



ISC BENNETT CUP

November 12-14, 2021



We acknowledge that the District of Saanich lies within the territories of the lək' wəŋən peoples represented by the Songhees and Esquimalt Nations and the W SÁNEĆ peoples represented by the W JOŁEŁP (Tsartlip), BOKÉĆEN (Pauquachin), SʔÁUTW (Tsawout), W SIKEM (Tseycum) and MÁLEXEL (Malahat) Nations.

Hosted by Island Swimming Club

November 12-14, 2021

Saanich Commonwealth Pool

Victoria, BC

Age Groups:

- 12&U; 13&14; 15&O

Timed Final Events:

- 50m Back, Breast, Fly
- 800m & 1500m Free
- 400m IM & Free
- Relay events

Prelims/Final Events:

- 50m, 100m, 200m Free
- 100m & 200m Back, Breast, Fly
- 200m IM

Qualification Requirements:

- One Fraser & Island Divisional Standard for a maximum of 7 events



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Sanctioned by SWIM BC: #36413

DATE: Nov. 12 - 14, 2021
HOST: Island Swimming Club
MEET REFEREE: Brian Bikadi
VENUE: Saanich Commonwealth Place
4636 Elk Lake Dr, Victoria, BC V8Z 5M1

One 25-meter, 8-lane pool. (west end)
East pool will be available for warm-up/cool-down.

CLUB CONTACTS:

Head Coach: Dave Tontini Dave.Tontini@islandswimming.com
Meet Manager: Mathias Hulten meetmanager@islandswimming.com
Officials Coordinators: Karen Medler officials@islandswimming.com
Meet Administrator: Riley Janes meetadmin@islandswimming.com

Safe Sport Statement:

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.

ELIGIBILITY:

1. All swimmers must be registered properly with Swimming Canada/Swim BC, or other FINA-affiliated organization.
2. Age group is determined by the age of the swimmer as of November 12, 2021.
3. Qualifying time standards for events follow the 2020-21 Fraser & Island Divisional Standards [Find standards here](#).
4. Any event that does not have a qualifying time standard can be swum by any swimmer who qualifies for any other event in the meet.
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.

MEET RULES:

1. All Swimming Canada rules will be in effect.
2. All starts will be conducted from starting platforms (Blocks) as per FINA FR2.3 and SW 4.1
3. Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
 - a. Teams will be assigned warm-up lanes and times once entries are received. SCP currently allows 6 swimmers / lane, coaches are responsible for their assigned lanes.
4. Age Groups for all events (including Relays): 12&U, 13-14, 15&O.
5. Technical bulletins and updates will be posted at Clerk of Course. We will use the timing scoreboard if it is operational.
6. Parents are not permitted on deck unless volunteering for that session.
7. **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 Meet Manager. Flash photography will not be permitted at the start of each race.
8. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
9. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
10. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

ENTRY INFORMATION:

1. Fees will be \$10 per individual event and \$12.00 per relay 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 Swim BC Competition Surcharge fee.
3. **Entry deadline is November 5 at Noon.**
4. **Scratch deadline is November 8** (no refunds past this date unless with a medical note).
5. All scratches and changes to entries must be emailed to riley.janes@islandswimming.com
6. Entry fees are due by the beginning of the meet to the Clerk of Course by cheque made payable to Island Swimming Club or by credit card payment.



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7. Swimmers may enter a maximum of 7 individual events.
8. The total number of swimmers attending each session will be limited to 250.
9. Management reserves the right to limit the number of heats in any event to maintain reasonable timelines and stay under the 250-person limit. Teams will be notified if entries cannot be accepted after the entry deadline.
10. All entries must have an SCM entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted.
11. Entries with entry times must be submitted through the Swimming Canada website by the entry deadline.
12. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes but no new heats will be created.
13. 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.

Individual Events:

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. For events with finals, a "B" final will be offered for events with more than 24 entries (per age group). "A" finals will swim first.
3. 1500m Free, 800m Free, 400m IM, 400m Free, 50m Back, 50m Breast, 50m Fly and relays will be swum as timed final events.
4. Excluding the 800 & 1500 Free, events without finals will be swim senior seeded slowest to fastest..
5. Backstroke ledges will only be used during Final Sessions.

800 and 1500 Free

1. The 1500m and 800m Free will be swum senior seeded, fastest to slowest
2. Meet management reserves the right to limit entries for both the 800m Free and the 1500m Free to the fastest 24 swimmers (seeded, fastest to slowest).
3. Once all entries are known, meet management will notify any teams by email of any swimmers who do not qualify to swim these events and these swimmers will be allowed to enter an alternate event.
4. Results will be separated into age groups.
5. Positive Check-in by 9:00am on the day of the event is required for the 800m Free and the 1500m Free events.

Relay Events

1. All relay events are Timed Finals
2. Teams may enter as many relay groups per event as they wish. Meet management may restrict the number of relays entered per team in order to maintain appropriate session timelines however a minimum of three relay teams (regardless of age) will be allowed for each team for each relay event.
3. Names and all relay changes must be submitted to the Clerk of Course no later than 30 minutes after the start of warm up for the session in which that relay will be swum.

