



2017 SWIM BC LONG COURSE AAA AGE GROUP CHAMPIONSHIPS

Hosted by Kamloops Classic Swimming

JULY 6-9, 2017

CANADA GAMES AQUATIC CENTRE

- AGE GROUPS:
 - 11&U, 12-13, 14-15, 16-18 (Individual events)
 - 12&U, 14&U, 18&U (Relay events)
- MEDAL EVENTS:
 - 50-100-200-400-800/1500 Free
 - 50-100-200 Back, Breast, Fly
 - 200-400 IM
 - 200 Free Relay; 200 Medley Relay; 400 Medley Relay
- 11&U, 12-13, 14-15 Age Categories: Minimum THREE qualifying times
- 16-18 Age Category: Minimum TWO qualifying times



2017 SWIM BC AAA LONG COURSE CHAMPIONSHIPS JULY 6-9, 2017 – Kamloops, BC



SANCTIONED BY SWIM BC: #21227

DATE JULY 6-9, 2017

HOST KAMLOOPS CLASSIC SWIMMING

MEET MANAGER Brenda Laupland
meets@swimkamloops.com

PARA ADVISOR Janet Dunn

MEET REFEREE Stacey Jyrkkaren

SWIM BC Carrie Matheson: cmatheson@swimbc.ca

VENUE

Canada Games Aquatic Centre 910 McGill Rd., Kamloops, BC 8 X 50m Competition Pool; free-form warm-up space available Omega Timing System; scoreboard; Food services on site

WARM UP AND SESSION TIMES		
Thursday, July 6, 2017		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am - 1:30pm
Finals	Warm-up	3:45 - 4:35pm
	Competition	4:45 - 8:15pm
FRIDAY, July 7, 2017		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am - 1:30pm
Finals	Warm-up	3:45 - 4:35pm
	Competition	4:45 - 8:30pm
SATURDAY, July 8, 2017		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am - 1:30pm
Finals	Warm-up	3:45 - 4:35pm
	Competition	4:45 - 8:30pm
SUNDAY, July 9, 2017		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am - 1:30pm
Finals	Warm-up	2hrs. after prelims
	Competition	3hrs. after prelims

All listed session completion times are approximate

ELIGIBILITY

- As of the entry deadline, **11&U, 12-13 and 14-15-year-old** athletes must have attained, after September 1, 2015, at least **THREE** 2016-2017 Swim BC AAA long course or short course qualifying times in an applicable age group.
- As of the entry deadline, **16-18-year-old athletes** must have attained, after September 1, 2015, at least **TWO** 2016-2017 Swim BC AAA long course or short course qualifying time in that applicable age group.
- Para-swimmers, within the same time frame, must have similarly achieved **TWO** 2016-2017 Provincial Para-Swimming AAA times.
<http://bit.ly/ParaStdsBC>

- All swimmers must be registered with a Swim BC, SNC, USA-S or other FINA recognized club.
- While prelims will be swum "Open" age group, age groups will be broken out for finals: 11&U, 12-13, 14-15, 16-18
 - NOTE:** Coaches must specify in their entries if they want their swimmer(s) to compete in an age group older than their chronological age; they are to provide the meet manager with the competitor's name, event and swim-up age category.
- Swimmer age is as of the first day of competition.
- Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
 - Swimmers cannot compete in the same individual event in more than one age/age group

NON-QUALIFIED ("BONUS") SWIMS

- Both able-bodied and para-swimmers must have met the Swim BC **"AA"** standards for all non-qualified swims.
- 11&U, 12-13, 14-15 Swimmers: non-qualified swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of 5 events (including non-qualified and qualified swims).
- 16-18 Swimmers: non-qualified swims are permitted so that a swimmer with two qualifying times may enter up to a maximum of 4 events (including non-qualified and qualified swims); a swimmer with three qualifying times may enter up to a maximum of 5 events (including non-qualified and qualified swims); a swimmer with four qualifying times may enter up to a maximum of 5 events (including non-qualified and qualified swims);
- For 400, 800 and 1500 freestyle and 400 IM, Swimmers must have the AAA qualifying time to enter the event.

