



VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

JUNE 5-7, 2015

SAANICH COMMONWEALTH PLACE

4636 Elk Lake Road, Saanich, BC

(250) 475-7600

HOSTED BY: ISLAND SWIMMING CLUB

Sanctioned by SwimBC: #17884

Meet Manager: Sheila Boire
meetmanager@islandswimming.com

Pool: 50m competition pool, 25m warmup pool
Electronic timing system and scoreboard
Coffee Shop on site

DAY	PRELIMINARY SESSIONS		FINAL SESSIONS	
	WARM-UPS	HEATS	WARM-UPS	FINALS
FRIDAY, JUNE 5, 2015	9:00 - 9:50AM	10:00AM	5:00 - 5:50PM	6:00PM
SATURDAY, JUNE 6, 2015	8:00 - 8:50AM	9:00AM	5:00 - 5:50PM	6:00PM
SUNDAY, JUNE 7, 2015	8:00 - 8:50AM	9:00AM	4:00 - 4:50PM	5:00PM

Eligibility

- Registered members of clubs of the Vancouver Island Regional Swimming Association. Clubs from outside the Region may be considered (depending on number of entries) but will not be eligible to swim "A" finals.
- All swimmers must be registered with Swim BC or FINA affiliated clubs.
- Age groups are based on the age of the swimmers as of the first day of competition.
- Qualifying times for individual events are Regional Short Course and Long Course Standards. (See attached Time Standards)
- Entry times are to be submitted in long course meters established to a hundredth of a second. Short course times converted by either HyTek Team Manager or TeamUnify will be accepted. All times will be verified.
- Saanich Commonwealth Place requires a \$5.00/ swimmer Facility Enhancement Fee and Swim BC requires a \$4.00/swimmer Provincial Team Splash Fee.
- Please make cheques for the total amount, including all individual and relay entries, and SwimBC and SCP facility fees, payable to **Island Swimming Club**.
- The No Charge Scratch Deadline is noon **Tuesday, June 2, 2015**. Email scratches to meetmanager@islandswimming.com
- Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.
- Meet Management reserves the right to double end any sessions of the meet and/or double lane events as necessary. The decision to double end sessions and/or double lane events will be made after the entry deadline, May 27, 2015.
- Deck entries will be permitted to fill empty lanes however no new heats will be created. All deck entries **must** include the swimmer's correct SNC ID and DOB for swimmers not already in the meet. Deck entry fees are:
 - Individual Events: \$11.00/event
 - Relays: \$11.00/eventPayment for all deck entries must be made to the Clerk of Course **before** the swimmer/relay team enters the pool.

Entries & Deadlines

- Entry Deadline: Meet entries must be uploaded to www.swimming.ca/MeetList.aspx no later than midnight **Wednesday, May 27, 2015**. Entries sent directly to the Meet Manager will not be accepted.
- Entry Fees: Must be received by Meet Management at the Clerk of Course desk prior to the start of Friday Prelim warm-ups.
 - Individual Events: \$9.00/event
 - Relays: \$9.00/event



*Island Swimming Club is a non-profit society
proudly supported by funds from BC LOTTERY CORPORATION*



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Individual Events

1. To be eligible to enter an individual event, a swimmer must have equaled or bettered the qualifying time for that event in a sanctioned race after September 1, 2013.
2. Swimmers may enter a maximum of **NINE** events.
3. All nonqualified swims must have a minimum Provincial A/ Regional 10&U A qualifying time.
 - a. Free swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of **SIX** events:
 - 1 qualifying standard - up to 5 free swims
 - 5 qualifying standards – 1 free swim
 - b. To enter more than 6 events, the swimmer must have qualifying times in all events entered.
4. Age groups for individual events are as follows: 10&Under, 11, 12/13, 14/15, 16&Over.
5. Competitors may swim in any age group in which they meet the qualifying standard; however, swimmers cannot compete in the same event in more than one age group. **Meet Management must be notified of swimmers who will swim up an age group before the meet entry deadline of Wednesday, May 27, 2015.**

