

Vancouver Island Regional SC Championships

January 25th – 28th, 2018

www.duncanstingrays.com

Sanctioned by Swim BC: #23086	
Date:	January 25 – 28, 2018
Host:	Duncan Swim Team
Meet Manager:	David VanVeen meetmanager@duncanstingrays.com
Meet Referee:	Jeffrey Stevens
Officials	Caroline Kirman
Coordinator:	officials@duncanstingrays.com
Location:	Cowichan Aquatic Centre 2653 James St. Duncan BC Phone 250 746 7665
8 lane x 25 metre pool Competition Pool 3 lane x 25 metre Warm Down Pool Colorado Timing System, touchpads, and scoreboard Coffee shop on site "Coffee on the Moon"	

Thursday, January 25 th , 2018		
Timed	Warm up	4:00 – 4:45pm
Finals	Competition	5:00 – 8:30pm
Friday, January 26 th , 2018		
Prelims	Warm Up	8:00 – 8:50am
	Competition	9:00am – 2:00pm
Finals	Warm Up	4:00 – 4:50pm
	Competition	5:00 – 8:30pm
Saturday, January 27 th , 2018		
Prelims	Warm Up	8:00 – 8:50am
	Competition	9:00am – 2:00pm
Finals	Warm Up	4:00 – 4:50pm
	Competition	5:00 – 8:30pm
Sunday, January 28 th , 2018		
Timed	Warm Up	8:00 – 8:50am
Finals	Competition	9:00am – 2:00pm

Eligibility:

- Registered members of clubs of the VIR Swimming Association. Clubs from outside the Region may be considered (depending on number of entries) but will not be eligible to swim "A" Finals.
- All swimmers must be registered with Swim BC or FINA Affiliated club.
- Age groups are based on the age of the swimmers as of the first day of competition.
- Qualifying times for individual events are VIR time standards > pg 3.
- Entry times are to be submitted in short course meters established to a hundredth of a second. Converted LC times will be accepted via HyTek or TeamUnify.

Entries & Deadline:

- Entry Deadline: Meet entries must be uploaded to swimming.ca no later than **Thursday, January 18, 2018**. Entries sent directly to the Meet Manager will not be accepted.
 - NEW QUALIFIERS ONLY will be accepted from the results of the CRKW Last Chance Qualifier up to Monday, January 22, 2018
- "Relay Only" Swimmers will be accepted with entries
- Entry Fees must be received to Meet Management prior to VIR Championships Friday Prelims warmups.
 - Individual Events: \$10 / event
 - Relays: \$10 / event
 - SwimBC Prov Team Splash Fee \$4 / swimmer
- Make cheques payable to "DST"
- The No Charge Scratch Deadline is Monday, January 22nd, 2018. Email scratches to meetmanager@duncanstingrays.com
 - Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.

Meet Rules:

- Swimming Canada's current swimsuit policy will be in effect.
- SNC Warm Up procedures will be in effect at this meet (see last page for details)
- No deck entries, time trials, or exhibition swims.
- Coaches meeting will be held 10 minutes before session starts on Thurs, Jan 25, 2018 & Fri, Jan 26, 2018 and as needed.
- All applicable FINA/SNC/SwimBC Rules apply for rules not specifically covered by this package.
- There is limited deck seating at the Cowichan Aquatic Centre. Please plan for your seating accordingly.
 - Shallow end bleachers will be dedicated for spectators.
 - Deep end bleachers and deck space around the wave pool will be dedicated for participants.

Awards:

Individual:

- Medals shall be presented for places 1st, 2nd, and 3rd
- Ribbons shall be presented for places 4th – 8th
- All Para Swimming Awards will be given for 1st, 2nd, and 3rd on a minus one rule: 4 or more swimmers = 3 awards...1 swimmer = no awards.

Relays:

- Medals shall be presented to the 1st place team only
- Ribbons shall be presented to 2nd & 3rd place teams only

Scoring:

- Scoring of VIR Teams will be as follows:
 - Individual and Relay events:
50-30-20-15-14-13-12-11
 - Consolation Finals will not be scored

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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 September 1, 2016 and the entry deadline.
- 2) Swimmers may enter a maximum of NINE events if VIR qualified in all 9.
 - a) Free swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of SIX events:
 - 1 qualifying standard: up to 5 Free Swims
 - 5 qualifying standards: 1 Free swim
 - b) Qualifying times for Male 800 Freestyle (13&Over) is VIR Standard in 1500 fr. Qualifying times for Female 1500 fr / Male 12&Under1500 fr is VIR Standard in 800 fr.
- 3) Age groups for individual events are as follows: 10&Under, 12&Under, 14&Under, 15&Over.
 - a) Competitors may swim in any age group in which they meet the qualifying standard. Swimmers cannot compete in the same event in more than one age group. Meet Management must be notified of swimmers who will swim up an age group before the meet entry deadline: 18Jan18.