ENTRIES

- Individual entries are limited to a maximum of **EIGHT** per swimmer. A swimmer entering more than five events must have qualifying times in all events entered.
- NO CONVERTED TIMES.** All SCM entries will be converted to LCM by meet management and seeded accordingly.
- Times will be verified with SNC's online entry validations
- Unofficial splits, "made-up" times and 'NT' entries ARE NOT ACCEPTED in individual events; **this includes para-swimming events.**
- See "RELAYS" section for specific rules about relay entries
- Entry fees are \$8.50 per individual event and \$10.00 per relay event.
- Surcharges: \$9.00 total, which includes the following:
 - \$4.00 per swimmer Swim BC Provincial Team Fee.
 - \$5.00 - facility Surcharge
- Cheques payable to: **KCS**
- Please include a contact name, phone number, and email address with entries.
- Entries are accepted solely by upload to the Swimming Canada meet listings website prior to the entry deadline.

ENTRY DEADLINE:

THURSDAY, JUNE 22, 2017, AT 9:00PM PDT

Late entries (entries received or uploaded after 9:00pm on Thursday, June 22, 2017) will be accepted at the discretion of meet management and Swim BC; if accepted, the entry fees will be doubled.



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SPECIAL MEET RULES

GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide; where discrepancies exist between Tech Guide and this meet package, the meet package shall be deemed correct.
2. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials.
4. Preliminary heats will be swum double-ended
5. Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
6. There will be a "B" final in all individual events with 24 or more AAA entries, apart from 11&U, which will have only "A" finals, irrespective of the number of entries.
7. The "A" final will be swum prior to a given event's "B" final.

SCRATCHES

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
2. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of results from prelims.
3. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and dealt with as such.
4. The initial scratch deadline for finals each night will be 30 minutes following the completion of morning preliminaries, excluding any 800/1500 or 'overflow' heats.
5. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
6. Late scratches (as defined above) from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day. In addition, no other member of the 'late-scratching' swimmer's team shall compete until the \$20 penalty has been paid.

Para-swimmers

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 **TWO** Swim BC Para-swimming AAA qualifying times.
<http://bit.ly/ParaStdsBC>; being that SB9 only has 100BR as an event, swimmers who have only the SB9 classification can enter the meet with that one QT.
4. Non-qualified entries must meet the Para-AA time standard, and are limited to no more than **THREE**, as listed in the "NON-QUALIFIED SWIMS" section of this document.
5. Para-swimmers may enter Able-bodied events as non-qualified swims (within the same limits expressed in the previous point).
6. Para-swimming events are open age group – no age restrictions
7. 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 (*SNC has stated that they will be using the British Points System until the new SNC Points charts are available).
8. There will be SEVEN "medal events" for para-swimmers:
50 free, 100 free, 200/400 Free (timed final), 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.
9. 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.
10. In events with five or more para-swimmer entries, they will be integrated with able-bodied heats during preliminaries, then in a para-swimming final during finals.
 - a. In para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only timed finals during the preliminaries session.

800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with a scratch deadline of **10am on the day of the event.**
2. The **Top 8** seeded swimmers in each age group will race as the first event in finals; remaining heats will swim fastest to slowest, regardless of age group, in the morning session.
3. Latter heats in age groups may be combined to fill out empty lanes, may be swum two-per-lane, and may be swum on a different day than scheduled to help balance timelines.

50M FLY, 50M BACK, 50M BREAST

1. These are medal events and count toward team scoring.
2. Swimmers will not be able to use one of these events to qualify for the meet as there are no qualifying times for these events.
3. After consultation with the BC Swim Coaches Association, given the time constraints of the meet, these three events will be run as timed finals during the prelims sessions.

RELAYS

1. Age groups for relays will be 12&U, 14&U, 18 &U.
2. Clubs may enter as many relay teams as they wish; however, only "A" and "B" relay teams will be considered for scoring, and as such, only two relay entries per team per event will be seeded into the fastest heat, except in events where fewer than nine teams are entered.
3. Only the fastest eight proven relay entries (limit two per team as outlined above) in each event will swim as timed finals at the conclusion of finals sessions. All other relay heats will swim as a timed final at the end of the preliminaries session, prior to distance events.
4. Valid entry times are requested, although NT entries will be accepted.
5. Valid relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered.
6. There are no qualifying times for relays.
7. Swimmers who will be in relays only shall be listed in their club's Hytek entry file as "Relay only swimmers"; such swimmers will be subject to Swim BC and facilities splash fees.
 - a. A relay team may have no more than two "relay-only" swimmers.
8. Deadline for relay name/order changes will be:
 - a. For relays swum in the Prelim Sessions: 11:00am
 - b. For relays swum in the Final Sessions: one hour after the start of the finals session.

