



2024 Vancouver Island Regional LC Championships

June 14 - 16, 2024

Sanctioned by Swim BC: # 41193

Meet Referee: Heather Ney

Meet Managers: Chelsey Flood/Anke McGuire

MM email: meets@nanaimoriptides.com

Volunteer Coordinator: Chelsey Flood

nrstofficials@nanaimoriptides.com

Venue: Nanaimo Aquatic Center

741 Third St., Nanaimo, BC V9R 7B2

Pool Features:

- 8 lane 50m competition pool
- Colorado electronic timing, touch pads and scoreboard
- Warm up/warm down lanes during prelim sessions; tentative for finals session

Safe Sport Statement:

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever, be in an environment or space that is both “open” and “observable” to others.

Eligibility:

1. Only clubs registered as Vancouver Island Region with a good standing with Swim BC will be accepted.
2. All swimmers must be registered properly with a club in good standing with Swim BC.
3. Swimmer age is based on age on the first day of competition, June 14th, 2024.
4. Qualifying times for individual events are per the September 2022 - August 2024 VIR Time Standards.
5. Entry times are to be submitted in LC meters established to a hundredth of a second. SC times converted by HyTek’s Team Manager or Team Unify will be accepted.

Warm Up and Estimated Sessions Times		
Friday, June 14th, 2024		
Preliminaries	Warm Up	8:00am – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm Up	4:00pm – 4:50pm
	Competition	5:00pm – 8:00pm
Saturday, June 15th, 2024		
Preliminaries	Warm Up	8:00am – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm Up	4:00pm – 4:50pm
	Competition	5:00pm – 8:00pm
Sunday, June 16th, 2024		
Preliminaries	Warm Up	8:00am – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm Up	3:00am – 3:50pm
	Competition	4:00pm – 7:00pm

Meet Rules:

1. All Swimming Canada rules will be in effect.
2. Swim BC Competition Warm up safety procedures will be in effect and monitored by Safety Marshals.
3. Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1; or In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.
4. Swimmers are required to be registered with Swim BC or other World Aquatic affiliated organizations.
5. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
6. Meet management may change session start times after the first entry deadline.
7. ALL photographers must have applied for and received permission from meet management prior to



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the start of the 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 club's use only. Requests for photographers can be sent to the Meet Manager. Flash photography will not be permitted at the start of each race.

8. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.
9. Teams are expected to keep their respective areas clean, including at the conclusion of each session.

Entries:

1. **Deadline for upload of entries to the SNC meet listings website is no later than Thursday, May 30th, 2024 by 3:00pm.** Files sent directly to the meet manager will not be accepted, SNC swimmer verification required.
2. **No Charge Scratch Deadline: Tuesday, June 11th, 2024, by 2:00pm.** Email scratches to meets@nanaimoriptides.com
3. 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.
4. **Scratch deadline for Finals each day will be 30 minutes from the conclusion of Preliminaries (excluding timed-final events).**
5. **Relay name changes** are to be submitted to the Administration Desk no later than **30 minutes following the completion of the preliminary events (excluding timed final events).**
6. No deck entries or time trials.

Entry Fees:

1. \$14.00 per individual event
2. \$16.00 per Relay entry

3. \$5.00 per swimmer Swim BC Competition Surcharge
4. Fees must be paid prior to the start of the meet.
5. Please make cheques payable to **NRST** or by e-transfer to **admin@nanaimoriptides.com**

Individual Events:

1. As of the entry deadline, a swimmer must have attained, after September 1, 2021, at least one qualifying time.
2. Entries will be limited to 300 swimmers, the team entering the 300th swimmer will be accepted.
3. Swimmers with 1 – 6 qualifying times may enter a maximum of 6 events.
4. To enter 7-9 events, swimmers must have qualifying times in all events entered.
5. Swimmers are limited to 1 distance (800m or 1500m) event.
6. Qualifying time for Girls 1500m free is VIR standard in the 800m Free. Qualifying time for Boys 800m Free is VIR standard in the 1500m free. A swimmer who has attained a qualifying time in either distance event may swim either the 800m or 1500m free.
7. **Positive check-in deadline for the 800m and 1500m events is 9:00 am on Friday, June 14, 2024.**
8. Age Groups for individual events are:
 - 10 yrs & Under
 - 11 & 12 yrs
 - 13 & 14 yrs
 - 15 yrs & Over
9. Competitors may swim in any age group in which they meet the qualifying standard. Swimmers shall only swim in one age group for any given event. Meet Management must be notified prior to the entry deadline of any swimmers who will swim up any age group.

