



June 2-4, 2017

Sanctioned by Swim BC: #21121

Live results at <http://pacificcoastswimming.com>

HOSTS: University of Victoria and Tyee Aquatic Club

MEET MANAGER: Margaret Penning

meets@pacificcoastswimming.com

MEET REFEREE: Betsy Dunphy

VENUE: Saanich Commonwealth Place, 4636 Elk Lake Drive, Victoria, BC

Pool & Facilities:

8 x 50m competition pool

4 x 25m lanes in dive tank for warm up & warm down

Ares-Omega electronic timing, touch pads & scoreboard

Coffee shop available on site.

Eligibility:

- 1) Registered members of clubs of the VIRSA. Clubs from outside the region may be considered (depending on number of entries).
- 2) All swimmers must be registered with Swim BC, Swimming Canada, or other FINA recognized club.
- 3) Swimmer age is based on the first day of competition.
- 4) Qualifying times for individual events are per the 2016-2017 VIR time standards.
- 5) Entry times are to be submitted in LC meters established to a hundredth of a second. SC times converted by HyTek's Team Manager or Team Unify will be accepted.

Entries:

- 1) **Entry Deadline:** Meet entries must be uploaded no later than midnight **Thursday, May 25, 2017** to www.swimming.ca/MeetList.aspx. Entries sent directly to the Meet Manager will not be accepted.
- 2) **Entry Fees:** Must be received to Meet Management prior to VIR Championships Friday Prelims warm-ups.
 - Individual Events: \$9.00/event
 - Relays: \$10.00 /event
 - In addition, Swim BC requires a \$4.00/swimmer Provincial Team Fee & SCP requires a \$5.00/swimmer Facility Improvement Fee.
- 3) Cheques payable to: **Pacific Coast Swimming (PCS).**
- 4) **No Charge Scratch Deadline: Monday, May 29, 2017.** Email scratches to: meets@pacificcoastswimming.com
- 5) Revised Psych Sheets will be posted on www.pacificcoastswimming.com to reflect all entries and scratches as of this deadline.
- 6) Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.

WARM-UP AND SESSION TIMES		
Friday, June 2, 2017		
Prelims	Warm-up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-up	4:00 pm - 4:50 pm
	Start	5:00 pm - 8:00 pm
Saturday, June 3, 2017		
Prelims	Warm-up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-up	4:00 pm - 4:50 pm
	Start	5:00 pm - 8:00 pm
Sunday, June 4, 2017		
Prelims	Warm-up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-up	3:30 pm - 4:20 pm
	Start	4:30 pm - 7:30 pm

Individual Events:

- 1) As of the entry deadline, a swimmer must have attained, after September 1, 2015, at least one qualifying time.
- 2) Swimmers with 1-6 qualifying times may enter a maximum of 6 events. NTs will not be accepted for bonus events.
- 3) To enter more 7-9 events, swimmers must have qualifying times in all events entered. Swimmers may enter a maximum of 9 individual events.
- 4) Qualifying time for Girls 1500 Free is VIR standard in the 800 Free. Qualifying time for Boys 800 Free is VIR standard in the 1500 free. Swimmers are limited to 1 distance event.

Relay Events:

- 5) Clubs may enter a maximum of 3 relay teams per event. However, only A and B teams will be eligible for scoring.
- 6) Swimmers participating in relay events only must be identified on the entries as "RELAY ONLY SWIMMERS".
- 7) There are no qualifying times for relays; however, entry times should be submitted for seeding purposes.
- 8) Club Relay teams (no Association teams) must include 8 swimmers: 1 female and 1 male from each of the 10&U, 12&U, 14&U, 15&O age groups.
- 9) Relay name changes are to be submitted to the Clerk of Course 45 minutes before the start of finals.



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Meet Rules:

- 1) SNC current swimsuit policy will be in effect.
- 2) SNC warm-up procedures will be in effect at this meet.
- 3) Meet Management must be notified of swimmers who will swim up in age group before the entry deadline. Swimmers shall only swim in one age group for any given event.
- 4) Deck entries and exhibition swims are not permitted.
- 5) The scratch deadline for finals is:
 - Friday: 30 minutes from the conclusion of the Mixed 10 and under 400 Free
 - Saturday and Sunday: 30 minutes from the conclusion of heats of that same day.

