted to the Swimming Canada meet website.

Cheques are to be made payable to **Swim BC.**

OFFICIAL SPLIT REQUESTS:

Official Split fees are \$10.00 per split. Payment must be submitted with request.

Deadline for Official Split Requests is the start of each session.

Coaches must supply two timers for each request.

2017 LONG COURSE SWIM BC OPEN
MARCH 11-12, 2017 – Guildford Recreation Centre

SANCTIONED BY SWIM BC: #20744



SCORING & AWARDS:

No Team Scoring

BC Open Prize Money:

For all able-bodied "Olympic" events:

1) Placings Prize money

- a) First place: \$100
- b) Second place: \$50
- c) Third place: \$20

2) World Ranking Prize Money

An additional \$1500 in prize money will be awarded to the Top5 male and female world-ranked Able-Bodied swimmers**, as ranked against the 2016-2017 FINA World Ranking as follows:

- 1st - \$250
- 2nd - \$200
- 3rd - \$150
- 4th - \$100
- 5th - \$50

For Para-swimming Events:

Prize money will be awarded to the Top3 Performance Points swimmers**, as ranked using the Swimming Canada Performance Points Calculator:

- 1st - \$250
- 2nd - \$200
- 3rd - \$150

**** Prize monies are available to swimmers from any Swimming Canada or other FINA-affiliated program.**

BCAAP RECIPIENTS

All BCAAP recipients are required to attend **all** Senior Circuit meet(s), including BC Open, unless a viable rationale is presented in writing to, and approved by, the Swim BC Executive Director no later than one week prior to the entry due date.

PARA-SWIMMING

- 1) Para-swimmers' complete classifications *(S, SB, SM) must be included with athlete surname in their entries.
- 2) The most current IPC rules will be observed for all para-swimming events.
- 3) By the entry deadline, swimmers must have attained at least **ONE** Swim BC Para-swimming AAA qualifying time.
<http://bit.ly/ParaStdsBC>;
- 4) Para-swimmers may enter Able-bodied events as non-qualified swimmers (See Non-Qualified Swim Section for limits).
- 5) Para-swimmer events will be single-gender and multi-class. Winners will be determined by using the respective male and female Swimming Canada Performance Points Charts.
- 6) There will be SEVEN para- "specific events": 50 free, 100 free, 200/400 Free, 50/100 Back, 50/100 breast, 50/100 Fly and 150/200IM, with distances for each class corresponding to the distances outlined in the time standards.
- 7) Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of medalists from each of those pairs of events.
- 8) In para-swimming events, the event(s) will be Para-swimmer-only timed finals.

Relays

- 1) Relays may be limited to two relay entries per club, per event, depending on timelines.
- 2) Entry file must include four names for each relay and proven entry times
- 3) Relay scratches and name changes are due 30 mins prior to the session starting.
- 4) **Because this meet takes place in the performance window, relays swum will be considered for ranking for the Junior National Championship Meet.**
 - a) To be considered for ranking, the relay team members must all be of age to compete at the Jr. Nationals - age as of July 26, 2017 (same age as of rule as East/West Champs).

SCRATCHES – PLEASE READ CAREFULLY

- 1) There is no scratch penalty for no-shows, step downs and unexcused incomplete swims except for in the 800 and 1500 free events.
- 2) For the 800 and 1500 Free events, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
- 3) The scratch deadline for 800 and 1500 free events will be the start of the session that the distance event is being swum.
- 4) Late scratches (as defined above) from the 800 and 1500 free events will be subject to the late scratch penalty of \$20. In addition, no other member of the offending swimmer's team shall compete in an event until the \$20 penalty has been paid.

2017 LONG COURSE SWIM BC OPEN
MARCH 11-12, 2017 – Guildford Recreation Centre

SANCTIONED BY SWIM BC: #20744



SATURDAY HEATS – MARCH 11, 2017 Warm Up: 2:00pm – 3:50pm; Start: 4:00pm		
Event Number WOMEN	EVENT	Event Number MEN
1	4x100 Medley Relay	2
101 or 103	Para - 200/400 Free	102 or 104
3	Women 400 Free / Men 200 Free	4
	*15 min break for cool down	
5	100 Breast	6
105 or 107	Para - 50/100 Breast	106 or 108
7	200 Fly	8
9	50 Free	10
109	Para - 50 Free	110
	*15 min break for cool down	
11	100 Back	12
13	400 IM	14
111 or 113	Para - 150/200 IM	112 or 114
15	50 Fly	16
	Men's 1500 Free	18
SUNDAY HEATS – MARCH 12, 2017 Warm Up: 2:00pm – 3:50pm; Start: 4:00pm		
Event Number WOMEN	EVENT	Event Number MEN
19	4x100 Free Relay	20
21	200 Breast	22
23	100 Fly	24
115 or 117	Para - 50/100 Fly	116 or 118
	*15 min break for cool down	
25	Women 200 Free / Men 400 Free	26
119 or 121	Para - 50/100 Back	120 or 122
27	200 Back	28
29	50 Breast	30
	*15 min break for cool down	
31	100 Free	32
123	Para - 100 Free	124
33	200 IM	34
35	50 Back	36
37	Women's 800 Free	

*Warm up/down times will be provided during the meet as there is no extra pool space available.

**2017 LONG COURSE SWIM BC OPEN
MARCH 11-12, 2017 – Guildford Recreation Centre**

SANCTIONED BY SWIM BC: #20744



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."