Relay Events:

- 1) A club may enter a maximum of three (3) relay teams per relay event. Only A and B teams from VIR will be eligible for scoring.
- 2) Swimmers participating in relay only events must be identified on the entry as "RELAY ONLY SWIMMER".
- 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) There are no qualifying times for Relays, however, entry times for relay teams should be submitted for seeding purposes.
- 5) Club Relay Championship must consist of 8 swimmers: one female and one male from 10&U, 11/12, 13/14, 15&O.
 - a) Swimmers can move up an age group ONLY if their club has no swimmers entered in the meet in that age group.
 - b) **Note that this is a CLUB relay; therefore, no associations teams.**

10 & Under Events

- 1) All events for 10 and Under will be Timed Finals, senior seeded, slowest to fastest, split gender EXCEPT for:
- 2) The 100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle, 200 Freestyle, and the 200 Individual Medley, which will be swum as Preliminaries and Finals (top 8) with Prelims slowest to fastest with top 3 heats circle seeded.

11 & Over Events

- 1) All individual events 200m or less will be swum as Circle Seeded, slowest to fastest, combined ages. Finals will swim in Age Groups: 12&U, 14&U, 15&O.
- 2) There will be Consolation Finals ONLY in 15&O events that have 24 or more entries.
 - a) Positive check in will be used for events with a Consolation Final and will swim before the A final.
- 3) With the exception of the 400m, 800m, and 1500m Freestyle, all events will be swum from slowest to fastest with the top 3 heats circle seeded.
- 4) The Sunday Timed Final events (stroke 50s) will be swum senior seeded, slowest to fastest with the top 8 per gender, per age group racing in a championship final following all other heats.
- 5) The 11& Over 400m events may be limited to seven (7) heats consisting of the swimmers with the top 14 entry times in each age group
 - a) These events will be run as Timed Finals, senior seeded regardless of age
- 6) The 11&Over 800 and 1500 free events will be conducted as Timed Finals and may be limited to four (4) heats each.
 - b) 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.
 - c) Swimmers will be seeded by time but awarded by age group. These events will be swum from fastest to slowest alternating 800 and 1500.
- 6) If necessary, any entries in excess of heats permitted in 4 and 5 above will be notified and given an opportunity to select an event in lieu or refunded.

ParaSwimming 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.
- 4) Para Swimming events have no minimum qualifying standard, Age Group, and will run as multi-disability.
- 5) Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
- 6) Para Swimmers may enter able-bodied events as per SwimBC policy. Coaches are asked to limit these additional events to those which correspond with their swimmers' classification as per SNC events.
- 7) Events with 8 or fewer splashes per gender will swim as Timed Finals in the Preliminary sessions; events with nine or more splashes will race Prelims & Finals.
- 8) The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events.

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Officials:

VIR championships are offered as a cooperative effort with officials participating from all clubs.

Each participating club is expected to provide officials for all meet sessions.

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

DST Officials Coordinator Caroline Kirman

officials@duncanstingrays.com

All officials should report to the official's room at the beginning of Warm-Ups.

	2017 - 2018 VIR Standards: Female SCM					2017 - 2018 VIR Standards: Female LCM				
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O	
50 fr	:43.99	:34.99	:31.99	:30.99	50 fr	:44.99	:35.99	:31.99	:31.99	50 fr
100 fr	1:35.99	1:15.99	1:08.99	1:06.99	100 fr	1:37.99	1:17.99	1:10.99	1:07.99	100 fr
200 fr	3:28.99	2:45.99	2:31.99	2:24.99	200 fr	3:33.99	2:49.99	2:34.99	2:26.99	200 fr
400 fr	7:08.99	5:51.99	5:22.99	5:07.99	400 fr	7:17.99	5:58.99	5:29.99	5:08.99	400 fr
800 fr		12:11.99	11:05.99	10:38.99	800 fr		12:26.99	11:18.99	10:48.99	800 fr
50 bk	:52.99				50 bk	:53.99				50 bk
100 bk	1:49.99	1:27.99	1:19.99	1:15.99	100 bk	1:51.99	1:28.99	1:21.99	1:16.99	100 bk
200 bk		3:06.99	2:48.99	2:43.99	200 bk		3:10.99	2:52.99	2:44.99	200 bk
50 br	:59.99				50 br	1:00.99				50 br
100 br	2:04.99	1:37.99	1:30.99	1:26.99	100 br	2:06.99	1:39.99	1:31.99	1:27.99	100 br
200 br		3:28.99	3:13.99	3:06.99	200 br		3:32.99	3:17.99	3:09.99	200 br
50 fly	:50.99				50 fly	:51.99				50 fly
100 fly	1:54.99	1:30.99	1:18.99	1:14.99	100 fly	1:57.99	1:32.99	1:19.99	1:15.99	100 fly
200 fly		3:32.99	3:03.99	2:50.99	200 fly		3:37.99	3:06.99	2:52.99	200 fly
100 IM	1:52.99				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.99	3:06.99	2:49.99	2:43.99	200 IM	4:00.99	3:10.99	2:52.99	2:45.99	200 IM
400 IM		6:46.99	6:01.99	5:49.99	400 IM		6:54.99	6:08.99	5:52.99	400 IM
	2017 - 2018 VIR Standards: Male SCM					2017 - 2018 VIR Standards: Male LCM				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:43.99	:37.99	:33.99	:30.99	50 fr	:44.99	:38.99	:34.99	:30.99	50 fr
100 fr	1:35.99	1:22.99	1:15.99	1:05.99	100 fr	1:37.99	1:24.99	1:16.99	1:07.99	100 fr
200 fr	3:28.99	3:02.99	2:45.99	2:25.99	200 fr	3:33.99	3:06.99	2:48.99	2:27.99	200 fr
400 fr	7:08.99	6:29.99	5:54.99	5:10.99	400 fr	7:17.99	6:37.99	6:01.99	5:16.99	400 fr
800 fr		13:38.99			800 fr		13:55.99			800 fr
1500 fr			23:17.99	21:01.99	1500 fr			23:46.99	21:27.99	1500 fr
50 bk	:52.99				50 bk	:53.99				50 bk
100 bk	1:49.99	1:35.99	1:26.99	1:15.99	100 bk	1:51.99	1:37.99	1:28.99	1:17.99	100 bk
200 bk		3:26.99	3:03.99	2:44.99	200 bk		3:31.99	3:07.99	2:47.99	200 bk
50 br	:59.99				50 br	1:00.99				50 br
100 br	2:04.99	1:49.99	1:39.99	1:25.99	100 br	2:06.99	1:51.99	1:41.99	1:27.99	100 br
200 br		3:55.99	3:31.99	3:08.99	200 br		4:00.99	3:35.99	3:12.99	200 br
50 fly	:50.99				50 fly	:51.99				50 fly
100 fly	1:54.99	1:40.99	1:25.99	1:14.99	100 fly	1:57.99	1:42.99	1:27.99	1:15.99	100 fly
200 fly		3:53.99	3:20.99	2:52.99	200 fly		3:58.99	3:24.99	2:56.99	200 fly
100 IM	1:52.99				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.99	3:26.99	3:07.99	2:44.99	200 IM	4:00.99	3:31.99	3:11.99	2:48.99	200 IM
400 IM		7:23.99	6:42.99	5:49.99	400 IM		7:32.99	6:50.99	5:56.99	400 IM