Relay Events

1. A club may enter a maximum of 3 relay teams per relay event. Only A and B relay teams from VIR teams will be eligible for scoring.
2. There are no qualifying times for relays; however, times should be submitted for seeding purposes.
3. Swimmers participating in relay events only must be identified on the entry file as "RELAY ONLY SWIMMER".
4. If association clubs are entering this meet as members of their respective clubs, then they must compete on their club relay teams, not as members of association relay teams.
5. Club Relay Championship must consist of 8 swimmers: one female and one male from 11&U, 12/13, 14/15, 16+. Swimmers can move up an age group **ONLY** if their club has no swimmers entered in the meet in that age group. **Note that this is a CLUB relay and therefore no association teams.**
6. Relay swimmer names **MUST** be submitted with the entry file. For relay events that occur in a Preliminary session, relay swimmer name and order changes must be submitted at least 45 minutes prior to the start of the session in which the relay event occurs. For relay events that occur in a Final session, relay swimmer name and order changes must be submitted no later than 30 minutes after the Prelim session on the day of the relay event.

Meet Rules

1. SNC's current swimsuit policy will be in effect.
2. SNC Warmup Procedures will be in effect at this meet and will be enforced. (See attached SNC Warmup Procedures)

Para-swimming Information

1. This meet does not have IPC sanctioning.
2. Para Swimmer entries must include each swimmer's complete classification with all three (3) designations: an S class, an SB class, and an SM class.
3. Para swimmers must be licensed by IPC Swimming and have a Provincial Classification designation to be eligible to compete in the meet. Licensing and classification information is available at <https://swimming.ca/paraswimmingclassification>
4. Eligible classes include S1-S10, S11-13 and S14.
5. Para Swimming events are Open Age Group and will run as multi-disability. There are no minimum qualifying standards for Para Swimmers.
6. Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
7. Para Swimmers may enter able-bodied events as per SwimBC policy. Coaches are asked to limit these additional events to those that correspond with their swimmers' classification as per SNC events.
8. Events with eight (8) or fewer splashes per gender will swim as Timed Finals in the Preliminary sessions; events with nine (9) or more splashes will swim heats and finals.
9. Event winners will be determined by using the male and female SNC Performance Points Charts.
10. All Para Swimming events, both timed finals and finals, will have awards. Awards will be given for 1st, 2nd and 3rd on a minus one rule: 4 or more swimmers = 3 awards ... 1 swimmer = no awards.
11. The most current SNC Performance Charts will be used to determine the ranking in all multi-disability events.

10 & Under Events

1. All 10&U individual events will be timed finals, senior seeded, swum slowest to fastest, mixed boys and girls, EXCEPT for the 200 IM, 100 Back, 200 Free, and 100 Breast which will be swum as heats and finals (top 8) for boys and girls (separately) and will be circle seeded during heats.
2. All individual events will be awarded separately (boys and girls).
3. The 400 Free will be held as a mixed timed finals event, senior seeded, and will be limited to four (4) heats.

11 & Over Events

1. All 11&Over individual events 200m or less will be circle seeded, swum slowest to fastest, and in open age groups. Finals will swim in age groups: 11, 12/13, 14/15 and 16&Over.
2. Timed Final events will be senior seeded. The 11&Over 50m back, breast and butterfly events will be swum as Timed Finals.
3. There will be Consolation (B) Finals in 16&Over events that have 24 or more entries at the entries deadline. Positive check

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in will be used for events with B Finals and the B Final will swim before the A Final.

4. With the exception of 800m and 1500m events, all events will be swum slowest to fastest.
5. The 11&Over 400m events may be limited to seven (7) heats consisting of the swimmers with the top 28 entry times in each age category.
 - a. These events will be run as Timed Finals (senior seeded) with the top eight (8) swimmers (girls heat and boys heat regardless of age) swimming in the evening final.
 - b. Positive check in required for top eight (8) swimmers no later than 10 AM on the day of the event.
6. The 11&Over 800 and 1500 free events will be conducted as Timed Finals and may be limited to four (4) heats each.
 - a. The top eight (8) in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age.
 - b. These events may be swum with two (2) swimmers per lane. **Swim clubs are responsible for providing one timer for each swimmer from their club who participates in these events.**
 - c. Swimmers will be seeded by time but awarded by age group. These events will be swum from fastest to slowest alternating 800 and 1500.
 - d. Meet Management reserves the right to swim the fastest heat of the Girls 800 and the Boys 1500 free events during Finals on Friday June 5, 2015. This decision will be made after the entry deadline, May 27, 2015.
 - e. There will be positive check in for the 11&Over 800m and 1500m events no later than 11 AM Friday June 5, 2015.
7. If necessary, any entries in excess of the heats permitted as outlined above will be notified and entry fees will be refunded.