10 & Under Events:

1. All 10&U individual 100 m events will be swum as heats and finals events. They will be swum mixed



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gender and circle seeded during prelims, with separate gendered finals.

2. All other 10&U individual events will be swum as timed finals, mixed gender, slow to fastest.

11 & Over Events:

1. All individual 11&O events 200m or less will be circle seeded, swum slowest to fastest, in open age groups. Finals will swim in age groups: 11-12; 13-14; 15&O.
2. There will be a Consolation Final for all events with 32 or more entries. Consolation finals will be swum after the A Final.
3. 400m Free and 400m IM - the Top 8 in each age group will swim in the Finals session of that day. The remainder of swimmers will swim during prelims and be seeded slowest to fastest, regardless of age. 400m events will be limited to 56 entries (7 heats) consisting of the fastest 8 entry times, regardless of age, plus the top 16 entry times in each age category.
4. The 11 & Over 800m Free and 1500m Free events will be Timed Finals during preliminaries, with a maximum of 4 heats each. They will swim fastest to slowest, mixed gender. The fastest heat will be superseded. The top 8 in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age. Swimmers will be seeded by time, but awarded by age group.
Swimmers must provide their own timers. Lanes with no timers go unprotected.
5. Coaches will be notified after the entry deadline if swimmers did not meet the cut off and need to select another event.

Awards & Scoring:

1. For individual events, medals shall be presented for places 1st – 3rd. Ribbons shall be presented for 4th through 8th.

2. For relays, medals shall be presented to the 1st place team. Ribbons shall be presented to 2nd and 3rd place.
3. There will be no awards for the club relay.
4. Individual and Relay events will be scored as follows: 50-30-20-15-14-13-12-11
5. Para Swimmers will be awarded separate from the able-bodied events. Para Swimming Awards will be awarded on the minus one rule: 4+ swimmers = 3 awards, 1 swimmer = no awards.
6. Consolation finals will not be scored.
7. There will be gift card draws during every prelims and finals session. Every individual swim will earn a ticket into the draw. Gift card to be used at JMC Distributions - Vorgee

Relay Events:

1. Clubs may enter a maximum of 3 relay teams per event. Only A & B teams are eligible for scoring.
2. Swimmers participating in relay events only must be identified on entries as “RELAY ONLY SWIMMERS”
3. There are no qualifying times for relays; however, entry times must be submitted for seeding purposes.
4. Please submit names with your relay entries.
5. 11 & Over Relay name changes are to be submitted to the Administration Desk 30 minutes following the completion of preliminary events (excluding timed finals events).

Para Swimming Information:

1. This meet does not have WPS sanctioning.
2. Para Swimming events are Open Age Group and will run as multi disability. There are no minimum qualifying standards for Para Swimmers.
3. Para Swimmer entries must include each swimmer’s complete classification with all 3 designations (if appropriate).



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4. Para Swimmers must be licensed by WPS Swimming and have a minimum Level 2 Classification designation to be eligible to compete in the meet.
5. Eligible classes include S1 – S10, S11 – 12, and S14
6. Para Swimmers will be judged using the most current version of the WPS Swimming Rules.
7. Para Swimmers will race able-bodied events and be awarded separately. Coaches are asked to select appropriate events per your swimmer's classification.
8. Para Swimmers will be awarded separate from the able-bodied events. Para Swimming Awards will be awarded on the minus one rule: 4+ swimmers = 3 awards, 1 swimmer = no awards.

Officials:

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

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

Please ask your officials to sign up on the NRST website <https://www.nanaimoriptides.com/event/nrst-vir> noting their club affiliation and contact information.

Officials Meeting times will be posted in the pool lobby for each session.

