



ISC MEDLEY CHALLENGE
May 25-27, 2018
SAANICH COMMONWEALTH PLACE

HOSTED BY: Island Swimming Club

Sanctioned by Swim BC: #23121

POOL: Saanich Commonwealth Place, 4636 Elk Lake Drive, Victoria, BC
One 50-meter 8-lane pool. A portion of the 8-lane 25-meter dive tank will be available for warm-up/cool-down.
Cafe and free parking on site.

MEET MANAGER: Andrea Nugent meetmanager@islandswimming.com
MEET REFEREE: Leon Politano (Level 5)
CLUB CONTACTS: Suzie Sylvester, Meet Admin meetadmin@islandswimming.com
Dave Tontini, Head Coach dave.tontini@islandswimming.com
OFFICIALS CONTACT: Michelle Cowan officials@islandswimming.com

IMPORTANT DEADLINES:

Entry deadline	May 18, 2018 Noon
Initial psych sheets and session reports posted: www.islandswimming.com	May 19, 2018
Final scratch deadline – final fee reports will be based on entries as of this deadline Email scratches or changes to meetadmin@islandswimming.com	May 23, 2018 Noon
Revised psych sheets, session reports and technical bulletins posted: www.islandswimming.com	May 24, 2018

CHANGES THIS YEAR

- 🎬 **No Friday morning session** – Travel to Victoria on Friday morning and save a night's accommodation
- 🎬 **Distance session Friday afternoon** – 800 and 1500 for boys and girls. Allows more swimmers to have the opportunity to earn qualifying LC distance times
- 🎬 **Sprint session Friday evening (timed finals for stroke 50's; prelims for 50 free and 200 IM)**
- 🎬 **No relays** – Shortens session length. Use your team spirit and cheers to support your swimmers in the Medley Challenge Eliminator.
- 🎬 **Eliminator 50 times will count as official times**



ISC MEDLEY CHALLENGE
May 25-27, 2018
SAANICH COMMONWEALTH PLACE

ELIGIBILITY:

1. Open to SNC and USS (or other FINA recognized) registered swimmers.
2. Age group is determined by the age of the swimmer as of May 25, 2018.
3. For the 400/800/1500 Free and IM events, swimmers must have a minimum 2016-2017 Swim BC LC "AA" time (actual or converted). See table at end of the meet package for qualifying times).
4. Swimmers may enter the 800 OR 1500 Free, but not both.
5. Island Swimming reserves the right to enter ISC swimmers into events regardless of qualifying times.
6. Meet management reserves the right to limit the number of heats in any event to maintain reasonable timelines.

GENERAL:

1. All SNC rules apply.
2. Swimming Canada warm-up competition safety procedures will be in effect at this meet. Please refer to the end of this package for details.
3. Age Groups for all events (except 1500 Free): 11&U, 12-13, 14-15 and 16&O. 1500 Free will be for swimmers 12-13, 14-15, and 16&O only.

FORMAT:

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Fastest 3 heats will be circle seeded. Finals for these events will be swum by age group.
2. In all Prelim/Final events there will be an A Final for the top 8 swimmers. There will be no B finals.
3. Meet Management reserves the right to double-lane the 400 Free, 800 Free, and/or 1500 Free if necessary to maintain appropriate session lengths.
4. The 800 and 1500 Free events are Timed Final events for all swimmers and will be swum senior seeded, fastest to slowest.
5. Swimmers 12&O may enter the 800 Free or the 1500 Free, but not both. Swimmers 11&U may only enter the 800 Free.
6. 800 Free is limited to a maximum of 96 swimmers; 48 of each gender. If more than 48 entries are received for a given gender, the top 48 swimmers of any age (by entry time) will be entered in the event. The top 8 entrants in the 800 from each age/gender group (11&U, 12-13, 14-15, 16&O) are guaranteed entry (but the event will still be swum senior seeded).
7. 1500 Free is limited to a maximum of 64 swimmers; 32 of each gender. The top 8 entrants in the 800 from each age/gender group (12-13, 14-15, 16&O) are guaranteed entry (but the event will still be swum senior seeded).
8. Once all entries are known, Meet Management reserves the right to reduce the size or alter the distribution of gender heats for the 800/1500 events to permit reasonable session lengths.
9. The Positive Check-in deadline for 800m events is 30 minutes before the start of the session in which they will be swum (i.e. 1:30 pm). The positive check-in deadline for the 1500m events is 30 minutes after the start of the distance session (i.e. 2:30 pm).