Officials

VIR Championships are offered as a cooperative effort with officials participating from all clubs. Each participating club is expected to provide officials for all sessions. Please send names of your officials to Brian Bikadi: officials@islandswimming.com

Awards

Individual Events:

1. Medals will be presented for places first, second and third for 13&Under categories only.
2. Ribbons will be presented for places fourth through eighth (13&Under) and first through eighth (14&Over).

Relays:

1. Medals will be presented to the first place team for ages 14&Under.
2. Ribbons will be presented to second and third place teams (14&Under) and first through third (15&Over).

Scoring

1. Scoring of VIR teams will be as follows:
 - a. Individual and Relay events: 50-30-20-15-14-13-12-11.
 - b. Consolation Finals will not be scored.
 - c. Para events will not be scored.

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Friday June 5, 2015

Schedule of Events

Female	Preliminary Session Warm Up: 9:00-9:50 Start: 10:00	Male
1	11&Over 50 Free	2
3	11&Over 100 Breast	4
101	Para (S1-S14) 100 Breast^	102
5	11&Over 200 IM	6
103	Para (S1-S14) 50 Fly^	104
7	11&Over 50 Fly TF	8
201	Mixed 10&Under 400 Free TF	201
9	11&Over 800 Free TF*	10
11	11&Over 1500 Free TF*	12
Female	Finals Sessions Warm Up: 5:00-5:50 Start: 6:00	Male
13	11/12 200 Medley Relay	14
15	13/14 200 Medley Relay	16
17	15&Over 200 Medley Relay	18
	50 Free Finals**	
	100 Breast Finals**	
	200 IM Finals**	

Saturday June 6, 2015

Schedule of Events

Female	Preliminary Session Warm Up: 8:00-8:50 Start: 9:00	Male
202	Mixed 10&Under 200 Medley Relay	202
19	11&Over 400 IM TF (slower heats)	20
203	Mixed 10&Under 100 Free TF*** (To swim between events 19 and 20)	203
204	10&Under 100 Back	205
105	Para (S1-S14) 100 Back^	106
21	11&Over 100 Back	22
206	Mixed 10&Under 50 Breast TF	206
23	11&Over 50 Breast TF	24
25	11&Over 200 Breast	26
207	Mixed 10&Under 100 Fly TF	207
107	Para (S1-S14) 100 Free^	108
27	11&Over 100 Fly	28
208	10&Under 200 IM	209
109	Para (S1-S14) 150/200 IM^	110
29	11&over 200 Free	30

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Saturday June 6, 2015

Schedule of Events Continued

Female	Finals Sessions Warm Up: 5:00-5:50 Start: 6:00	Male
31	8 x 50 Club Relay Championship	31
	10&Under 200 IM Finals	
	11&Over 400 IM TF (fastest heat)	
	10&Under 100 Back Finals	
	11&Over 100 Back Finals**	
	11&Over 200 Breast Finals**	
	11&Over 100 Fly Finals**	
	11&Over 200 Free Finals**	

Sunday June 7, 2015

Schedule of Events

Female	Preliminary Session Warm Up: 8:00-8:50 Start: 9:00	Male
210	Mixed 10&Under 200 Free Relay	210
111	Para (S1-S14) 50 Free^	112
33	11&Over 400 Free TF	34
211	10&Under 200 Free*** To swim between events 33 and 34	212
213	Mixed 10&Under 50 Back TF	213
113	Para (S1-S14) 50 Back^	114
35	11&Over 50 Back TF	36
37	11&Over 200 Back	38
214	Mixed 10&Under 50 Fly TF	214
39	11&Over 200 Fly	40
215	Mixed 10&Under 50 Free TF	215
41	11&Over 100 Free	42
216	10&Under 100 Breast	217
Female	Finals Sessions Warm Up: 4:00-4:50 Start: 5:00	Male
43	11/12 200 Free Relay	44
45	13/14 200 Free Relay	46
47	15&Over 200 Free Relay	48
	10&U 200 Free Finals	
	11&Over 400 Free TF (fastest heat)	
	10&Under 100 Breast Final	
	11&Over 200 Back**	
	11&Over 200 Fly**	
	11&Over 100 Free**	

* These events will be swum fastest to slowest alternating 800 and 1500 events

** Finals will be by age group: 11, 12/13, 14/15, 16&Over

***To be swum between the Female and Male 11&Over events as listed

^Finals may include Para events depending on the number of splashes



SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

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 tank and when applicable, similarly situated in designated warm-up tanks 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.

