



**Sport-Specific Rules for Swimming**  
for the Cowichan 2018 BC Summer Games  
July 19-22, 2018

**Sport:** Swimming / Para Swimming / Special Olympics  
**Sanctioned by Swim BC:** #24527

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*As a condition of entry into, or volunteering at, the BC Summer Games, it must be understood that participants and volunteers enter entirely at their own risk and will not hold the Cowichan 2018 BC Summer Games Society, the Province of BC, and/or the BC Games Society staff, their agents and/or volunteer workers responsible for injury, loss, or damage occurring during the 2018 BC Summer Games.*

*The Cowichan 2018 BC Summer Games Society, the Province of BC, and the BC Games Society do not assume responsibility for loss of wages or medical, dental, or hospital care for athletes, coaches, officials, or volunteers as a result of participating or volunteering in the 2018 BC Summer Games.*

**Age Eligibility:** 12 - 14 years of age as of July 19, 2018.

Para-Swimming: 12-30 years of age as of July 19, 2016.

SO - minimum 13 years of age as of July 19, 2018.

*Note:* The sport-specific rules in this document shall pertain to able-bodied and para-swimmers; rules pertaining specifically to Special Olympics swimmers are available at the following URL: <http://www.bcgames.org/Sport/TechnicalPackagesandRules/BCSummerGames/Swimming-SpecialOlympics.aspx>

**Venue:** Cowichan Aquatic Centre (Duncan), 8 lane x 25m pool with Colorado electronic timing

**Eligibility Requirements:** In addition to BC Games general eligibility rules that state able-bodied athletes may attend only **one** BC Games, and Para-athletes may attend **two** BC Games, the following sport-specific eligibility requirements are in effect for the 2018 BC Summer Games:

- All able-bodied and para-swimmers must be registered with Swim BC.
- Any able-bodied swimmer holding a SNC Western Championship qualifying time, prior to March 8, 2018 are ineligible.
- Any Para-swimmers who attended the Can-Am Championships are ineligible.
- For able-bodied swimmers, the minimum standard for entry into the meet shall be the Swim BC "Tier II" standards. In zones where the full complement of competitors cannot be filled then the Provincial Advisor will have the discretion of lessening the minimum time standards.
- Able-bodied Swimmers will be limited to a maximum of seven (7) individual events plus relays.
- Para Swimmers will be limited to a maximum of seven (7) individual events plus relays.



### Events Categories:

Able-bodied Time Final (TF) Events: 400 Freestyle, 800/1500 Freestyle, 400 IM  
4x50 Free Relay, 4x50 Medley Relay

Able-bodied Heats & Finals Events: 50 Freestyle, 100 Freestyle, 200 Freestyle,  
100 Backstroke, 200 Backstroke, 100 Breaststroke,  
200 Breaststroke, 100 Butterfly, 200 Butterfly, 200IM

Para Events (Timed Finals): 50 Free, 100 Free, 200/400 Free  
4x50 Free Relay  
50 /100 Back  
150/200 IM  
50 / 100 Breast  
50 /100 Fly

**Relays:** Competitors can only swim on one relay team per event. Competitors may only swim for their Zone Team. Each zone will have one designate that will count towards points but may swim others as exhibition.

**Rules:** All applicable Swimming Canada / Swim BC technical rules will be in effect at the Games competition.

The Swim BC heats/finals scratch rules will be in effect.

**Medals:** The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded and when there are two competitors or teams only a Gold medal will be awarded.

For more details about BC Games medals [click here](#).

Notwithstanding the “Minus-One rule”, Bronze, Silver and Gold medals will be presented in the following events:

**Able-Bodied:** 400 Freestyle, 800/1500 Freestyle, 400 IM, 4x50 Free Relay,  
**(Boys and Girls)** 4x50 Medley Relay, 50 Freestyle, 100 Freestyle, 200 Freestyle,  
100 Backstroke, 200 Backstroke, 100 Breaststroke, 200 Breaststroke,  
100 Butterfly, 200 Butterfly, 200 IM.