SCRATCHES:

1. All scratches and changes to entries must be emailed to riley.janes@islandswimming.com before the scratch deadline to be eligible for a refund. Scratches and changes received after this date will be subject to regular meet fees.
2. 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.
3. The initial scratch deadline for events with Finals is **30 minutes after the conclusion of the prelim session in which the event is swum** (excluding time final events).
4. The final scratch deadline for final events will be 30 minutes after the start of warm up of the session in which the event is being swum. Scratches after the final scratch deadline are subject to a \$20 fine.

AWARDS AND PRIZES:

1. 1st -3rd place finishers will automatically be entered into a prize draw. 1st= 3 tickets, 2nd = 2 tickets and 3rd = 1. There will be one female and one male prize package drawn during the final session on Sunday.
2. The Randy Bennett Memorial Awards for top female and male FINA points in the 400 IMs will be presented prior to the start of the 400 Free on Sunday.



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Schedule of Events

Friday November 12: Session #1		
Warm Up:	7:00 AM – 7:50 AM	
Start:	8:00 AM – 1:00PM	
Girls	Event	Boys
1	200 Back (Prelim)	2
3	100 Fly (Prelim)	4
5	200 IM (Prelim)	6
7	100 Free (Prelim)	8
9	200 Breast (Prelim)	10
11	800m Free (TF)	12

Friday November 12: Session #2 - Finals		
Warm Up:	4:00 – 4:50 PM	
Start:	5:00 PM – 8:00 PM	
Girls	Event	Boys
13	4 x 50 Free Relay (TF)	14
1	200 Back (F)	2
3	100 Fly (F)	4
5	200 IM (F)	6
7	100 Free (F)	8
9	200 Breast (F)	10

Saturday November 13: Session #3		
Warm Up:	7:00 AM – 7:50 AM	
Start:	8:00 AM – 1:00 PM	
Girls	Event	Boys
15	100 Back (Prelim)	16
17	200 Free (Prelim)	18
19	100 Breast (Prelim)	20
21	200 Fly (Prelim)	22
23	50 Free (Prelim)	24
25	1500 Free (TF)	26

Saturday November 13: Session #4 – Finals		
Warm Up:	4:00 PM – 4:50 PM	
Start:	5:00 PM – 8:00 PM	
Girls	Event	Boys
27	4 x 50 Medley Relay (TF)	28
15	100 Back (F)	16
17	200 Free (F)	18
19	100 Breast (F)	20
21	200 Fly (F)	22
23	50 Free (F)	24

Sunday November 14: Session #5 TIMED FINALS		
Warm Up:	7:00 AM - 7:50 AM	
Start:	8:00 AM – 12:30 PM	
Girls	Event	Boys
29	4 x 50 Mixed Medley Relay (TF)	30
31	50 Fly (TF)	32
33	400 IM (TF)	34
35	50 Back (TF)	36
37	50 Breast (TF)	38
39	400 Free(TF)	40



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."



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COVID RESTRICTIONS AND GUIDELINES / YOUTUBE LIVESTREAM

1) **Proof of Vaccination** - All swimmers (12 years of age and older), coaches and volunteers attending the ISC Bennett Cup must provide proof of full vaccination for each session when checking in at the Saanich Commonwealth Place.

Please enter the Northwest entrance of the facility, which is located by the back field. Volunteers will be checking for proof of vaccination at the entrance.

You are fully vaccinated with two doses.

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof>

Attention Coaches - Please ensure that all swimmers (12 years of age and older), coaches, volunteers and chaperones attending the meet have proof of full vaccination before registering for the meet. Anyone that cannot provide proof of vaccination will be unable to enter the event.

Coaches, please send a list of the names of coaches and chaperones attending the competition to meetadmin@islandswimming.com by Monday November 8th to expedite the vaccine verification process.

2) **Social Distancing/Marshalling**: There will be designated gathering areas for each club in the stands. Clubs are asked to keep an appropriate distance (no less than 6 feet) between other clubs. Bleachers will be placed between the competition pool and dive tank. Swimmers are expected to report to the bleachers for marshalling prior to their race.

3) **Masks** - All swimmers, coaches and volunteers will be required to wear masks at all times in Saanich Commonwealth Place, except when actively eating or drinking water. No food on deck. Swimmers ARE required to wear a mask while travelling from the stands to the marshalling area and up until their race. Swimmers do not have to wear a mask when travelling from their race to the warm down pool. Swimmers should have a mask on BEFORE travelling back to the stands.

4) **Traffic Flow**: Swimmers walking to marshalling or to the warm down pool should travel clockwise around the pool deck. Swimmers travelling from the warm down pool back to the stands may travel counterclockwise so as to limit the traffic behind the timing area. Use only the Northwest and Team Changerooms/Washrooms.

5) **Parents and Guardians** - Please make sure that all swimmers of age 12 years and older have proof of full vaccination with them at the meet or they will not be able to enter the facility. We do not want to turn away swimmers.

6) **No Spectators** - Only volunteers, athletes, coaches and chaperones will be allowed in Saanich Commonwealth Place during the competition.

7) **YouTube Livestream** - Each meet session will hopefully be live streamed on YouTube and may also be available for viewing for a limited time after the meet. If for any reason there are issues with a swimmer appearing on social media please do not register the swimmer for the meet.