Nanaimo Riptides Swim Team acknowledges support from





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FRIDAY, June 14, 2024

Prelims		Warm Up 8:00 am – 8:50 am Competition 9:00 am – 1:30 pm		Finals		Warm Up 4:00 pm – 4:50 pm Competition 5:00 pm – 8:00 pm	
Female	Event	Male		Female	Event	Male	
1	10 & Under 100 Breast (mixed)			100	11 & Over 4 x 50 Free Relay	101	
2	11 & Over 100 Breast	3		1	10 & Under 100 Breast		
4	10 & Under 100 Fly (mixed)			2	11 & Over 100 Breast	3	
5	11 & Over 200 Fly	6		4	10 & Under 100 Fly		
7	10 & Under 50 Back (TF) (mixed)			5	11 & Over 200 Fly	6	
8	11 & Over 50 Back	9		8	11 & Over 50 Back	9	
10	10 & Under 200 IM (TF) (mixed)			11	11 & Over 200 IM	12	
11	11 & Over 200 IM	12		13	11 & Over 50 Free	14	
13	11 & Over 50 Free	14	<				
15	11 & Over 800 Free (TF) (mixed)						
16	11 & Over 1500 Free (TF) (mixed)						

SATURDAY, June 15, 2024

Prelims		Warm Up 8:00 am – 8:50 am Competition 9:00 am – 1:30 pm		Finals		Warm Up 4:00 pm – 4:50 pm Competition 5:00 pm – 8:00 pm	
Female	Event	Male		Female	Event	Male	
102	10 & U 4 x 50 Medley Relay	103		104	8 x 50 Free Club Relay		
17	11 & Over 400 IM (TF)	18		17	11 & Over 400 IM **	18	
19	10 & Under 100 Back (mixed)			19	10 & Under 100 Back		
20	11 & Over 100 Back	21		20	11 & Over 100 Back	21	
22	10 & Under 100 Free (mixed)			22	10 & Under 100 Free		
23	11 & Over 200 Free	24		23	11 & Over 200 Free	24	
25	10 & Under 50 Fly (TF) (mixed)			26	11 & Over 50 Fly	27	
26	11 & Over 50 Fly	27		28	11 & Over 200 Breast	29	
28	11 & Over 200 Breast	29	<				

SUNDAY, June 16, 2024

Prelims		Warm Up 8:00 am – 8:50 am Competition 9:00 am – 1:30 pm		Finals		Warm Up 3:30 pm – 4:20 pm Competition 4:30 pm – 7:30 pm	
Female	Event	Male		Female	Event	Male	
105	10 & Under 4 x 50 Free Relay	106		107	11 & Over 4 x 50 Medley Relay	108	
30	10 & Under 200 Free (TF) (mixed)			31	11 & Over 100 Free	32	
31	11 & Over 100 Free	32		34	11 & Over 50 Breast	35	
33	10 & Under 50 Breast (TF) (mixed)			37	11 & Over 200 Back	38	
34	11 & Over 50 Breast	35		39	11 & Over 100 Fly	40	
36	10 & Under 50 Free (TF) (mixed)			41	11 & Over 400 Free **	42	
37	11 & Over 200 Back	38					
39	11 & Over 100 Fly	40	<				
41	11 & Over 400 Free (TF)	42					

** = Fastest heats by age group.

< = Finals scratch deadline 30 minutes following completion of this event.