SCORING

Individual scoring in all but 11&U events will be 16-deep, utilizing "reverse" scoring in both para-swimming and able-bodied events.

1. Reverse scoring:
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 - a. If only 15 swimmers compete:
17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 - b. If only 14 swimmers compete:
17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 - c. Etc.
2. 11&U Individual events, and Relay scoring will be Top 8:
 - a. 20-17-16-15-14-13-12-11

AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in all individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.

OTHER

1. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Thursday and as necessary.
2. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

ATHLETE DEVELOPMENT PRESENTATION

Sunday: Swim BC's Provincial Performance Director will deliver a presentation on Swim BC's Athlete Development Strategy. This presentation is directed at parents of 14&U swimmers, but is open to anyone interested.



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THURSDAY, JULY 6, 2017

	HEATS	FINALS
Warm up	7:30 – 8:50am	3:45 – 5:05m
Start	9:00am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
1	2	All	200 Fly
3	4	All	100 Back
101/201	102/202	Para	50/100 Back
5		All Girls	200 Free
	6	All Boys	400 Free
	104/204	Para Boys	200/400 Free
7	8	All	50 Breast (TF)***
9		11&U/12-13	Girls 800 Free*
11	12	12&U	4x50 Free Relay**
13	14	14&U	4x50 Free Relay**
15	16	18&U	4x50 Free Relay**

* Top 8 each age group swim as first race in finals

** Fastest 8 relay entries swim at the conclusion of finals

***Swum during morning session

FRIDAY, JULY 7, 2017

	HEATS	FINALS
Warm up	7:30 – 8:50am	3:45 – 5:05m
Start	9:00am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
17	18	All	100 Free
105	106	Para	100 Free
19		All Girls	400 IM
	20	All Boys	200 IM
	108/208	Para Boys	150/200 IM
21	22	All	200 Back
23	24	All	50 Fly (TF)***
	98/26	11&U/12-13	Boys 800/1500 Free*
27		12&U	Girls 4x100 Medley Relay**
29		14&U	Girls 4x100 Medley Relay**
31		18&U	Girls 4x100 Medley Relay**

* Top 8 each age group swim as first race in finals

** Fastest 8 relay entries swim at the conclusion of finals

***Swum during morning session

SATURDAY, JULY 8, 2017

	HEATS	FINALS
Warm up	7:30 – 8:50am	3:45 – 5:05m
Start	9:00am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
33	34	All	100 Breast
109/209	110/210	Para	50/100 Breast
35		All Girls	400 Free
	36	All Boys	200 Free
111/211		Para Girls	200/400 Free
37	38	All	100 Fly
113/213	114/214	Para	50/100 Fly
39	40	All	50 Back (TF)***
	42	14-15/16-18	Boys 1500 Free*
	44	12&U	Boys 4x100 Medley Relay**
	46	14&U	Boys 4x100 Medley Relay**
	48	18&U	Boys 4x100 Medley Relay**

* Top 8 each age group swim as first race in finals

** Fastest 8 relay entries swim at the conclusion of finals

***Swum during morning session

SUNDAY, JULY 9, 2017

	HEATS	FINALS
Warm up	7:30 – 8:50am	2 Hrs after conclusion of heats
Start	9:00am	1 Hr following start of warm-up

GIRLS	BOYS	AGE GROUP	EVENT
49	50	All	200 Breast
51		All Girls	200 IM
	52	All Boys	400 IM
115/215		Para Girls	150/200 IM
53	54	All	50 Free
117	118	Para	50 Free
55		14-15/16-18	Girls 800 Free*
57	58	12&U	4x50 Medley Relay**
59	60	14&U	4x50 Medley Relay**
61	62	18&U	4x50 Medley Relay**

* Top 8 each age group swim as first race in finals

** Fastest relay heats swim at the conclusion of finals

***Swum during morning session



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.”