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 WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”



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Hotel Information

**TEAM UP WITH
ACCENT INNS**

**ISLAND SWIMMING
TOURNAMENT RATES 2014/2015**

Accent Inn - Victoria	
Oct 1/14 - Feb 28/15	\$82 s/d/t/q
Mar 1/15 - May 31/15	\$92 s/d/t/q
June 1 - June 20/15	\$112 s/d/t/q

Subject to availability and taxes. Rates are in Canadian Funds.
Kitchen Units - \$10 surcharge
3 1/2 Star Canadian Select

AMENITIES INCLUDE:

- * Free Continental Breakfast
- * Complimentary In Room Coffee & Tea
- * Free Wireless Internet
- * Free Local Calls & Voice Mail
- * Guest Coin Laundry
- * Free Parking for Cars & Buses

Call or email Donna Price at: 1-800-663-0298 dprice@accentinns.com

Ask for the Island Swimming Rates or the Hotel direct at: 250-475-7500

mstevens@accentinns.com

3233 Maple St, Victoria BC V8X 4Y9

All Accent Inns have been awarded Trip Advisor's Certificate of Excellence



Victoria • Richmond • Burnaby • Kelowna • Kamloops 1-800-663-0298 • www.accentinns.com



Vancouver Island Regionals
Swim Meet



June 5-7, 2015

Room Types	Room Rate
Standard Room 1 or 2 queen beds	\$114
Poolside Room with 2 queen beds	\$134
One Bedroom Suite	\$134
Junior Suite (Pet Friendly)	\$114
Full-Kitchen Suite (Pet Friendly)	\$154

Rates are quoted in Canadian Funds and do not include applicable taxes.
Please specify at time of booking if bringing a pet, \$15.00/night pet fee applies.
Rooms suited from single to quad occupancy.

We offer complimentary parking and wireless internet!
In room amenities include mini fridge, microwave, and coffee maker.

Phone 1-866-300-4656 and ask for the swim meet rate.
Please quote your **group code: VI04** when making your booking.
We look forward to seeing you soon!