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Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Female	10&Under		11-12yrs		13-14yrs		15&Over		14&Under		15&Over		
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
50 Freestyle	00:46.00	00:47.00	00:37.00	00:38.00	00:33.00	00:34.00	00:31.00	00:32.00	00:27.34	00:27.90	00:26.51	00:27.04	50 Freestyle
100 Freestyle	01:46.00	01:48.00	01:19.00	01:21.00	01:11.00	01:13.00	01:07.00	01:09.00	00:59.14	01:00.35	00:57.19	00:58.33	100 Freestyle
200 Freestyle	03:42.00	03:46.00	02:54.00	02:58.00	02:38.00	02:42.00	02:26.00	02:30.00	02:08.07	02:10.68	02:03.86	02:06.34	200 Freestyle
400 Freestyle			06:00.00	06:08.00	05:28.00	05:36.00	05:04.00	05:12.00	04:32.38	04:37.94	04:22.43	04:27.68	400 Freestyle
800 Freestyle			12:30.00	12:46.00	11:28.00	11:44.00	10:38.00	10:54.00	09:24.23	09:35.74	09:02.03	09:12.87	800 Freestyle
1500 Freestyle													1500 Freestyle
50 Backstroke	00:52.00	00:53.00											50 Backstroke
100 Backstroke	01:58.00	02:00.00	01:32.00	01:34.00	01:22.00	01:24.00	01:16.00	01:18.00	01:06.57	01:07.93	01:03.52	01:04.79	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:56.00	03:00.00	02:44.00	02:48.00	02:23.79	02:26.72	02:18.32	02:21.09	200 Backstroke
50 Breaststroke	01:00.00	01:01.00											50 Breaststroke
100 Breaststroke	02:10.00	02:12.00	01:42.00	01:44.00	01:34.00	01:36.00	01:27.00	01:29.00	01:16.32	01:17.88	01:11.99	01:13.43	100 Breaststroke
200 Breaststroke			03:36.00	03:40.00	03:20.00	03:24.00	03:06.00	03:10.00	02:44.68	02:48.04	02:36.44	02:39.57	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:06.00	02:08.00	01:34.00	01:36.00	01:22.00	01:24.00	01:16.00	01:18.00	01:04.86	01:06.18	01:02.59	01:03.84	100 Butterfly
200 Butterfly			03:24.00	03:28.00	03:00.00	03:04.00	02:48.00	02:52.00	02:26.94	02:29.94	02:21.19	02:24.01	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:12.00	03:16.00	02:56.00	03:00.00	02:46.00	02:50.00	02:25.91	02:28.79	02:20.27	02:23.08	200 Individual Medley
400 Individual Medley			06:40.00	06:48.00	06:08.00	06:16.00	05:48.00	05:56.00	05:09.45	05:15.77	04:58.24	05:04.20	400 Individual Medley

Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Male	10&Under		11-12yrs		13-14yrs		15&Over		14&Under		15&Over		
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
50 Freestyle	00:46.00	00:47.00	00:37.00	00:38.00	00:33.00	00:34.00	00:30.00	00:31.00	00:25.76	00:26.29	00:23.19	00:23.65	50 Freestyle
100 Freestyle	01:46.00	01:48.00	01:19.00	01:21.00	01:11.00	01:13.00	01:05.00	01:07.00	00:56.11	00:57.26	00:00.58	00:51.59	100 Freestyle
200 Freestyle	03:42.00	03:46.00	02:54.00	02:58.00	02:38.00	02:42.00	02:22.00	02:26.00	02:03.07	02:05.58	01:50.61	01:52.82	200 Freestyle
400 Freestyle			06:00.00	06:08.00	05:28.00	05:36.00	04:56.00	05:04.00	04:23.36	04:28.73	03:56.53	04:01.26	400 Freestyle
800 Freestyle			12:30.00	12:46.00									800 Freestyle
1500 Freestyle					22:30.00	23:00.00	21:00.00	21:30.00	17:39.14	18:00.75	15:54.21	16:13.29	1500 Freestyle
50 Backstroke	00:52.00	00:53.00											50 Backstroke
100 Backstroke	01:58.00	02:00.00	01:32.00	01:34.00	01:22.00	01:24.00	01:14.00	01:16.00	01:03.88	01:05.18	00:56.07	00:57.19	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:56.00	03:00.00	02:40.00	02:44.00	02:19.06	02:21.90	02:02.42	02:04.87	200 Backstroke
50 Breaststroke	01:00.00	01:01.00											50 Breaststroke
100 Breaststroke	02:10.00	02:12.00	01:42.00	01:44.00	01:34.00	01:36.00	01:25.00	01:27.00	01:12.28	01:13.75	01:03.05	01:04.31	100 Breaststroke
200 Breaststroke			03:36.00	03:40.00	03:20.00	03:24.00	03:02.00	03:06.00	02:38.21	02:41.44	02:17.47	02:20.22	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:06.00	02:08.00	01:34.00	01:36.00	01:22.00	01:24.00	01:14.00	01:16.00	01:01.55	01:02.81	00:55.37	00:56.48	100 Butterfly
200 Butterfly			03:24.00	03:28.00	03:00.00	03:04.00	02:44.00	02:48.00	02:20.66	02:23.53	02:03.10	02:05.56	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:12.00	03:16.00	02:56.00	03:00.00	02:42.00	02:46.00	02:19.47	02:22.32	02:04.49	02:06.98	200 Individual Medley
400 Individual Medley			06:40.00	06:48.00	06:08.00	06:16.00	05:40.00	05:48.00	04:59.70	05:05.82	04:26.27	04:32.05	400 Individual Medley



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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."