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Schedule of Events

Thursday, January 25th, 2018

Female	Timed Finals Session WU: 4:00pm Start: 5:00pm	Male
1	11&O 800 Freestyle	2
3	11&O 1500 Freestyle	4

Friday, January 26th, 2018

Female	Preliminaries Session WU: 8:00am Start: 9:00am	Male	Female	Finals Sessions WU: 4:00pm Start: 5:00pm	Male
5	10&U 4 x 50 Free Relay	6	25	12&U 4 x 50 Free Relay	26
7	10&U 100 Breaststroke*	8	27	14&U 4 x 50 Free Relay	28
9	100 Breaststroke^	10	29	15&O 4 x 50 Free Relay	30
11	10&U 50 Freestyle	12	7	10&U 100 Breaststroke	8
13	50 Freestyle ^	14	9	100 Breaststroke^	10
15	200 Butterfly	16	13	50 Freestyle^	14
17	10&U 100 Backstroke*	18	15	200 Butterfly	16
19	100 Backstroke^	20	17	10&U 100 Backstroke	18
21	10&U 200 Freestyle*	22	19	100 Backstroke^	20
23	200 Freestyle	24	21	10&U 200 Freestyle	22
			23	200 Freestyle	24

Saturday, January 27th, 2018

Female	Preliminaries Session WU: 8:00am Start: 9:00am	Male	Female	Finals Sessions WU: 4:00pm Start: 5:00pm	Male
31	10&U 4 x 50 Medley Relay	32	49	12&U 4 x 50 Medley Relay	50
33	10&U 200 Individual Medley*	34	51	14&U 4 x 50 Medley Relay	52
35	200 Individual Medley^	36	53	15&O 4 x 50 Medley Relay	54
37	10&U 100 Butterfly*	38	33	10&U 200 Individual Medley	34
39	100 Butterfly	40	35	200 Individual Medley^	36
41	200 Breaststroke	42	37	10&U 100 Butterfly	38
43	10&U 100 Freestyle*	44	39	100 Butterfly	40
45	100 Freestyle^	46	41	200 Breaststroke	42
47	200 Backstroke	48	43	10&U 100 Freestyle	44
			45	100 Freestyle^	46
			47	200 Backstroke	48

Sunday, January 28th, 2018

Female	Timed Finals Session WU: 8:00am Start: 9:00am	Male
55	8 x 50 Freestyle Club Relay	55
57	10&U 100 Individual Medley	58
59	11&O 400 Individual Medley	60
61	10&U 50 Backstroke	62
63	50 Backstroke^	64
65	10&U 50 Breaststroke	66
67	50 Breaststroke^	68
69	10&U 50 Butterfly	70
71	50 Butterfly^	72
73	Mixed 4 x 50 Medley Relay	73
75	10&U 400 Freestyle	76
77	11&O 400 Freestyle	78

* Denotes Preliminaries & Finals events for 10&Under age category

^ Denotes ParaSwimming Events, Timed Finals if 8 or fewer splashes

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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."