ENTRY INFORMATION:

1. Fees will be \$9.50 per individual event.
2. There will be an additional \$9.00 surcharge for each swimmer which includes the \$5.00 SCP Facility Enhancement fee plus a \$4.00 BC Provincial Team Splash fee.
3. Fees are due by the beginning of the meet by a cheque made payable to Island Swimming Club.
4. Swimmers may enter a maximum of 8 individual events.
5. Entries will be limited to 400 swimmers to ensure reasonable session lengths. Entries will be accepted on a first-come, first-served basis. The 400th swimmer's team will be the last team entered. Teams will be notified if entries cannot be accepted.
6. All entries must have a LC entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted. If a swimmer wishes to enter an event for which they don't have an official time, we request that their coach submit a seeding time based on extrapolation from a related event.
7. Entries with entry times to be submitted through the SCN website at <https://www.swimming.ca/meetlist.aspx> by the entry deadline.
8. Non-Canadian entries may be submitted directly to the Meet Administrator at meetadmin@islandswimming.com. American teams: please use a current, accepted conversion standard (e.g. Team Unify).
9. Entry in the Medley Challenge Eliminators is by invitation only. All swimmers entered in the 200 and 400 IM's will automatically be considered for entry into their respective Eliminators, and coaches will be notified after the initial entry deadline if their swimmers are invited. See below for more details about the Eliminators.



ISC MEDLEY CHALLENGE
May 25-27, 2018
SAANICH COMMONWEALTH PLACE

10. LATE ENTRIES received after the entry deadline will be accepted at the discretion of the meet manager. The fee for late entries will be \$20 for each event for each swimmer. Late entries will be allowed entry into finals and the Medley Aggregate events.
11. LATE CHANGES TO ENTRIES will be charged \$10 per change after the entry deadline.
12. DECK ENTRIES will be permitted to fill empty lanes but no new heats will be created. Deck entries will be charged \$20.00 per event and must be paid to the Clerk of Course at the time of entry. Deck entered swimmers will only be allowed to compete with "Exhibition" status and will not advance to Finals nor be eligible for the Medley Aggregate prizes in the events for which they have been deck entered. All deck entries must include the swimmer's correct SCN ID and DOB for those swimmers not already in the meet.
13. Deck Entries may be considered for the Eliminator if there are fewer than 8 entries.

SCRATCHES:

1. This scratch policy applies to the Finals round of events with Prelims and Finals, and to events requiring positive check-in (800 and 1500 Free).
2. Policy regarding late scratches, no shows, step downs, and unexcused incomplete swims and the associated penalties and/or fines will be in accordance with the Swim BC Scratch Policy ([Swim BC Technical Guide, page 15](#)).
3. The initial scratch deadline for events with Prelims/Finals is 30 minutes after the conclusion of the prelims session in which the event is swum. For events with positive check-in, the initial scratch deadline will be the start of warmups for the session in which the event is swum.
4. The last scratch deadline for events with Prelims/Finals will be 30 minutes prior to the start of the Finals session in which the event is swum. For events with positive check-in, the last scratch deadline will be at the time of that event's positive check-in deadline. Any scratch after its respective deadline will be considered a Late scratch.
5. Late scratches are subject to a \$20 fine, plus the swimmer shall be scratched from all other events on that day. The fine must be paid before any other members of that swimmer's team can compete.
6. Late scratches after the last scratch deadline may be subsequently refunded (after the session) if the Meet Manager is provided with reasonable medical documentation of the reason for the Late scratch.