4670 Elk Lake Dr - Victoria BC - V8Z 5M2 - Tel 250.704.4656 - Fax 250.704.4655 - Email suites@hojovictoria.ca



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Women

SHORT COURSE					LONG COURSE				
10&U	AAA	AA	VIR	A	10&U	AAA	AA	VIR	A
50 Free	0:38.63	n/a	0:42.11	0:46.32	50 Free	0:39.40	n/a	0:42.96	0:47.25
100 Free	1:24.69	n/a	1:32.31	1:41.54	100 Free	1:26.38	n/a	1:34.16	1:43.58
200 Free	3:06.09	n/a	3:22.84	3:43.12	200 Free	3:09.82	n/a	3:26.90	3:47.59
400 Free	6:30.84	n/a	7:06.01	7:48.61	400 Free	6:38.65	n/a	7:14.53	7:57.99
50 Back	0:45.65	n/a	0:49.75	0:54.73	50 Back	0:46.56	n/a	0:50.75	0:55.83
100 Back	1:36.97	n/a	1:45.69	1:56.26	100 Back	1:38.90	n/a	1:47.80	1:58.58
50 Breast	0:50.16	n/a	0:54.67	1:00.14	50 Breast	0:51.16	n/a	0:55.77	1:01.35
100 Breast	1:48.03	n/a	1:57.75	2:09.53	100 Breast	1:50.20	n/a	2:00.11	2:12.12
50 Fly	0:46.78	n/a	0:51.46	0:56.61	50 Fly	0:47.72	n/a	0:52.49	0:57.74
100 Fly	1:43.29	n/a	1:52.58	2:03.84	100 Fly	1:45.36	n/a	1:54.84	2:06.32
100 IM	1:35.94	n/a	1:45.54	1:56.09	100 IM	n/a	n/a	n/a	n/a
200 IM	3:28.58	n/a	3:47.35	4:10.08	200 IM	3:32.75	n/a	3:51.90	4:15.09
SHORT COURSE					LONG COURSE				
11&U	AAA	AA	VIR	A	11&U	AAA	AA	VIR	A
50 Free	0:33.13	0:35.12	0:36.00	0:38.28	50 Free	0:33.80	0:35.82	0:36.72	0:39.05
100 Free	1:12.64	1:16.99	1:18.91	1:23.92	100 Free	1:14.09	1:18.53	1:20.49	1:25.60
200 Free	2:39.60	2:49.17	2:53.40	3:04.40	200 Free	2:42.79	2:52.56	2:56.87	3:08.09
400 Free	5:35.19	5:55.31	6:04.19	6:27.28	400 Free	5:41.90	6:02.41	6:11.47	6:35.03
800 Free	11:30.13	12:11.54	12:29.83	13:17.38	800 Free	11:43.93	12:26.17	12:44.82	13:33.32
50 Back	0:39.15	0:41.50	0:42.54	n/a	50 Back	0:39.93	0:42.33	0:43.39	n/a
100 Back	1:23.16	1:28.15	1:30.35	1:36.08	100 Back	1:24.82	1:29.91	1:32.16	1:38.00
200 Back	2:56.28	3:06.86	3:11.53	3:23.67	200 Back	2:59.80	3:10.59	3:15.35	3:27.75
50 Breast	0:43.02	0:45.60	0:46.74	n/a	50 Breast	0:43.88	0:46.51	0:47.67	n/a
100 Breast	1:32.65	1:38.21	1:40.67	1:47.05	100 Breast	1:34.51	1:40.18	1:42.68	1:49.19
200 Breast	3:18.20	3:30.09	3:35.34	3:49.00	200 Breast	3:22.16	3:34.29	3:39.65	3:53.58
50 Fly	0:40.12	0:42.53	0:43.59	n/a	50 Fly	0:40.92	0:43.38	0:44.46	n/a
100 Fly	1:28.59	1:33.90	1:36.25	1:42.35	100 Fly	1:30.36	1:35.78	1:38.17	1:44.40
200 Fly	3:27.44	3:39.89	3:45.39	3:59.68	200 Fly	3:31.59	3:44.29	3:49.90	4:04.48
200 IM	2:58.88	3:09.62	3:14.36	3:26.68	200 IM	3:02.46	3:13.41	3:18.25	3:30.82
400 IM	6:29.33	6:52.69	7:03.01	7:29.83	400 IM	6:37.11	7:00.94	7:11.46	7:38.83
SHORT COURSE					LONG COURSE				
12-13	AAA	AA	VIR	A	12-13	AAA	AA	VIR	A
50 Free	0:29.86	0:31.65	0:32.44	0:34.50	50 Free	0:30.46	0:32.28	0:33.09	0:35.19
100 Free	1:05.33	1:09.25	1:10.98	1:15.48	100 Free	1:06.64	1:10.64	1:12.41	1:16.99
200 Free	2:21.84	2:30.35	2:34.11	2:43.88	200 Free	2:24.67	2:33.35	2:37.18	2:47.16
400 Free	4:59.12	5:17.06	5:24.99	5:45.60	400 Free	5:05.10	5:23.41	5:31.50	5:52.51
800 Free	10:25.96	11:03.52	11:20.11	12:03.24	800 Free	10:38.48	11:16.79	11:33.71	12:17.70
50 Back	0:34.99	0:37.09	0:38.02	n/a	50 Back	0:35.69	0:37.83	0:38.78	n/a
100 Back	1:14.33	1:18.79	1:20.76	1:25.88	100 Back	1:15.81	1:20.36	1:22.37	1:27.59
200 Back	2:39.57	2:49.14	2:53.37	3:04.37	200 Back	2:42.76	2:52.53	2:56.84	3:08.05
50 Breast	0:38.91	0:41.24	0:42.27	n/a	50 Breast	0:39.69	0:42.07	0:43.12	n/a
