



**S W I M B C**

## **SUMMER AGE GROUP CHAMPIONSHIPS**

***Hosted by Chilliwack Spartans  
June 21-23, 2019  
Chilliwack, BC***



- Age Groups
  - Females: 10&U, 11, 12
  - Males: 11&U, 12, 13
- Timed Final Events:
  - 50-100-400 Free
  - 100-200 for each Back, Breast, Fly
  - 400 IM
  - 200 Free Relay F/M & Mixed; 200 Medley Relay F/M & Mixed
- Heats & Finals
  - 200 IM & 200 Free
- Must qualify with 200 IM Standard and 1 other Event
- Swimmers are allowed a max of 7 events

**Lane space will be available Thursday June 20<sup>th</sup> from 4:00pm-6:00pm**



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Swim BC and the Chilliwack Spartans would like to begin by acknowledging that the land on which we will be competing is the traditional and unceded territory of the Stó:lō.

### Safe Sport

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures, including but not limited, to the General Code of Conduct, the Equity, Diversity and Inclusion Policy, and the Harassment Policy.

### Competition Hosts

Chilliwack Spartans and Swim BC

### Venue

1-9145 Corbould St. Chilliwack, BC, V2P 4A6

### Pool

8-lane 25 metre competition pool

2-lane 15 metre warm-up pool

### MEET MANAGER

Neil Evans ([neil\\_evans@live.com](mailto:neil_evans@live.com))

### MEET REFEREE

Marilyn King/Derek Wheeler ([derekkwheeler@gmail.com](mailto:derekkwheeler@gmail.com))

### OFFICIALS COORDINATOR

Brad Vanderlinde ([Brad@pacmak.com](mailto:Brad@pacmak.com))

### SWIM BC & ENTRIES CONTACT

Carrie Matheson ([carrie.matheson@swimbc.ca](mailto:carrie.matheson@swimbc.ca))

### Changes to the Meet Package

- Addition of Safe Sport Information
- Scratch Deadline changes (page 4)
- Addition of Coach Compliance - registration and certification (page 4)



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SANCTIONED BY SWIM BC: #33991

| WARM UP AND START TIMES |               |               |
|-------------------------|---------------|---------------|
| FRIDAY, JUNE 21, 2019   |               |               |
| Session #1              | Warm-up*      | 7:30 - 8:50am |
|                         | Competition** | 9:00 - 1:00pm |
| Session #2              | Warm-up*      | 3:00 - 4:20pm |
|                         | Competition** | 4:30 - 8:00pm |
| SATURDAY, JUNE 22, 2019 |               |               |
| Session #3              | Warm-up*      | 7:30 - 8:50am |
|                         | Competition** | 9:00 - 1:00pm |
| Session #4              | Warm-up*      | 3:00 - 4:20pm |
|                         | Competition** | 4:30 - 8:00pm |
| SUNDAY, JUNE 23, 2019   |               |               |
| Session #5              | Warm-up*      | 7:30 - 8:50am |
|                         | Competition** | 9:00 - 4:00pm |

### Notes:

\* Session warm-ups may be blocked

\*\* Anticipated times, subject to change based on entries are received; all session lengths are approximate.

### ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club.
- Qualifying period is from September 1, 2017, to the entry deadline.
- During the qualifying period, athletes must have attained at least their 200 IM and 1 other event's qualifying times (in events offered at this meet) in an appropriately sanctioned competition, in their age group as of the Entry Deadline.**
  - For the Females, the age groups will be 10&U, 11, 12
  - For the Males, the age groups will be 11&U, 12, 13
- Swimmer's age is as of the first day of the meet.

### ENTRIES

- Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be accepted.
- Swimmers who qualifies for the meet will be allowed to enter up to **SEVEN individual events**.
- "NT" entries and "custom time" entries will not be accepted in individual events;** swimmers must have a valid provable entry time in each event they enter.
- NO CONVERTED TIMES.** All LCM entries will be converted to SCM by meet management and seeded accordingly.
- For reference purposes, please email a .pdf copy of entries to entries coordinator: **Carrie Matheson (carrie@swimbc.ca)**
- Entries must include relay names associated with the relay entries. Relay swimmers can be changed at the meet. (See Relay Section for more information)
- Relay entries without names will be seeded as "NT".
- Meet fees are **\$75.00 per swimmer**, which includes the \$4/swimmer Swim BC Provincial Team Splash Fee.
- Cheques payable to Chilliwack **Spartans**
- All fees MUST be paid prior to the start of the meet.**
- Entries must be uploaded to SNC meet listing website.
- Please include the proper contact name, phone number, and email address when uploading entries.