OFFICIALS:

We would gladly welcome assistance from any interested officials from visiting teams. Inquiries should be directed to officials@islandswimming.com

AWARDS and PRIZES:

MEDLEY CHALLENGE AWARD

1. The ISC Medley Challenge is proud to provide awards for the top scoring swimmer in each age/gender group, based on a sum of 100m events and an IM event.
2. The Medley Challenge award will be based on the sum of scores for each swimmer's best two of the 100m events plus the 200 IM or 400 IM.
3. All swimmers entered in an adequate combination of events will automatically be considered for the Medley Challenge awards.
4. Scoring for the Medley Challenge awards is based on a swimmer's placing in their respective age/gender category:
 1. For all events, points are awarded in descending fashion to the top 8 finishers (20/18/16/15/14/13/12/11).
 2. In the event of a tie for the highest score in any category, the award will be given to the swimmer with the higher IM event score based on FINA points.
 3. If the tie were still undecided, the award will be given to the swimmer with the higher sum of FINA points in the events used for scoring the Medley Aggregate award (i.e. best two 100m events plus the relevant IM event).



ISC MEDLEY CHALLENGE
May 25-27, 2018
SAANICH COMMONWEALTH PLACE

MEDLEY CHALLENGE ELIMINATOR

See below for the details of this exciting event.

ISC Medley Challenge Eliminator

Island Swimming is excited to continue this event, consisting of a series of 'Eliminator' 50's. The last swimmer standing will win a special prize, acclaim from the fans, and a lifelong sense of personal accomplishment.

NEW THIS YEAR – The Eliminator 50's will be SANCTIONED! Times swum during the Eliminator will be official!

1. All swimmers entered in either the 200 or 400 IM are automatically eligible for the Eliminator. Spots will be offered to the top 8 swimmers in each age/gender group, as ranked by the FINA points for their entry times. All entry times will be verified.
2. The selected swimmers will be notified of their chance to swim the event after the initial entry deadline. If a swimmer declines, the next swimmers according to FINA points will be offered the chance until the event is full.
3. The format will consist of four 50m (4 x 50) walk-backs on 90-120 seconds (estimated). The stroke for each heat will be randomly chosen prior to each 50m and will be clearly displayed and/or announced for the swimmers as they walk back to their assigned lanes. Each stroke will be swum once.
4. Eight swimmers will start the first heat. The last two swimmers to touch the wall after each 50m will be eliminated until there are two swimmers remaining. The final two swimmers will swim head-to-head to determine the winner of the Eliminator.
5. The first round of the Eliminator will be seeded as a Timed Final and swimmers remain in the same lane throughout the event.
6. In the event of a tie for the second-last elimination placings in one of the first three rounds, both swimmers will move on to the next round and three swimmers will be eliminated at the end of that round. If a tie occurs between the two swimmers in the final round, they will immediately swim another 50m of the same stroke to determine the winner.
7. Please see the following schedule of events to see when each Eliminator will be offered.

ISC Medley Challenge Schedule of Events

Friday Distance: Warm-up 1:00 PM, Events 2:00-4:15 PM (estimated)

Girls	Event	Boys
101	Girls 800 Free (Timed Final)	
	Boys 800 Free (Timed Final)	102
103	Girls 1500 Free (Timed Final)	
	Boys 1500 Free (Timed Final)	104

Friday Sprints: 30 minute warm up following distance session, Events 5:00-8:00 PM (estimated)

Girls	Event	Boys
	11&U Boys Medley Eliminator (starts at 4:55)	201-204
1	Girls 50 Free (Prelim)	
	Boys 50 Free (Prelim)	2
105	Girls 50 Breast (Timed Final)	
	Boys 50 Breast (Timed Final)	106
107	Girls 50 Fly (Timed Final)	
	Boys 50 Fly (Timed Final)	108
109	Girls 50 Back (Timed Final)	
	Boys 50 Back (Timed Final)	110
3	Girls 200 IM (Prelim)	
	Boys 200 IM (Prelim)	4



ISC MEDLEY CHALLENGE
May 25-27, 2018
SAANICH COMMONWEALTH PLACE

Saturday Prelims: Warm-up 7:30-8:20 AM, Events 8:30 AM-1:00 PM (estimated)