100 Breast	1:23.80	1:28.83	1:31.05	1:36.82	100 Breast	1:25.47	1:30.60	1:32.86	1:38.76
200 Breast	3:00.61	3:11.45	3:16.24	3:28.68	200 Breast	3:04.22	3:15.28	3:20.16	3:32.85
50 Fly	0:33.98	0:36.02	0:36.92	n/a	50 Fly	0:34.66	0:36.74	0:37.66	n/a
100 Fly	1:15.03	1:19.53	1:21.52	1:26.69	100 Fly	1:16.53	1:21.13	1:23.16	1:28.43
200 Fly	2:51.25	3:01.52	3:06.06	3:17.86	200 Fly	2:54.67	3:05.15	3:09.78	3:21.82
200 IM	2:40.07	2:49.67	2:53.91	3:04.94	200 IM	2:43.27	2:53.06	2:57.39	3:08.64
400 IM	5:41.79	6:02.30	6:11.36	6:34.91	400 IM	5:48.63	6:09.55	6:18.79	6:42.81
SHORT COURSE					LONG COURSE				
14-15	AAA	AA	VIR	A	14-15	AAA	AA	VIR	A
50 Free	0:28.67	0:30.39	0:31.15	0:33.12	50 Free	0:29.24	0:30.99	0:31.76	0:33.78
100 Free	1:02.21	1:05.94	1:07.59	1:11.87	100 Free	1:03.45	1:07.26	1:08.94	1:13.31
200 Free	2:14.78	2:22.87	2:26.44	2:35.73	200 Free	2:17.48	2:25.73	2:29.37	2:38.84
400 Free	4:45.26	5:02.37	5:09.93	5:29.59	400 Free	4:50.96	5:08.42	5:16.13	5:36.18
800 Free	9:53.95	10:29.58	10:45.32	11:26.24	800 Free	10:05.82	10:42.17	10:58.22	11:39.97
50 Back	0:33.36	0:35.36	0:36.24	n/a	50 Back	0:34.03	0:36.07	0:36.97	n/a
100 Back	1:10.86	1:15.12	1:17.00	1:21.88	100 Back	1:12.28	1:16.62	1:18.54	1:23.51
200 Back	2:32.14	2:41.26	2:45.29	2:55.78	200 Back	2:35.18	2:44.49	2:48.60	2:59.29
50 Breast	0:37.43	0:39.68	0:40.67	n/a	50 Breast	0:38.18	0:40.47	0:41.48	n/a
100 Breast	1:20.61	1:25.45	1:27.59	1:33.14	100 Breast	1:22.23	1:27.16	1:29.34	1:35.01
200 Breast	2:53.26	3:03.65	3:08.24	3:20.18	200 Breast	2:56.72	3:07.33	3:12.01	3:24.19
50 Fly	0:31.87	0:33.78	0:34.62	n/a	50 Fly	0:32.51	0:34.46	0:35.32	n/a
100 Fly	1:10.37	1:14.59	1:16.45	1:21.30	100 Fly	1:11.77	1:16.08	1:17.98	1:22.93
200 Fly	2:40.34	2:49.96	2:54.21	3:05.26	200 Fly	2:43.55	2:53.36	2:57.69	3:08.97
200 IM	2:32.35	2:41.50	2:45.54	2:56.03	200 IM	2:35.40	2:44.73	2:48.85	2:59.55
400 IM	5:25.45	5:44.98	5:53.60	6:16.03	400 IM	5:31.96	5:51.88	6:00.68	6:23.55
SHORT COURSE					LONG COURSE				
16&O	AAA	AA	VIR	A	16&O	AAA	AA	VIR	A
50 Free	0:28.53	0:30.24	0:31.00	0:32.96	50 Free	0:29.10	0:30.84	0:31.61	0:33.62
100 Free	1:01.49	1:05.18	1:06.81	1:11.05	100 Free	1:02.72	1:06.48	1:08.14	1:12.47
200 Free	2:13.69	2:21.71	2:25.25	2:34.46	200 Free	2:16.36	2:24.54	2:28.15	2:37.55
400 Free	4:41.50	4:58.39	5:05.85	5:25.24	400 Free	4:47.13	5:04.35	5:11.96	5:31.74
800 Free	9:53.95	10:29.58	10:45.32	11:26.24	800 Free	10:05.82	10:42.17	10:58.22	11:39.97
50 Back	0:32.97	0:34.94	0:35.81	n/a	50 Back	0:33.63	0:35.64	0:36.53	n/a
100 Back	1:10.03	1:14.23	1:16.09	1:20.91	100 Back	1:11.43	1:15.71	1:17.60	1:22.53
200 Back	2:30.85	2:39.90	2:43.90	2:54.29	200 Back	2:33.87	2:43.10	2:47.18	2:57.78
50 Breast	0:37.25	0:39.48	0:40.47	n/a	50 Breast	0:37.99	0:40.27	0:41.28	n/a
100 Breast	1:20.23	1:25.04	1:27.17	1:32.69	100 Breast	1:21.83	1:26.74	1:28.91	1:34.55
200 Breast	2:53.26	3:03.65	3:08.24	3:20.18	200 Breast	2:56.72	3:07.33	3:12.01	3:24.19
50 Fly	0:31.68	0:33.58	0:34.42	n/a	50 Fly	0:32.31	0:34.25	0:35.11	n/a
100 Fly	1:09.95	1:14.15	1:16.00	1:20.82	100 Fly	1:11.35	1:15.63	1:17.52	1:22.43
200 Fly	2:39.39	2:48.95	2:53.17	3:04.16	200 Fly	2:42.58	2:52.33	2:56.64	3:07.84
200 IM	2:32.04	2:41.16	2:45.19	2:55.66	200 IM	2:35.08	2:44.38	2:48.49	2:59.18
400 IM	5:23.74	5:43.17	5:51.75	6:14.05	400 IM	5:30.22	5:50.03	5:58.78	6:21.53