- Late entries** (entries received or uploaded after Monday, June 10, 2019) **will be accepted at the discretion of Meet Management. If accepted, the Meet fees will be doubled.**

**ENTRY DEADLINE:  
MONDAY, JUNE 10, 2019**

**SCRATCH DEADLINE:  
MONDAY, JUNE 17, 2019 at 12:00 noon**

### GENERAL

- This meet will observe rules as outlined in the current SNC Rulebook.
- There will be no deck entries, exhibition swims, or time trials.
- SNC warm-up procedures will apply.
- Pool Depth 3.8m on diving end. 1.5m on bulkhead end.
  - Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- Warm-ups may be blocked, depending on number of swimmers entered in the meet. Coaches will be notified via email with details on the warm-ups.
- Backstroke ledges will not be available.
- This will be a Timed Final Meet with the exception for the 200 IM and 200 Free; those events will be prelims/finals. (see schedule of events for more information)
- Events will be swum in the event order as outlined in the meet event list.
- Timed final events will be super-seeded; slowest to fastest.
- The 200 IM and 200 Free events, there will be only "A" finals.
- The 400 Free and 400 IM events will be limited to the **fastest 16 entries in each age group as well as the next 8 fastest swimmers of each gender regardless of age.**
  - Teams will be notified via email if their swimmers are not in the event, and another event may be selected before the scratch deadline.
- Coaches are asked to check in with the Meet Manager immediately upon arrival to pay entry fees, pick up Meet Package and receive information regarding any changes.
- A coaches' meeting will be held 10 minutes prior to the start of heats on Friday and as necessary through the meet.
- No more than 48 hours after the entry deadline, club entry contacts will be notified of any non-qualified entries that cannot be accepted and will be given the opportunity to enter an alternative event.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
- All swimmers must enter pool through front doors.
- Swimmers will be restricted to sitting on deck at all times.
- Parents are **not** allowed on deck at any time unless officiating.
- Host club is **not** responsible for any athletes left at the pool between sessions.
- No swimmer shall remain on deck during breaks.

### SCORING

- Individual and Relay events will be scored 8-deep.
  - 20-17-16-15-14-13-12-11



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### PARA-SWIMMERS

1. There will be no specific para-swimming events at this meet.

### RELAYS

1. Age groups for relays will be:
  - a. Females: 10&U and 12&U
  - b. Males: 11&U and 13&U
  - c. Mixed: Open (12&U F and 13&U M)
2. There will be no qualifying times for relays.
3. 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 when fewer than nine teams are entered.
4. Mixed relay teams must have 2 Females and 2 Males per team.
  - a. No official splits will be taken during the Mixed Relay events.
5. Only swimmers whose names appear on the meet entries may compete in relay events.
6. Please specify relay team swimmer assignments with entries. Clubs will have the opportunity to change relay swimmers.
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 swimmer surcharges (both Provincial Team Splash Fees and Facility Fees)
  - a. A relay team may have no more than two "relay-only" swimmers.
  - b. **An email must also be sent to the Entries Contact notifying them of the relay-only swimmers and their SNC ID number and date of birth.**
8. Relay 'Name Changes' shall be accepted **each day up to 30 minutes before the start of the session** in which the relay is to be swum.

### AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.
3. Swim BC will award a Team Banner to the Top Scoring Club. This will be sent directly to the club after the meet.

### SCRATCHES - PLEASE READ CAREFULLY

**Scratches received prior to JUNE 17<sup>th</sup> at noon will not incur Meet Fees.**

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims.

### COACH COMPLIANCE (Registration and Certification)

#### Registration

Head Coaches must be, at minimum, registered in the SNC "A2" registration class. Assistant Coaches must be, at minimum, registered in the SNC "C" registration class.

#### NCCP Certification

Coaches who are attending this Age Group Championship Meet must be, at minimum, Fundamentals Coach Certified. Coaches, in their first year of coaching, must be Fundamentals Coach Trained.

Failure to adhere to the Coaching Compliance Policy presents substantial risks to Swim BC and its members.