**Para-Swimming:** 50 Free, 100 Free, 200/400 Free  
**(Mixed)** 50/100 Back, 50/100 Breast, 50/100 Fly  
150/200 IM  
4x50 Free Relay



### **Zone Team Compositions:**

- Able-Bodied Swimmers**      Zones 2 – 6 are permitted 20 athletes per zone - 10 male & 10 female  
Zones 1, 7 & 8 are permitted 10 athletes per zone – 5 male & 5 female  
Wildcards: 30 wildcards are permitted for the sport  
Maximum Athletes: A total of 160 athletes are permitted for the sport.
- Para-Swimming**              The sport is permitted to have 8 athletes total (regardless of zone)
- Special Olympics**            The sport is permitted to have 24 athletes total (regardless of zone)
- Coaches/Managers:**        1 Head coach and 1 Assistant coach/manager per zone (one of each gender).
- Para Coaches/Managers:** 1 Head Coach and 3 Assistant Coaches for the sport. Where the Zone team includes both male and female athletes, the Head Coach and one Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. One Head Coach is required for the sport.
- Coaching Standards:**        BC Games Society requires that all Head Coaches must be trained at NCCP Level 2.

Please note that the role of coaches and managers at the BC Games includes traveling to and from the Host Community with your team/zone and residing with your team/zone in BC Games accommodation in a supervisory capacity.

### **Registration Deadlines**

- Zone reps are to email a preliminary list of selected swimmers to Swim BC by **April 30, 2018**.
- Zone reps must upload team lists (*including alternates for wildcard selections*) to the BC Summer Games website no later than **4:00pm May 31, 2018**

### **Entry Deadline**

- Hy-tek compatible entry files must be uploaded to the [Swimming Canada meet registration system](#) no later than **July 11, 2018**



### **Accommodation/Transportation:**

Coaches/chaperones/team managers are required to travel on BC Summer Games transportation and stay in BC Games accommodation.

**Swim BC states that all participants must stay in BC Games accommodation, regardless of where they reside.**

If it is necessary, and by request only (contact the Provincial Advisor), individual swimmers can arrange their own transportation to/from the games. Once at the Games, the swimmer must use the accommodations provided by the BC Summer Games and also use the shuttle services provided by the BC Summer Games. Also see BC Games accommodation rules for further details.

Each individual Zone is required to arrive as a group at the Accreditation Centre before noon on **Thursday July 19, 2018**. Further notice will be provided to each Zone about arrival times based on information from the BC Summer Games representatives.

**Para Swimming:** Swim BC states that all participants must stay in BC Games accommodation, regardless of where they reside. The exception to this is any participant with a disability who may choose to reside outside BC Games accommodation. If they choose outside accommodation, they are responsible for any associated costs of that accommodation, and they also will not be eligible for BC Games transportation at the Games. Meals will be provided, as per the Bus & Meal Schedule for the sport. [Also see BC Games General Rules for further details.](#)

**Officials:** Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 30 officials, 1 Para-Swimming official and 1 SO official.

### **Thursday Practice Times:**

After coaches and athletes have checked in at the Accreditation Centre, they will be able to access the pool for their Thursday Practice prior to going to their Accommodation Site.

Practice Schedule:

|                       |                 |
|-----------------------|-----------------|
| Zone 6 & 8            | 9:00 - 10:00am  |
| Zone 2 & 7            | 10:00 - 11:00am |
| Zone 3 & 4            | 11:00 - 12:00pm |
| Zone 1 & 5            | 12:00 - 1:00pm  |
| Para & SO (all zones) | 1:00 - 2:00pm   |



**2018 BC Summer Games  
Schedule of Events**

| Friday, July 20, 2018<br>PRELIMS |      |                      |
|----------------------------------|------|----------------------|
| Warm-Up:                         |      | 7:30 - 9:00am        |
| Competition:                     |      | 9:10am - 12:15pm     |
|                                  |      |                      |
| GIRLS                            | BOYS | EVENT                |
| 1                                | 2    | 400 IM - TF          |
| 101                              |      | Para 50 Breast - TF  |
| 102                              |      | Para 100 Breast - TF |
| 201                              | 202  | SO 100 Breast TF     |
| 3                                | 4    | 50 Free              |
| 5                                | 6    | 100 Breast           |
| 103                              |      | Para 4x50 Free Relay |
| 203                              | 204  | SO 4x50 Free Relay   |
| 7                                | 8    | 200 Back             |
| 9                                | 10   | 200 Fly              |
| 11                               | 12   | 200 Free             |

