



ISLAND LONG COURSE INVITATIONAL

May 11 - 13, 2012

SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive

Victoria, BC

Sanctioned by SWIM BC #12773



HOSTED BY: Victoria Amateur Swim Club (VASC)

POOL: One 50 METER 8 LANE POOL. The 8-lane 25-meter dive tank will be used for warm-up / cool-down. Omega Timing System with Omega full colour video board. Coffee shop on site.

SESSION	WARM-UP	START	PROJECTED END
Friday May 11, 2012			
Heats	9:15 a.m.	10:15 a.m.	3:30 p.m.
Finals	5 p.m.	6 p.m.	8 p.m.
Saturday May 12, 2012			
Heats	8 a.m.	9 a.m.	2:30 p.m.
Finals	5 p.m.	6 p.m.	8 p.m.
Sunday May 13, 2012			
Timed Finals	8 a.m.	9 a.m.	1 p.m.

ELIGIBILITY:

1. Open to SWIM BC (or FINA related) registered swimmers. Swimmer age determined as of May 11, 2012.
2. The qualifying time standard is the Swim BC LC "AA" standard for events of 400 metres or more. For events 200 metres or less, the time standard is the Swim BC LC "A" standard. There are no time standards for relay events. Time standards chart can be found at: <http://swimbc.ca/time-standards/>
3. Backstroke, Breaststroke, and Butterfly 50 metre events do not have Swim BC AA time standards. These events may be entered by a swimmer who qualifies for any other events in the meet.
4. Swimmers from Island Swimming who do not meet the qualifying standards may be entered to fill the meet, up to 450 swimmers.

ENTRY INFORMATION:

1. FEES: \$6.50 per individual. \$8.00 per relay event. \$9.00 surcharge per swimmer includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 Provincial Team Splash fee per swimmer. Fees are due at the beginning of the meet via a cheque made payable to the **Victoria Amateur Swim Club**
2. Entries must be submitted with entry time through the SNC website at <https://www.swimming.ca/meetlist.aspx>. Please email an entry report for cross-checking to meetmanager@islandswimming.com. Non-Canadian entries may be submitted directly to the Meet Manager at meetmanager@islandswimming.com
3. Scratches received after the final scratch deadline will be charged, unless a medical note is provided.
4. Deck entries may be accepted at the discretion of the meet manager. Deck entries **must** include the swimmer's correct SNC ID and DOB for those not already in the meet.

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ENTRY DEADLINES:

Initial entry deadline	May 4, 2012 at noon
Initial psych sheets posted: www.islandswimming.com	May 7, 2012
Email scratches or changes to: meetmanager@islandswimming.com	May 7 - May 8, 2012 at noon
Final scratch deadline – final fee reports will be based on entries as of this deadline	May 8, 2012 at noon
Revised psych sheets posted: www.islandswimming.com	May 9, 2012

AWARDS:

1st, 2nd, and 3rd place winners of the individual events and 1st place for relays will be eligible for prizes.

MEET RULES:

1. The meet will follow SWIM BC RULES and SNC RULES.
2. SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET (see last page for details).
3. Friday and Saturday's events are heats and finals except for the relays. All events will be swum together during heats, but separated according to age groups (12 & U, 13/14, 15 & Over) in finals.
4. All relays are timed finals swum at the beginning of Friday and Saturday finals.
5. Sunday's events are timed finals.
6. A double-ended format may be used to ensure that the competition offers appropriate session lengths and competitive opportunities, depending on the number of entries.

Distance Events:

7. The 800 and 1500 freestyle events will be conducted as senior seeded timed finals, swum fastest to slowest. The events are limited to the fastest eight swimmers of each age group and

gender, six heats per event. Meet Management reserves the right to add overflow heats to the end of Sunday's heats if enough entries warrant it. Positive check-in is required for the 800 and 1500 events on the day of the swim.

8. The 400, 800 and 1500 freestyle events may be swum TWO swimmers per lane, at the Meet Manager's discretion upon approval from the meet referee.

IPC SWIMMING MEET RULES:

1. All Para Swimmers (S1-S13) must be licensed 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://www.swimming.ca/ParaswimmingClassification>
2. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
3. Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
4. Classes eligible for competition are S1-S10; S11-13 and S14.
5. IPC Swimming events are Open Age Group – no age restrictions and no minimum qualifying time standard.

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IPC SWIMMING MEET RULES (cont'd):

- All Para Swimmer entries must include the swimmer's classification numbers (i.e. S4SB3SM5).
- Swimmers will compete in dedicated, multi-disability, single gender IPC Swimming events. Swimmers may enter the able bodied events, but coaches are asked to limit entries to those events which correspond with their swimmers classification as per Swimming Canada events.
- The current SNC Performance Points Charts will be used to determine placing and awards for the IPC Swimming Events.
- Events with 5 - 9 splashes will go to finals, with the top 4 advancing. Events with 9 or more splashes will go to finals, with the top 8 advancing

SCRATCH RULES:

The "No Charge Scratch" deadline is **noon on Tuesday, May 8th.**

To scratch a swimmer or relay team from an event during the meet, the scratch must be made by the deadlines outlined in the table below.

