



SUMMER PROVINCIAL CHAMPIONSHIPS

Hosted by Island Swimming
July 4 - 7, 2019
Victoria, BC



Age Groups

- Female: 14&U, 15 & Over
- Males: 15&U, 16 & Over

Time Final Events:

- 800 - 1500 Free
- 200 Free Relay F/M & Mixed; 200 Medley Relay F/M & Mixed

Prelims/Final Events:

- 50-100-200-400 Free
- 100-200 for each Back, Breast, Fly
- 200-400 IM

Qualification Requirements:

- Must qualify with at least one standard
- No bonus swims

WEDNESDAY, JULY 3RD 3:00-6:00PM
4 LANES WILL BE OPEN TO ALL CLUBS



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Swim BC and Island Swimming would like to begin by acknowledging that the land on which we gather lies within the traditional territories of the Lkwungen peoples known today as Songhees and SXIMELEŁ (Esquimalt) Nations and the WSÁNEĆ peoples known today as WJOLEŁP (Tsartlip), BOKÉĆEN (Pauquachin), STÁUTW (Tsawout), WSIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

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

Island Swimming and Swim BC

Venue

4636 Elk Lake Dr. Victoria, BC

Pool

8-lane 50 metre competition pool

3-lane 25 metre warm-up pool - Dive tank

| | |
|--------------------------------------|--|
| MEET MANAGER | Andrea Nugent (meetmanager@islandswimming.com) |
| MEET REFEREE | Glenn Greig |
| OFFICIALS COORDINATOR | Brian Bikadi (officials@islandswimming.com) |
| PARA ADVISOR | Janet Dunn |
| SWIM BC & ENTRIES CONTACT | Carrie Matheson (carrie.matheson@swimbc.ca) |

Changes to the Meet Package

- Addition of Safe Sport Information
- General Meet Rules: #14, 15 and 16 (page 3)
- 800m Free changes (page 4)
- Scratch Deadline changes (page 4)
- Addition of Coach Compliance - registration and certification (page 4)
- Addition of Blocked Warm-Ups Information (Page 5)



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| WARM UP AND SESSION TIMES | | |
|---------------------------|-------------|---------------------|
| Thursday, July 4, 2019 | | |
| Session #1 | Warm-up | 1:30 - 2:50pm |
| | Competition | 3:00 - 7:30pm |
| Friday, July 5, 2019 | | |
| Prelims | Warm-up | 7:30 - 8:50am |
| | Competition | 9:00am - 1:30pm |
| Finals | Warm-up | 3:30 - 4:20pm |
| | Competition | 4:30 - 7:30pm |
| Saturday, July 6, 2019 | | |
| Prelims | Warm-up | 7:30 - 8:50am |
| | Competition | 9:00am - 1:30pm |
| Finals | Warm-up | 3:30 - 4:20pm |
| | Competition | 4:30 - 7:30pm |
| Sunday, July 7, 2019 | | |
| Prelims | Warm-up | 7:30 - 8:50 am |
| | Competition | 9:00am - 1:30pm |
| Finals | Warm-up | 2hrs. after prelims |
| | Competition | 3hrs. after prelims |

Note: All Session completion times are approximate

ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, 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 ONE qualifying time, in an appropriately sanctioned competition, in their age group as of the entry deadline.**
- Age groups for individual events will be:
 - Females: 14 & U and 15 & Over
 - Males: 15 & U and 16 & Over
- Swimmer age is as of the first day of competition.
- Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
 - Coaches must specify, in their entries, if they want their swimmer to compete in an older age group and then **notify meet management via email** of the competitor's name, event and swim-up age category within 24 hours of uploading their entries.
 - Swimmers cannot compete in the same individual event in more than one age/age group.

NON-QUALIFIED SWIMS

Entries not meeting the qualifying standards will not be accepted.

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 are limited to a max of **EIGHT** individual entries.
- NO CONVERTED TIMES.** All SCM entries will be converted to LCM by meet management and seeded accordingly.
- "Custom Time" entries will not be accepted in individual events;** swimmers must have a valid provable entry time in each event they enter.
- For reference purposes, please email a .pdf copy of entries to **Entries Coordinator: Carrie Matheson** (carrie.matheson@swimbc.ca)
- Relay entries **MUST** include names along with the relay entries. Relay swimmers may be changed at the meet.

