



2022 Vancouver Island Regional 10&Under Championships

May 28, 2022

Sanctioned by Swim BC: #37439

Meet Referee: Heather Ney
Meet Managers: Trisha O'Halloran & Pierre Graham
MM email: meetmanager@duncanstingrays.com

Venue: Cowichan Aquatic Centre
2653 James St, Duncan BC, V9L2X5

8 x 25m Competition Pool
3 x 25m Wave Pool
Timing System: Colorado electronic touch pads + display

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 with a Swimming Canada / Swim BC or other FINA affiliated organization
- 2) Swimmer age is based on age as of May 28, 2022
- 3) Qualifying times for individual events are per the updated VIR Time Standards included within this Package
- 4) Entry times are to be submitted in SC Metres established to the hundredth of a second. Converted LC Metre times will be accepted (-2%).

Meet Rules:

- 1) All Swim BC and Swimming Canada rules, including warm-up procedures, scoring and one start rule will be in effect
- 2) Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or
- 3) In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
- 4) Swimming Canada competition warmup safety procedures will be in effect at this meet
- 5) The current Swimming Canada swimsuit rule will be observed
- 6) All events will be swum as Timed Finals
 - a) Virtual 400 Freestyle is an unsanctioned event and is to be swum at home pool

Warm Up and Sessions Times		
Tuesday, May 24 – Fri May 27		
Session 1: <i>Virtual 400m Freestyle*</i>	<i>*unsanctioned racing</i>	<i>At home pool, submit times</i>
Saturday, May 28		
Session 2	Warm Up	8:30 – 9:20am
	Racing	9:30 – 12:30
Session 3	Warm Up	3:00 – 3:50
	Racing	4:00 - 7:00

Entries:

- 1) Entries will be limited to 200 swimmers per session
- 2) VIR Teams entering will be given priority
- 3) Anticipated numbers would be appreciated and can be sent to meetmanager@duncanstingrays.com
- 4) Entry Fee is:
 - a) \$11 per individual event
 - b) \$11 per relay event
 - c) \$4 per swimmer Swim BC Competition Surcharge
- 5) Entries must be uploaded to swimming.ca prior to the deadline. Entries emailed directly to the MM **will not** be accepted

Entries Deadline: Monday, May 16, 2022*

**Virtual 400 Freestyle entries deadline: 28may2022. Further details: please see Individual Events*

- 6) No Charge Scratch Deadline is Wed, May 25th, 2022
 - a) Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive refund of meet fees PRIOR to the conclusion of the competition. There will be no other refunds made after the scratch deadline
- 7) Deck entries will be accepted as a first come, first served basis and only to fill empty lanes. No new heats will be created. Deck entries will be swum as exhibition only
- 8) Please make cheques payable to **Duncan Swim Team Society** or send your Email Money Transfer (EMT) to admin@duncanstingrays.com

COVID Restrictions & Guidelines:

- 1) Proof of Vaccination nor mask wearing is required
- 2) No Spectators: only people volunteering as officials will be allowed in the CAC, this will allow for the maximum number of swimmers to attend each session
- 3) Live streaming feed will be available. Link will be provided prior to meet and posted on the DST Event Page <https://www.duncanstingrays.com/event/vir-sc-champs-2022>



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Individual Events

- 1) As of the entry deadline, a swimmer must have attained at least 1 Qualifying Time after 01sept2019
 - b) Coaches: feel free to use your discretion for swimmers who have qualified in an unsanctioned competition
- 2) Age Group for all events is 10yrs & Under
- 3) Swimmers with one (1) Qualifying Time may enter a maximum of six (6) events PLUS the Virtual 400 Freestyle
- 4) Virtual 400 Freestyle is an unsanctioned event
 - a) Swimmers must be entered into the competition
 - b) **Results must be emailed in ONE (1) file either in word/pages or xls/numbers no later than 28may2022.** Multiple files will not be accepted. The first (1st) file received from each Team will be the ONLY file used for results
 - c) Times will be disclosed from the final Meet Results but will be awarded 1st – 8th
 - d) There is no entry fee for this event

Relay Events

- 1) There is no limit to numbers of Teams entered per event however, A & B teams are eligible for scoring
- 2) There are no qualifying times for relays, however entry times should be submitted for seeding purposes
- 3) Teams are encouraged to enter 2 x female + 2 x male swimmers for the Mixed Medley Relay (Event 29).
 - a) Teams may enter 1 + 3 but must have both genders on the Relay Team
- 4) Swimmers participating in relay events only must be identified on entries as “RELAY ONLY SWIMMERS”
- 5) Please submit names with your relay entries
- 6) Relay name changes can be submitted to the Clerk 45 minutes prior to the start of the session

Awards & Scoring:

- 2) For Individual Events, medals shall be presented for places 1st – 3rd. Ribbons shall be presented for 4th through 8th
- 3) For Relay Events, medals shall be presented for 1st place, ribbons shall be presented for places 2nd – 8th
- 4) Awards will be given on a minus one rule. (e.g. 4 or more splashes = 3 awards ... 1 splash = no awards)
- 5) Individual and Relay events will be scored as follows: 50-30-20-15-14-13-12-11
- 6) All participants will receive a Participant Ribbon and Awards Card

Tuesday, May 24 – Friday, May 27, 2022

Session	Virtual 400 Freestyle*		Qualifying Time (QT)
1	Teams must submit times no later than 28may2022		
1	400 Freestyle	2	No QT

Saturday, May 28, 2022

Session	Warm Up 830 – 920am		Qualifying Time (QT)
2	Racing 930 – 1230pm		
3	200 Individual Medley	4	4:10.00
5	100 Freestyle	6	1:46.00
7	50 Backstroke	8	0:55.00
9	100 Breaststroke	10	2:10.00
11	50 Butterfly	12	0:57.00
13	100 Individual Medley	14	1:56.00
15	4 x 50 Freestyle Relay	16	No QT
Session	Warm Up 300 – 3:50pm		Qualifying Time (QT)
3	Racing 400 – 700pm		
17	4 x 50 Medley Relay	18	No QT
19	100 Butterfly	20	2:06.00
21	50 Freestyle	22	0:48.00
23	100 Backstroke	24	1:58.00
25	50 Breaststroke	26	1:00.00
27	200 Freestyle	28	3:42.00
29	4 x 50 Mixed Medley Relay	29	No QT

Officials:

The VIR Championships are offered as a cooperative effort with officials participating from all clubs. Each participating club is expected to provide officials for all meet sessions.

Shortly following the Entries Deadline, each participating Team will be assigned designated officiating roles at an approx. ratio of 1:10 officials: swimmers.

DST will gladly accept your Sr Officials. Please ask your members to sign up on the 2022 VIR Signup website <https://www.duncanstingrays.com/event/vir-10-under-summer-champs-2022> noting their Club affiliation when registering or email the names of your volunteers to: Lisa H officials@duncanstingrays.com

All officials should report to the officials briefing room 45 minutes prior to the start of the session for which they are volunteering.

Volunteers will receive a seat poolside as well as being entered into a raffle for gift cards in every Session.



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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."