The Swim BC scratch rules for finals and associated penalties will be applied. (In short, the last opportunity for a no-penalty scratch from finals is 30 minutes prior to the start of the finals session).

Day	Session	Scratch Deadline
Friday, May 11	Preliminary Session	Scratches due by 9:15 a.m. Positive check-in for 800 metre by 10:15 a.m.
	Finals	Scratches due 30 minutes after the conclusion of preliminary event 16, 200 IM.
Saturday, May 12	Preliminary Session	Scratches due 60 minutes after start of finals on Friday, May 11. Positive check-in for 1500 events by 9 a.m.
	Finals	Scratches due 30 minutes after the conclusion of preliminary event 40, 50 Free.
Sunday May 13	Preliminary Session	Scratches due 60 minutes after start of finals on Saturday, May 12. Positive check-in for overflow distance events by 9 a.m.

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SCHEDULE OF EVENTS

Friday Preliminaries: Warm-up 9:15 AM, Start 10:15 AM

Girls	Event	Boys
1	200 Breast	2
3	Multi-Disability (S1-14) 100 Free	4
5	100 Free	6
7	200 Fly	8
9	Multi-Disability (S1-14) 50 Back	10
11	100 Back	12
13	Multi-Disability (S1-14) 200 Free	14
15	200 IM	16
17	800 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	18

Friday Finals: Warm-up 5 PM, Start: 6 PM

Girls	Event	Boys
19	12 and Under 400 Free Relay	20
21	13/14 400 Free Relay	22
23	15 and Over 400 Free Relay	24
1	200 Breast	2
3	Multi-Disability (S1-14) 100 Free (if >4 splashes in prelims)	4
5	100 Free	6
7	200 Fly	8
9	Multi-Disability (S1-14) 50 Back (if >4 splashes in prelims)	10
11	100 Back	12
13	Multi-Disability (S1-14) 200 Free (if >4 splashes in prelims)	14
15	200 IM	16

Saturday Preliminaries: Warm-up 8 AM, Start 9 AM

Girls	Event	Boys
25	100 Fly	26
27	Multi-Disability (S1-14) 50 Free	28
29	200 Free	30
31	Multi-Disability (S1-14) 100 Breast	32
33	100 Breast	34
35	Multi-Disability (S1-14) 50 Fly	36
37	200 Back	38
39	50 Free	40
41	1500 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	42

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Saturday Finals: Warm-up 5 PM, Start 6 PM

Girls	Event	Boys
43	12 and Under 400 Medley Relay	44
45	13/14 400 Medley Relay	46
47	15 and Over 400 Medley Relay	48
25	100 Fly	26
27	Multi-Disability (S1-14) 50 Free (if >4 splashes in prelims)	28
29	200 Free	30
31	Multi-Disability (S1-14) 100 Breast (if >4 splashes in prelims)	32
33	100 Breast	34
35	Multi-Disability (S1-14) 50 Fly (if >4 splashes in prelims)	36
37	200 Back	38
39	50 Free	40

Sunday Timed Finals: Warm-up 8 AM, Start 9 AM

(all events are timed finals)

Girls	Event	Boys
49	50 Fly	50
51	400 Free	52
53	50 Back	54
55	50 Breast	56
57	400 IM	58
17	800 Free (possible overflow heats after Friday)	18
41	1500 Free (possible overflow heats after Saturday)	42

Marshalls will be present during warm-ups.

Qualifying time standards are Long Course AA times for each event, based on the age of the swimmer on the first day of the meet. Any swimmer that qualifies to attend the meet may enter the 50 Fly, 50 Back, or 50 Breast as there are no AA time standards for these events. The time standards chart can be found at: <http://swimbc.ca/time-standards/>

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LOCAL HOTEL ACCOMODATION

Accent Inn

3233 Maple Street

Victoria, B.C. V8X 4Y9

Phone: 250-475-7500

Toll free 1 -800-663-0298 (Ask for their "SPORTS RATE")

Fax: 250-475-7599

Howard Johnson

4670 Elk Lake Drive

Victoria, B.C. V8Z 5M2

Phone: 250-704-4656

Toll free: 1 -800-300-4656 (Ask about team rates)

Fax: 250-704-4655

Sandman Inn

2852 Douglas Street

Victoria, B.C. V8T 4M5

Phone: 250-388-0788

Toll free: 1 -800-726-0788 (Ask for the SwimBC rate)

Travellers Inn

www.TravellersInn.com

4 locations in Victoria

Phone Sarah at 1-888-599-1555

ask for the Island Swimming rate

Limited billeting may be provided to teams visiting from outside of British Columbia,
or to athletes that need assistance with travel expenses.

Please contact Aaron Dahl

(aaron@islandswimming.com or (250) 217-5761)

prior to April 16, 2012 to request billeting assistance.

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SWIMMING/NATATION CANADA



RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-1



Victoria Amateur Swimming Club is a non-profit society
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through PLAYTIME BINGO 3400 Tillicum Road, Victoria