- Relay entries without names will be seeded as "NT".
- Meet Fees (including Swim BC Provincial Team Splash Fees and Facility Fees) are \$75.00 per swimmer.
- Cheques payable to: **Island Swimming Club**
- All fees **MUST** be paid prior to the start of the meet.
- Entries must be uploaded to SNC meet listings website prior to the entry deadline.
 - Please include the proper contact name, phone number, and email address when uploading entries.
- Late entries** (entries received or uploaded after Monday, June 24, 2019) **will be accepted at the discretion of Meet Management. If accepted, the Meet Fees will be doubled.**

ENTRY DEADLINE:
MONDAY, JUNE 24, 2019

SCRATCH DEADLINE:
TUESDAY, JUNE 28, 2019 AT 12:00 NOON

GENERAL MEET RULES

- This meet will observe rules as outlined in the current SNC Rulebook.
- POOL DEPTH Shallow End 2 m, Deep End 2 m.
 - Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- There will be no deck entries, exhibition swims, or time trials.
- SNC warm-up procedures will apply.
- Preliminary heats will be swum double-ended, divided by meet management such that both ends finish at approximately the same time.
- Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
- There will be "A" and "B" finals in those age groups with 24 or more entries, and an "A" final only if there are fewer than 24 entries in any given age group.
 - The "A" final will be swum first followed by the "B" final.
- Backstroke Ledges will be available for Finals and warm ups for Finals sessions.
- Time Final events (including relays) with 9 or 10 entrants, will be seeded such that the fastest heat will have all lanes filled.
- All swim-offs are to be run at a time mutually agreed upon by coaches and officials. Every effort will be made to run the swim-off by the end of the session in which they occurred.
- 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 the meet and as necessary throughout the meet.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
- ALL photographers must have applied for and received permission from meet management prior to start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the clubs use only. Requests for photographers can be sent to the Meet Manager.
- All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
- Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.



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800 & 1500 FREESTYLE

1. These events are time-finals.
2. There will be a positive check-in for the 800m and 1500m Freestyles.
 - a. **1500m** - Deadline will be 60mins PRIOR to the start of Session #1. (2:00pm)
 - b. **800m** - Deadline will be 30mins after the start of each of their sessions. (9:30am)
3. The Top 8 in each age group will swim in a single heat proceeding from oldest to youngest.
 - a. **800m** - The Top 8 in each group will swim in a single heat at the beginning of the Final Session of that day.
4. All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders; two per lane if necessary, to meet session timelines.
5. Distance Lap Counters will not be available.

PARA-SWIMMING

1. **Para-swimmer's complete classifications *(S, SB, SM) must be included with athlete surname in their entries.**
2. Para-swimmers must have a Level 2, 3 or International sport classification by the entry deadline.
3. No sport classification will be provided at the event, swimmers requiring sport class evaluation must submit a request a minimum of 60 days in advance of the entry deadline on the Swimming Canada website.
4. The most current WPS rules will be observed for all Para-swimming events.
5. By the entry deadline, swimmers must have attained at least ONE Para-swimming Provincial qualifying time.
6. All Entries must meet the qualifying standard. There are **NO** non-qualified swims.
7. Para-swimmers may enter Able-bodied events provided they meet the Provincial Standard in their age group and that event.
 - a. Para-swimmers cannot enter the same event in both the Para and Able-bodied categories.
8. Para-swimmer events will be single-gender and multi-class, although genders may be combined in the lower subscribed events. Winners will be determined by using the respective male and female SNC Performance Points Charts.
9. There will be SEVEN "para-specific events": 50 Free, 100 Free, 200/400 Free, 50/100 Back, 50/100 Breast, 50/100 Fly and 150/200IM, with distances for each class corresponding to the distances outlined in the time standards.
10. Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of finalists from each of those pairs of events.
11. Para-swimming events with more than five entries, Para-swimmers will have prelims and finals. Prelims will be swum with the able-bodied events where possible. Para-swimmers will be seeded in prelims according to entry times.
12. Para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only time finals during the preliminary sessions.

RELAYS

1. Age groups for relays will be:
 - a. Females: 14 & U and 15 & Over
 - b. Males: 15 & U and 16 & Over
 - c. Mixed: Open
2. All relays are time finals.
3. There will be no qualifying times for relays.

4. 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.
5. Mixed relay teams **MUST** have 2 females and 2 males per team.
 - a. No official splits will be taken during the Mixed Relay events.
6. Deadline for relay name/order changes will be:
 - a. For relays swum in the Thursday Session: **3:00pm Thursday**
 - b. For relays swum in Friday's, Saturday's and Sunday's Final Sessions: **30 minutes prior to the start of the Final session.**
7. NT entries will be accepted for relay events.
8. Valid relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best individual times of the four swimmers entered.
9. Only swimmers whose names appear on the meet entries shall compete in relay events.
10. Swimmers who will be in relays only shall be listed in their club's Hy-tek 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.

SCORING

1. Individual scoring: A-Final: 20-17-16-15-14-13-12-11
B-Final: 9-7-6-5-4-3-2-1
2. Relay scoring: 20-17-16-15-14-13-12-11

AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in all 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

Scratches received prior to June 28th at noon will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
 2. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, email scratches will not be accepted.
- d. **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.