It is incumbent upon the Coach to manage their registration and certification levels. Go to the CAC's [The Locker](#) for more information.

### Hotel Bookings:

**Blocked Rooms – please refer to booking reservation code SWIM for a 10% discount**



45886 Wellington Avenue, Chilliwack, BC, V2P 2C7, 604.792.1210 fax: 604.792.2475

Visit us online: [www.royalhotelchilliwack.com](http://www.royalhotelchilliwack.com)

<https://us01.iqwebbook.com/TRHBC843/~/?coupon=SWIM&arrivalDate=Thu,%20Jun%2020%202019&departureDate=Tue,%20Jun%2025%202019>



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## Age Group Championships Schedule of Events

| Session #1<br>Friday, June 21, 2019 |      |                 |                             |
|-------------------------------------|------|-----------------|-----------------------------|
| Warm-Up:                            |      | 7:30 - 8:50am   |                             |
| Competition:                        |      | 9:00am - 1:00pm |                             |
| FEMALE                              | MALE | AGE             | EVENT                       |
|                                     | 2    | Open            | 100 Fly                     |
| 3                                   | 4    | Open            | 200 Free ( <i>Prelims</i> ) |
| 7                                   | 8    | Open            | 400 IM                      |

| Session #2<br>Friday, June 21, 2019 |      |               |                            |
|-------------------------------------|------|---------------|----------------------------|
| Warm-Up:                            |      | 3:00 - 4:20pm |                            |
| Competition:                        |      | 4:30 - 8:00pm |                            |
| FEMALE                              | MALE | AGE           | EVENT                      |
| 9                                   |      | 10&U Females  | 200 Medley Relay           |
|                                     | 10   | 11&U Males    | 200 Medley Relay           |
| 11                                  |      | 12&U Females  | 200 Medley Relay           |
|                                     | 12   | 13&U Males    | 200 Medley Relay           |
| 3                                   | 4    | Open          | 200 Free ( <i>Finals</i> ) |
| 13                                  | 14   | Open          | 100 Back                   |
| 15                                  |      | Open          | 100 Fly                    |

| Session #3<br>SATURDAY, June 22, 2019 |      |                 |                           |
|---------------------------------------|------|-----------------|---------------------------|
| Warm-Up:                              |      | 7:30 - 8:50am   |                           |
| Competition:                          |      | 9:00am - 1:00pm |                           |
| FEMALE                                | MALE | AGE             | EVENT                     |
|                                       | 16   | Open            | 100 Free                  |
| 17                                    | 18   | Open            | 200 IM ( <i>Prelims</i> ) |
| 19                                    | 20   | Open            | 400 Free                  |

| Session #4<br>SATURDAY, June 22, 2019 |      |               |                          |
|---------------------------------------|------|---------------|--------------------------|
| Warm-Up:                              |      | 3:00 - 4:20pm |                          |
| Competition:                          |      | 4:30 - 8:00pm |                          |
| FEMALE                                | MALE | AGE           | EVENT                    |
| 21                                    |      | 10&U Females  | 200 Free Relay           |
|                                       | 22   | 11&U Males    | 200 Free Relay           |
| 23                                    |      | 12&U Females  | 200 Free Relay           |
|                                       | 24   | 13&U Males    | 200 Free Relay           |
| 17                                    | 18   | Open          | 200 IM ( <i>Finals</i> ) |
| 25                                    | 26   | Open          | 100 Breast               |
| 27                                    |      | Open          | 100 Free                 |

| Session #5<br>SUNDAY, June 23, 2019 |      |                 |                    |
|-------------------------------------|------|-----------------|--------------------|
| Warm-Up:                            |      | 7:30 - 8:50am   |                    |
| Competition:                        |      | 9:00am - 1:00pm |                    |
| FEMALE                              | MALE | AGE             | EVENT              |
|                                     | 28   | Open            | Mixed Medley Relay |
| 29                                  | 30   | Open            | 200 Back           |
| 31                                  | 32   | Open            | 200 Fly            |
| 60-Minute Break                     |      |                 |                    |
| 33                                  | 34   | Open            | 50 Free            |
| 35                                  | 36   | Open            | 200 Breast         |
|                                     | 37   | Open            | Mixed Free Relay   |

**Note:** All Warm-up sessions will be blocked, Clubs will be notified by email prior to the meet with details.



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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."**