| Friday, July 20, 2018<br>FINALS |      |                    |
|---------------------------------|------|--------------------|
| Warm-Up:                        |      | 1:15 - 2:00pm      |
| Competition:                    |      | 2:05 - 3:30pm      |
| Medal Presentation              |      | 3:45pm             |
| GIRLS                           | BOYS | EVENT              |
| 105                             |      | Para 50 Back - TF  |
| 106                             |      | Para 100 Back - TF |
| 205                             | 206  | SO 100 Back - TF   |
| 3                               | 4    | 50 Free            |
| 5                               | 6    | 100 Breast         |
| 107                             |      | Para 150 IM - TF   |
| 108                             |      | Para 200 IM - TF   |
| 207                             | 208  | SO 100 IM - TF     |
| 7                               | 8    | 200 Back           |
| 9                               | 10   | 200 Fly            |
| 11                              | 12   | 200 Free           |

| SATURDAY, July 21, 2018<br>PRELIMS |      |                   |
|------------------------------------|------|-------------------|
| Warm-Up:                           |      | 7:30 - 9:00am     |
| Competition:                       |      | 9:10am - 12:15pm  |
|                                    |      |                   |
| GIRLS                              | BOYS | EVENT             |
| 13                                 | 14   | 400 Free - TF     |
| 109                                |      | Para 50 Fly - TF  |
| 110                                |      | Para 100 Fly - TF |
| 209                                | 210  | SO 50 Back - TF   |
| 15                                 | 16   | 100 Fly           |
| 17                                 | 18   | 200 Breast        |
| 111                                |      | Para 50 Free - TF |
| 211                                | 212  | SO 100 Free - TF  |
| 19                                 | 20   | 200 IM            |
| 21                                 | 22   | 100 Back          |
| 23                                 | 24   | 100 Free          |

| SATURDAY, July 21, 2018<br>FINALS |      |                    |
|-----------------------------------|------|--------------------|
| Warm-Up:                          |      | 1:15 - 2:00pm      |
| Competition:                      |      | 2:05 - 3:30pm      |
| Medal Presentation:               |      | 3:45pm             |
| GIRLS                             | BOYS | EVENT              |
| 213                               | 214  | SO 50 Free - TF    |
| 15                                | 16   | 100 Fly            |
| 17                                | 18   | 200 Breast         |
| 113                               |      | Para 100 Free - TF |
| 215                               | 216  | SO 50 Breast - TF  |
| 19                                | 20   | 200 IM             |
| 21                                | 22   | 100 Back           |
| 23                                | 24   | 100 Free           |

| SUNDAY, July 22, 2018<br>TIMED FINALS |      |                    |
|---------------------------------------|------|--------------------|
| Warm-Up:                              |      | 7:00 - 7:30am      |
| Competition:                          |      | 7:40 - 11:35am     |
| Medal Presentation                    |      | 11:45am            |
| GIRLS                                 | BOYS | EVENT              |
| 115                                   |      | Para 200 Free - TF |
| 116                                   |      | Para 400 Free - TF |
| 217                                   | 218  | SO 200 Free - TF   |
| 25                                    | 26   | 800 Free - TF      |
| 27                                    | 28   | 1500 Free - TF     |
| 219                                   | 220  | SO 50 Fly          |
| 29                                    | 30   | 4x50 Medley Relay  |
| 31                                    | 32   | 4x50 Free Relay    |



## **SUGGESTED 2018 BC SUMMER GAMES ATHLETE/COACH SELECTION PROCESS**

- All Clubs in your region are required to submit eligible athletes with current season results from any sanctioned competition within the qualifying period of January 1, 2017 to May 31, 2018. Relay lead-off legs and time trials will not be considered for selection. All long course times should be converted to short course for ranking.
- We would suggest that each Zone rep identify a coach to assist in the selection procedure
- FINA point charts to be used to allocate a point score to submitted times
- The 10 males and 10 females to be selected as follows:
  - First six selections:
    - . The swimmer with the highest two-event-combined point score in each of the following stroke categories will be selected:
      - . Sprint Free (50-100-200)
      - . Distance Free (400-800/1500)
      - . Backstroke (100-200)
      - . Breaststroke (100-200)
      - . Butterfly (100-200)
      - . IM (200-400)
  - Final four selections:
    - . The final four spots will be based on the next highest combined point scores, regardless of stroke category, with the caveat that only 3 swimmers may be selected in any one category.
- Where a swimmer ranks highest in more than one category, they will be selected in the category where they scored the highest

### **Coach Selection**

- It is recommended that the Head Coaches within each region nominate the Head Coach for their zone's team, with the understanding that coach must be trained NCCP Level 2.
- Where an agreement cannot be reached, Swim BC recommends selecting the coach based on whose swimmer had the highest combined FINA point score in any stroke category.



## **Sport Contacts**

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