



# ISC MEDLEY CHALLENGE



## May 24 - 26, 2024

Hosted by: Island Swimming Club

Location: Victoria, BC

Dates: May 24 - 26, 2024

### Age Groups:

- Individual Events: 12&U; 13&14; 15&O

### Timed Final (TF) Events:

- 50m Back, Breast, Fly
- 4 x 100m Free Relay, 4 x 100m Medley Relay

### Prelims/Final Events:

- 50m, 100m, 200m & 400m Free
- 100m & 200m Back, Breast, Fly
- 200m & 400m IM

### Qualification Requirements:

- 1 VIR qualification = 7 swims & 2 relays



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Sanctioned by Swim BC: 41852

Island Swimming Club would like to acknowledge that the District of Saanich lies within the territories of the lək'wəḡən peoples represented by the Songhees and Esquimalt Nations and the W SÁNEĆ peoples represented by the W JOŁŁLP (Tsartlip), BOKEĆEN (Pauquachin), SʔÁUTW (Tsayout), W SIKEM (Tsecum) and MÁLEXEŁ (Malahat) Nations.

Date:	May 24-26, 2024
Host:	Island Swimming Club
Venue:	Saanich Commonwealth Place (SCP) 4636 Elk Lake Drive Victoria, BC V8Z 7K2
Pool	One 50-meter, 8-lane pool Quantum Timing System. Three (3) lane dive tank/shallow end will be available for warm-up/cool-down.

Head Coach	Lucien Zucchi <a href="mailto:Lucien.Zucchi@islandswimming.com">Lucien.Zucchi@islandswimming.com</a>
Meet Manager	Jacqueline Boone <a href="mailto:meetmanager@islandswimming.com">meetmanager@islandswimming.com</a>
Meet Referee	Brian Bikadi
Officials Coordinator	<a href="mailto:officials@islandswimming.com">officials@islandswimming.com</a>
Meet Administrator	Riley Janes <a href="mailto:riley.janes@islandswimming.com">riley.janes@islandswimming.com</a>

### 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 Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

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### ELIGIBILITY:

1. All swimmers must be registered properly with Swimming Canada/Swim BC, or other World Aquatics-affiliated organization.
2. Age group is determined by the age of the swimmer as of May 24, 2024.
3. Qualifying time standards for events follow the 2023-2024 Vancouver Island Regional (VIR) Standards.
4. Any event that is not a Timed Final and 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 World Aquatics FR2.3 and SW 4.1.
3. Fly over starts will be used at the discretion of the Meet Referee.
4. Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
5. Age Groups for all events (including Relays): 12&U, 13-14, 15&O.
6. All swimmers are allowed to race in swimwear of their choice at competitions sanctioned Swim BC. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed buoyancy or endurance.
7. Technical bulletins and updates will be posted at Clerk of Course.
8. Guardians are not permitted on deck unless volunteering for that session.  
**ALL photographers and videographers** 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.
9. All participants are to respect the facility rules including: no food on deck, no deck changing and no outside shoes on deck.
10. Teams are expected to keep their respective areas clean, including at the conclusion of each session.

12. 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 \$90 per swimmer (which includes a \$5.00 SCP Facility Enhancement fee) and \$15 per relay event.
2. Additional fees per swimmer: \$5.00 for a Swim BC Competition Surcharge.
3. Entry deadline is May 13, 2024 at 12:00 Noon.
4. Scratch deadline is May 16, 2024 at 12:00 Noon (no refunds past this date unless with medical note).
5. Late entries will be considered at the discretion of the Meet Manager
6. All scratches and changes to entries must be emailed to the Meet Administrator.
7. Entry fees are due by the beginning of the meet to the Clerk of Course by cheque made payable to Island Swimming Club, by e-transfer to [adminoffice@Islandswimming.com](mailto:adminoffice@Islandswimming.com) or by credit card payment.
8. Swimmers are limited to a maximum of 7 individual events and 2 relays.
9. The total number of swimmers attending the meet will be limited to 350 swimmers to ensure reasonable session lengths. Priority for entries will be given to those teams that have reserved space in the meet. The 350th swimmer's team will be the last team entered. Teams will be notified after the entry deadline if entries cannot be accepted.
10. Management reserves the right to limit the number of heats in any event to maintain reasonable timelines and teams will be notified if entries cannot be accepted after the entry deadline.
11. All entries must have an LCM entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted. If a swimmer wishes to swim an event without an entry time the swimmers coach should estimate a time for seeding purposes.
12. Entries with entry times must be submitted through the Swimming Canada website by the entry deadline.
13. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes but no new heats will be created.
14. 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.
15. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration,

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### INDIVIDUAL EVENTS

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Finals for these events will be swum by age group.
2. For events with finals there will be an A final only. Finals may be combined at the discretion of Meet Management.
3. There will be no 1500 Free or 800 Free offered.
4. 50 Back, 50 Breast, 50 Fly and relays will be swum as timed final events.
5. Backstroke ledges will be used during all Sessions.

### RELAY EVENTS

1. All relay events are Timed Finals (TF) and will be swum OPEN age category.  
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.
2. Names and all relay changes must be submitted to the clerk of the course no later than 30 minutes after the conclusion of the prelim session in which the event is swum (excluding Timed Final events).

### SCRATCHES:

1. All scratches and changes to entries must be emailed to the Meet Administrator before the scratch deadline in order 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 (<https://swimbc.ca/wp-content/uploads/2021-10-28-Scratch-Procedures.pdf>)
3. The scratch deadline for events with Finals is 30 minutes after the conclusion of the preliminary session in which the event is swum (excluding Timed Final events).

including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.