11 & Over Events:

- 1) All individual heats and finals events will be circle-seeded, swum slowest to fastest, in open age groups. Finals will swim in age groups: 12&U, 14&U and 15&O.
- 2) There will be Consolation Finals only in 15&O events; 25+ entries are required for a Consolation Final. Consolation Finals will be swum after the A finals.
- 3) 400m events may be limited to 7 heats - the fastest 8 entry times in each age group, plus the 32 next fastest entries regardless of age. These events will be run as Timed Finals (senior seeded, slowest to fastest) with the fastest heats (girls and boys regardless of age) swimming in the evening final. Positive check-in required for the top 8 swimmers by Friday, 10 am.
- 4) The 11&O 800F and 1500F events will be Timed Finals and may be limited to 4 heats each. 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. These events may be swum with 2 swimmers per lane. Swimmers will be seeded by time but awarded by age group. These events will be swum fastest to slowest alternating girls' and boys' heats.
- 6) Any entries in excess of heats permitted above will be notified and entry fees will be refunded.

10 & Under Events:

- 1) 100m & 200m events (100Fly, 100 Back, 100 Breast, 100 Free, 200 IM, 200F) will be heats & finals events and will be swum mixed gender and circle-seeded during heats, with separate girls and boys finals.
- 2) 50m & 400m events will be swum as mixed gender timed finals (senior seeded, slowest to fastest).
- 3) Separate awards will be given to boys and girls in all events.

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 designations: an S class, an SB class, and SM class.
- 3) Para Swimmers must be licenced 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://swimming.ca/ParaswimmingClassification>
- 4) Eligible classes include S1-S10, S11-13 and S14.
- 5) Para Swimming events are Open Age Group and will run as multi-disability. There are no minimum qualifying 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 Swim BC policy. Coaches are asked to limit these additional events to those which correspond with their swimmers' classification as per SNC events.
- 8) Events with 8 or fewer splashes per gender will swim as Timed Finals in the Preliminary sessions; events with 9 or more splashes will have prelims and finals.
- 9) Event winners will be determined using SNC Performance Points Charts.
- 10) Awards will be given for 1st, 2nd, and 3rd on a minus one rule: 4 or more splashes = 3 awards...1 splash = no awards. These events will be scored accordingly.

Scoring:

Individual and Relay events will be scored as follows: 50-30-20-15-14-13-12-11. Consolation finals will not be scored.

Awards:

Individual: Medals shall be presented for places 1st – 3rd for 10&U, 12&U, and 14&U age groups only. Ribbons shall be presented for 4th through 8th (for 14&U) and 1st – 8th (15&O).
Relays: Medals shall be presented to the 1st place team for 14&U. Ribbons shall be presented to 2nd & 3rd place teams (14&U) and 1st – 3rd (15&O).

Officials:

VIR championships are a cooperative effort. Each participating club is expected to provide officials for each session (2 timers + 1 S&T or other senior official). **Please ask your officials to sign up on the Pacific Coast Swimming website (www.pacificcoastswimming.com) under the VIR LC Championships Meet heading (noting their Club affiliation when registering) or email the names of your volunteers to: meets@pacificcoastswimming.com**