2014 / 2015 SwimBC & VIR standards

VIR Championships entry: 1 x VIR standard

SwimBC AA Championships entry: 2 x AA standards STROKE 50s DO NOT COUNT FOR ENTRY

SwimBC AAA Championships entry: 2 x AAA standards

Men



VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

JUNE 5-7, 2015

SAANICH COMMONWEALTH PLACE

4636 Elk Lake Road, Saanich, BC

(250) 475-7600

SHORT COURSE					LONG COURSE				
10&U	AAA	n/a	VIR	A	10&U	AAA	n/a	VIR	A
50 free	0:38.83	n/a	0:42.33	0:46.56	50 free	0:39.61	n/a	0:43.18	0:47.49
100 free	1:26.31	n/a	1:34.08	1:43.49	100 free	1:28.03	n/a	1:35.96	1:45.56
200 free	3:08.86	n/a	3:25.85	3:46.44	200 free	3:12.64	n/a	3:29.98	3:50.98
400 free	6:41.96	n/a	7:18.14	8:01.96	400 free	6:50.00	n/a	7:26.91	8:11.60
50 back	0:46.93	n/a	0:51.15	0:56.27	50 back	0:47.86	n/a	0:52.17	0:57.39
100 back	1:39.68	n/a	1:48.65	1:59.51	100 back	1:41.67	n/a	1:50.82	2:01.91
50 breast	0:52.59	n/a	0:57.32	1:03.05	50 breast	0:53.64	n/a	0:58.47	1:04.31
100 breast	1:53.27	n/a	2:03.45	2:15.80	100 breast	1:55.53	n/a	2:05.93	2:18.52
50 fly	0:48.31	n/a	0:52.67	0:57.93	50 fly	0:49.28	n/a	0:53.72	0:59.10
100 fly	1:46.69	n/a	1:56.28	2:07.91	100 fly	1:48.82	n/a	1:58.61	2:10.47
100 IM	1:39.15	n/a	1:48.79	1:59.67	100 IM	n/a	n/a	n/a	n/a
200 IM	3:34.51	n/a	3:53.82	4:17.20	200 IM	3:38.80	n/a	3:58.49	4:22.34