Girls	Event	Boys
205-208	11&U Girls Medley Eliminator (starts at 8:25)	
	Boys 100 Fly (Prelim)	6
7	Girls 200 Fly (Prelim)	
	Boys 200 Breast (Prelim)	8
9	Girls 100 Breast (Prelim)	
	Boys 200 Free (Prelim)	10
11	Girls 100 Free (Prelim)	
	Boys 12&O 400 Free (Prelim)	12
13	Girls 12&O 400 IM (Prelim)	
	Boys 200 Back (Prelim)	14
15	Girls 100 Back (Prelim)	
	Boys 11&U 400 IM (Timed final)	112
113	Girls 11&U 400 IM (Timed final)	

Saturday Finals: Warm up 4:00-4:50 PM, Events 5:00-7:30 PM (estimated)

Girls	Event	Boys
209-212	14-15 Medley Eliminator (starts at 4:55)	213-216
7	Girls 200 Fly (Final)	
	Boys 100 Fly (Final)	6
9	Girls 100 Breast (Final)	
	Boys 200 Breast (Final)	8
11	Girls 100 Free (Final)	
	Boys 200 Free (Final)	10
13	Girls 12&O 400 IM (Final)	
	Boys 12&O 400 Free (Final)	12
1	Girls 50 Free (Final)	
	Boys 200 IM (Final)	4
15	Girls 100 Back (Final)	
	Boys 200 Back (Final)	14

Sunday Prelims: Warm-up 7:30-8:20 AM, Events 8:30 AM-1:00 PM (estimated)

Girls	Event	Boys
217-220	12-13 Medley Eliminator (starts at 8:25)	221-224
	Boys 200 Fly (Prelim)	16
17	Girls 100 Fly (Prelim)	
	Boys 100 Breast (Prelim)	18
19	Girls 200 Breast (Prelim)	
	Boys 100 Free (Prelim)	20
21	Girls 200 Free (Prelim)	
	Boys 12&O 400 IM (Prelim)	22
23	Girls 12&O 400 Free (Prelim)	
	Boys 100 Back (Prelim)	24
25	Girls 200 Back (Prelim)	
	Boys 11&U 400 Free (Timed final)	114
115	Girls 11&U 400 Free (Timed final)	



ISC MEDLEY CHALLENGE
May 25-27, 2018
SAANICH COMMONWEALTH PLACE

Sunday Finals: Warm up 4:00-4:50 PM, Events 5:00-7:30 PM (estimated)

Girls	Event	Boys
225-228	16&O Medley Eliminator (starts at 4:55)	229-232
	Boys 200 Fly (Final)	16
17	Girls 100 Fly (Final)	
	Boys 100 Breast (Final)	18
19	Girls 200 Breast (Final)	
	Boys 100 Free (Final)	20
21	Girls 200 Free (Final)	
	Boys 12&O 400 IM (Final)	22
23	Girls 12&O 400 Free (Final)	
	Boys 50 Free (Final)	2
3	Girls 200 IM (Final)	
	Boys 100 Back (Final)	24
25	Girls 200 Back (Final)	

Girls	LC Entry Standards for 400/800/1500 events	Boys
5:58.76 5:29.11 5:06.06 5:00.79	400 Free 11&U 12-13 14-15 16&O	6:04.25 5:31.89 4:50.28 4:41.03
6:54.79 6:08.82 5:48.35 5:44.11	400 IM 11&U 12-13 14-15 16&O	6:54.88 6:16.68 5:26.89 5:19.53
12:26.17 11:18.60 10:35.25 10:32.73	800 Free 11&U 12-13 14-15 16&O	12:46.24 use 1500 time to qualify use 1500 time to qualify use 1500 time to qualify
use 800 time to qualify use 800 time to qualify use 800 time to qualify use 800 time to qualify	1500 Free 11&U 12-13 14-15 16&O	use 800 time to qualify 21:48.48 19:41.12 18:59.44



ISC MEDLEY CHALLENGE
May 25-27, 2018
SAANICH COMMONWEALTH PLACE



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."