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	2016 - 2017 VIR Standards: Female SCM					2016 - 2017 VIR Standards: Female LCM				
	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	:44.00	:35.16	:31.90	:31.19	50 fr
100 fr	1:35.19	1:15.91	1:08.96	1:06.46	100 fr	1:37.13	1:17.46	1:10.37	1:07.12	100 fr
200 fr	3:28.93	2:45.69	2:31.64	2:24.82	200 fr	3:33.19	2:49.08	2:34.73	2:26.09	200 fr
400 fr	7:08.46	5:51.59	5:22.53	5:07.43	400 fr	7:17.12	5:58.76	5:29.11	5:08.31	400 fr
800 fr		12:11.24	11:05.03	10:38.10	800 fr		12:26.17	11:18.60	10:48.55	800 fr
50 bk	:52.36				50 bk	:53.41				50 bk
100 bk	1:49.57	1:27.14	1:19.60	1:15.67	100 bk	1:51.81	1:28.92	1:21.22	1:16.53	100 bk
200 bk		3:06.24	2:48.89	2:43.65	200 bk		3:10.04	2:52.34	2:44.92	200 bk
50 br	:59.47				50 br	1:00.67				50 br
100 br	2:04.44	1:37.98	1:30.00	1:26.70	100 br	2:06.97	1:39.98	1:31.84	1:27.54	100 br
200 br		3:28.61	3:13.98	3:06.85	200 br		3:32.86	3:17.94	3:09.87	200 br
50 fly	:50.67				50 fly	:51.68				50 fly
100 fly	1:54.79	1:30.93	1:18.17	1:14.90	100 fly	1:57.14	1:32.79	1:19.77	1:15.99	100 fly
200 fly		3:32.89	3:03.05	2:50.47	200 fly		3:37.24	3:06.79	2:52.69	200 fly
100 IM	1:52.67				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.17	3:06.97	2:49.47	2:43.27	200 IM	4:00.99	3:10.79	2:52.93	2:45.19	200 IM
400 IM		6:46.50	6:01.44	5:49.91	400 IM		6:54.79	6:08.82	5:52.71	400 IM
	2016 - 2017 VIR Standards: Male SCM					2016 - 2017 VIR Standards: Male LCM				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:43.12	:37.44	:33.89	:30.12	50 fr	:44.00	:38.20	:34.59	:30.74	50 fr
100 fr	1:35.19	1:22.80	1:15.24	1:05.76	100 fr	1:37.13	1:24.49	1:16.78	1:07.11	100 fr
200 fr	3:28.93	3:02.66	2:45.50	2:24.11	200 fr	3:33.19	3:06.39	2:48.87	2:27.05	200 fr
400 fr	7:08.46	6:29.09	5:54.52	5:10.07	400 fr	7:17.12	6:37.03	6:01.76	5:16.40	400 fr
800 fr		13:38.50			800 fr		13:55.21			800 fr
1500 fr			23:17.72	21:01.67	1500 fr			23:46.24	21:27.42	1500 fr
50 bk	:52.36				50 bk	:53.41				50 bk
100 bk	1:49.57	1:35.55	1:26.49	1:15.65	100 bk	1:51.81	1:37.50	1:28.26	1:17.20	100 bk
200 bk		3:26.84	3:03.30	2:44.13	200 bk		3:31.06	3:07.04	2:47.48	200 bk
50 br	:59.47				50 br	1:00.67				50 br
100 br	2:04.44	1:49.49	1:39.89	1:25.81	100 br	2:06.97	1:51.72	1:41.93	1:27.56	100 br
200 br		3:55.29	3:31.67	3:08.82	200 br		4:00.09	3:35.99	3:12.67	200 br
50 fly	:50.67				50 fly	:51.68				50 fly
100 fly	1:54.79	1:40.47	1:25.55	1:14.06	100 fly	1:57.14	1:42.52	1:27.29	1:15.57	100 fly
200 fly		3:53.83	3:20.71	2:52.76	200 fly		3:58.60	3:24.80	2:56.28	200 fly
100 IM	1:52.67				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.17	3:26.80	3:07.68	2:44.86	200 IM	4:00.99	3:31.02	3:11.51	2:48.22	200 IM
400 IM		7:23.18	6:42.37	5:49.18	400 IM		7:32.22	6:50.58	5:56.31	400 IM



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Female	Friday	Male
1	10 & U 200 Medley Relay	2
3	12 & U 200 Medley Relay	4
5	14 & U 200 Medley Relay	6
7	Open 200 Medley Relay	8
9	Mixed 10 & U 200 IM	9
11	200 IM	12
101	Para 150/200 IM	102
13	Mixed 10 & U 50 Free	13
15	50 Free	16
103	Para 50 Free	104
17	200 Breast	18
19	Mixed 10 & U 50 Fly	19
21	50 Fly	22
105	Para 50 Fly	106
23	Mixed 10 & U 400 Free	23
25	800 Free	26
27	1500 Free	28

Female	Saturday	Male
29	10 & U 200 Free Relay	30
31	12 & U 200 Free Relay	32
33	14 & U 200 Free Relay	34
35	Open 200 Free Relay	36
37	400 IM	38
39	Mixed 10 & U 100 Back	39
41	100 Back	42
107	Para 100 Back	108
43	200 Fly	44
45	Mixed 10 & U 100 Breast	45
47	100 Breast	48
109	Para 100 Breast	110
49	Mixed 10 & U 200 Free	49
51	200 Free	52

Female	Sunday	Male
53	Mixed 8 x 50 Club Relay	53
55	Mixed 10 & U 50 Breast	55
57	50 Breast	58
111	Para 50 Breast	112
59	400 Free	60
61	10 & U 100 Fly	61
63	100 Fly	64
65	200 Back	66
67	10 & U 100 free	67
69	100 Free	70
113	Para 100 Free	114
71	Mixed 10 & U 50 Back	71
73	50 Back	74
115	Para 50 back	116



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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 lane space 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."