### AWARDS AND PRIZES:

1. There will be a prize for the top finisher for each age/gender in both the 200 IM and 400 IM.
2. Every heat winner from preliminaries will win a prize.
3. The winner of the 13 & 14 100 Fly events will receive a prize.

### ELIMINATOR

1. Times swum during the Eliminator will be official.
2. Entry into the Eliminator is by invitation only. All swimmers entered in the 200m are automatically considered for the Eliminator. Spots will be offered to the top 8 swimmers in each age/gender group, 1 entry per team. All entry times will be verified. The selected swimmers will be notified of their chance to swim the event after the initial entry deadline. Max 2 entries per team if required to fill lanes.
3. The format will consist of four 50m (4 x 50) walk-backs on 90-120 seconds (estimated). The stroke for each heat will be randomly chosen prior to each 50m and will be clearly displayed and/or announced. Each stroke will be swum once.
4. Eight swimmers will start the first heat. The last two swimmers to touch the wall after each 50m will be eliminated until there are two swimmers remaining. The final two swimmers will swim head-to-head to determine the winner of the Eliminator.
5. Swimmers remain in the same lane throughout the event.
6. In the event of a tie, both swimmers will move on to the next round and three swimmers will be eliminated in the end of that round. If a tie occurs between the two swimmers in the final round, they will immediately swim another 50m of the same stroke to determine the winner.



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## Schedule of Events

Friday May 24: Session 1		
Warm Up:	4:00 pm – 4:50 pm	
Start:	5:00 pm – 8:00 pm	
Girls	Events	Boys
201 - 204	12&U Medley Eliminator	205 - 208
1	50 Free (Prelim)	2
3	50 Fly (TF)	4
5	400 IM (Prelim)	6
7	50 Breast (TF)	8
9	50 Back (TF)	10

Saturday May 25: Session 2		
Warm Up:	7:30 am – 8:20 am	
Start:	8:30 am – 1:30 pm	
Girls	Events	Boys
11	200m Breast (Prelim)	12
13	100m Fly (Prelim)	14
15	200m Free (Prelim)	16
17	100m Back (Prelim)	18
19	200m IM (Prelim)	20
21	4x100m Free Relay (TF)	22

Saturday May 25: Session 3		
Warm Up:	4:00 pm – 4:50 pm	
Start:	5:00 pm – 8:00 pm	
Girls	Events	Boys
209 – 212	13 & 14 Medley Eliminator	213-216
1	50m Free	2
11	200m Breast	12
13	100m Fly	14
15	200m Free	16
17	100m Back	18
19	200m IM	20

Sunday May 26: Session 4		
Warm Up:	7:30 AM - 8:20 AM	
Start:	8:30 AM – 1:30 PM	
Girls	Events	Boys
23	200m Fly (Prelim)	24
25	100m Breast (Prelim)	26
27	200m Back (Prelim)	28
29	100m Free (Prelim)	30
31	400m Free (Prelim)	32
33	4 x 100 Medley Relay	34

Sunday May 26: Session 5		
Warm Up:	3:30 PM – 4:20 PM	
Start:	4:30 PM – 7:30 PM	
Girls	Events	Boys
217-220	15&O Medley Eliminator	221-224
5	400m IM	6
23	200m Fly	24
25	100m Breast	26
27	200m Back	28
29	100m Free	30
31	400m Free	32



# 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.

#### **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.”**

## Saanich Commonwealth Place (SCP) Aquatic Event Facility Host Requirements

Saanich Commonwealth Place is proud to host High Performance, Community and School Aquatic Events. Our goal is to continue the legacy of the 1994 Commonwealth Games where competitive and high performance athletes can combine with recreational users in a common athletic facility and strive to meet their personal best. We hope that while you visit our world class facility your coaches, athletes, officials, and volunteers take pride in being a part of this legacy and help us in creating a safe, diverse, and inclusive environment by respecting the following standards:

**Coaches and officials are asked to model and encourage facility standards throughout the duration of the event.**

- Observing the Visitor Code of Conduct while in Saanich Recreation Facilities
- Removing street/outdoor shoes prior to going onto the pool deck: This includes athletes, coaches, officials, and volunteers. Clean nonslip deck shoes can be worn.
- Food is not permitted on the pool deck. Garbage, recycling, and compost centres are available for use in many areas of the building.
- Per Swim BC Warm-Up Safety Procedures, Athletes must enter the pool feet first in a cautious manner and exit the pool via the side lanes to ensure safety and protect the integrity of the equipment.
- Athletes are required to swim under the lane ropes (not over) to protect the integrity of the equipment.
- Swimming Canada and SCP would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available.
- Glass bottles are not permitted on the pool deck or in changerooms.
- The CRD Parks Bylaw prohibits smoking (including e-cigarettes/vapes/cannabis),
- Alcohol is not permitted without appropriate permits and licenses.
- Athletes need to dry off and wear proper footwear while in lobby areas and café.
- Saanich staff are solely responsible for, moving and maintaining technical equipment. Unless discussed prior to event.
- In the event of an emergency, event organizers and volunteers are asked to follow the directions of Saanich staff and assist with these procedures.
- Visiting Clubs who wish to request practice time prior to an event must do so in advance. Any available water will be assigned on a first come first serve basis unless otherwise arranged by event host. **Athletes and coaches attending public lane times is not permitted.**