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Provincial Championships
Schedule of Events

| Thursday, July 4, 2019 Session #1 | | | |
|-------------------------------------|---------|---------------|------------------------|
| Warm-Up: | | 1:30 - 2:50pm | |
| Competition: | | 3:00 - 7:30pm | |
| FEMALE | MALE | AGE | EVENT |
| 1 | 2 | Open | 1500 Free (TF) |
| 101/201 | 102/202 | Para | 200/400 Free (TF) |
| 3 | 4 | Open | 200 Breast (Prelims) |
| 5 | | Open | Mixed 200 Medley Relay |

***Prelims Warm-ups will be blocked in the Competition Pool**

Clubs will be notified by email prior to the meet with details.

| Friday, July 5, 2019 PRELIMS | | | |
|--------------------------------|---------|-----------------|-------------|
| *Warm-Up: | | 7:30 - 8:50am | |
| Competition: | | 9:00am - 1:30pm | |
| FEMALE | MALE | AGE | EVENT |
| 7 | 8 | Open | 100 Free |
| 103 | 104 | Para | 100 Free |
| 9 | 10 | Open | 200 Fly |
| 105/205 | 106/206 | Para | 50/100 Back |
| 11 | 12 | Open | 400 Free |

| Friday, July 5, 2019 FINALS | | | |
|-------------------------------|---------|---------------|---------------------|
| Warm-Up: | | 3:30 - 4:20pm | |
| Competition: | | 4:30 - 7:30pm | |
| FEMALE | MALE | AGE | EVENT |
| 7 | 8 | Open | 100 Free |
| 103 | 104 | Para | 100 Free |
| 9 | 10 | Open | 200 Fly |
| 3 | 4 | Open | 200 Breast (Finals) |
| 105/205 | 106/206 | Para | 50/100 Back |
| 11 | 12 | Open | 400 Free |
| 13 | | 14&U F | 200 Medley Relay |
| | 14 | 15&U M | 200 Medley Relay |
| 15 | | 15&O F | 200 Medley Relay |
| | 16 | 16&O M | 200 Medley Relay |

| SATURDAY, July 6, 2019 PRELIMS | | | |
|----------------------------------|---------|-----------------|---------------|
| *Warm-Up: | | 7:30 - 8:50am | |
| Competition: | | 9:00am - 1:30pm | |
| FEMALE | MALE | AGE | EVENT |
| 17 | 18 | Open | 200 Back |
| 19 | 20 | Open | 100 Breast |
| 107/207 | 108/208 | Para | 50/100 Breast |
| 21 | | Open | 400 IM |
| | 22 | Open | 200 IM |
| | 109/209 | Para | 150/200 IM |
| 23 | | Open | 200 Free |
| | 24 | Open | 800 Free (TF) |

| SATURDAY, July 6, 2019 FINALS | | | |
|---------------------------------|---------|---------------|--------------------------------|
| Warm-Up: | | 3:30 - 4:20pm | |
| Competition: | | 4:30 - 7:30pm | |
| FEMALE | MALE | AGE | EVENT |
| | 24 | Open | Top 8 (each age group) of 800m |
| 17 | 18 | Open | 200 Back |
| 19 | 20 | Open | 100 Breast |
| 105/205 | 106/206 | Para | 50/100 Breast |
| 21 | | Open | 400 IM |
| | 22 | Open | 200 IM |
| | 108/208 | Para | 200 IM |
| 23 | | Open | 200 Free |
| 25 | | Open | Mixed 200 Free Relay |

| SUNDAY, July 7, 2019 PRELIMS | | | |
|--------------------------------|---------|-----------------|---------------|
| *Warm-Up: | | 7:30 - 8:50am | |
| Competition: | | 9:00am - 1:30pm | |
| FEMALE | MALE | AGE | EVENT |
| | 26 | Open | 200 Free |
| 27 | 28 | Open | 100 Fly |
| 111/211 | 112/212 | Para | 50/100 Fly |
| 29 | 30 | Open | 50 Free |
| 113/213 | 114/214 | Para | 50 Free |
| 31 | | Open | 200 IM |
| | 32 | Open | 400 IM |
| 109/209 | | Para | 150/200 IM |
| 33 | 34 | Open | 100 Back |
| 35 | | Open | 800 Free (TF) |

| SUNDAY, July 7, 2019 FINALS | | | |
|-------------------------------|---------|---|--------------------------------|
| Warm-Up: | | Approx. 2hrs. after conclusion of prelims | |
| Competition: | | Start of competition 1hr. later | |
| FEMALE | MALE | AGE | EVENT |
| 35 | | Open | Top 8 (each age group) of 800m |
| | 38 | 15&U M | 200 Free Relay |
| | 40 | 16&O M | 200 Free Relay |
| 37 | | 14&U F | 200 Free Relay |
| 39 | | 15&O F | 200 Free Relay |
| | 26 | Open | 200 Free |
| 27 | 28 | Open | 100 Fly |
| 111/211 | 112/212 | Para | 50/100 Fly |
| 29 | 30 | Open | 50 Free |
| 113/213 | 114/214 | Para | 50 Free |
| 31 | | Open | 200 IM |
| | 32 | Open | 400 IM |
| 109/209 | | Para | 150/200 IM |
| 33 | 34 | Open | 100 Back |



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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 lanespace 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."