SHORT COURSE					LONG COURSE				
11&U	AAA	AA	VIR	A	11&U	AAA	AA	VIR	A
50 Free	0:33.30	0:35.30	0:36.18	0:38.48	50 Free	0:33.97	0:36.01	0:36.91	0:39.25
100 Free	1:14.02	1:18.46	1:20.42	1:25.53	100 Free	1:15.50	1:20.03	1:22.03	1:27.24
200 Free	2:41.97	2:51.69	2:55.98	3:07.14	200 Free	2:45.21	2:55.13	2:59.51	3:10.89
400 Free	5:44.74	6:05.42	6:14.56	6:38.31	400 Free	5:51.63	6:12.73	6:22.05	6:46.28
800 Free	12:10.76	12:54.60	13:13.97	14:04.32	800 Free	12:25.37	13:10.10	13:29.85	14:21.20
50 Back	0:40.24	0:42.66	0:43.73	n/a	50 Back	0:41.05	0:43.51	0:44.60	n/a
100 Back	1:25.49	1:30.62	1:32.89	1:38.77	100 Back	1:27.20	1:32.43	1:34.74	1:40.75
200 Back	3:03.03	3:14.01	3:18.86	3:31.47	200 Back	3:06.69	3:17.89	3:22.84	3:35.70
50 Breast	0:45.10	0:47.81	0:49.01	n/a	50 Breast	0:46.00	0:48.76	0:49.98	n/a
100 Breast	1:37.14	1:42.97	1:45.54	1:52.23	100 Breast	1:39.08	1:45.03	1:47.66	1:54.48
200 Breast	3:28.70	3:41.22	3:46.75	4:01.13	200 Breast	3:32.88	3:45.65	3:51.29	4:05.96
50 Fly	0:41.44	0:43.92	0:45.02	n/a	50 Fly	0:42.27	0:44.80	0:45.92	n/a
100 Fly	1:31.50	1:36.99	1:39.41	1:45.71	100 Fly	1:33.33	1:38.93	1:41.40	1:47.83
200 Fly	3:32.82	3:45.59	3:51.23	4:05.89	200 Fly	3:37.08	3:50.10	3:55.85	4:10.81
200 IM	3:03.97	3:15.01	3:19.89	3:32.56	200 IM	3:07.65	3:18.91	3:23.88	3:36.81
400 IM	6:32.33	6:55.87	7:06.27	7:33.29	400 IM	6:40.17	7:04.18	7:14.78	7:42.36

SHORT COURSE					LONG COURSE				
12-13	AAA	AA	VIR	A	12-13	AAA	AA	VIR	A
50 Free	0:29.30	0:31.06	0:31.84	0:33.86	50 Free	0:29.89	0:31.68	0:32.47	0:34.53
100 Free	1:04.47	1:08.33	1:10.04	1:14.48	100 Free	1:05.76	1:09.70	1:11.44	1:15.97
200 Free	2:20.42	2:28.85	2:32.57	2:42.25	200 Free	2:23.23	2:31.83	2:35.63	2:45.49
400 Free	5:01.63	5:19.73	5:27.72	5:48.51	400 Free	5:07.67	5:26.13	5:34.28	5:55.48
1500 Free	20:27.39	21:41.04	22:13.57	23:38.13	1500 Free	20:51.94	22:07.06	22:40.24	24:06.49
50 Back	0:35.06	0:37.16	0:38.09	n/a	50 Back	0:35.76	0:37.91	0:38.86	n/a
100 Back	1:14.48	1:18.94	1:20.91	1:26.05	100 Back	1:15.97	1:20.52	1:22.53	1:27.77
200 Back	2:39.48	2:49.05	2:53.28	3:04.26	200 Back	2:42.67	2:52.43	2:56.74	3:07.95
50 Breast	0:39.06	0:41.41	0:42.45	n/a	50 Breast	0:39.85	0:42.24	0:43.30	n/a
100 Breast	1:24.14	1:29.19	1:31.42	1:37.21	100 Breast	1:25.82	1:30.97	1:33.24	1:39.16
200 Breast	3:02.20	3:13.14	3:17.97	3:30.52	200 Breast	3:05.85	3:17.00	3:21.92	3:34.73
50 Fly	0:34.34	0:36.40	0:37.31	n/a	50 Fly	0:35.03	0:37.13	0:38.06	n/a
100 Fly	1:15.83	1:20.38	1:22.39	1:27.61	100 Fly	1:17.35	1:21.99	1:24.04	1:29.37
200 Fly	2:58.60	3:09.32	3:14.05	3:26.36	200 Fly	3:02.17	3:13.11	3:17.94	3:30.48
200 IM	2:39.98	2:49.57	2:53.81	3:04.84	200 IM	2:43.18	2:52.97	2:57.29	3:08.53
400 IM	5:46.30	6:07.08	6:16.26	6:40.11	400 IM	5:53.23	6:14.42	6:23.78	6:48.12

SHORT COURSE					LONG COURSE				
14-15	AAA	AA	VIR	A	14-15	AAA	AA	VIR	A
50 Free	0:26.45	0:28.03	0:28.73	0:30.56	50 Free	0:26.98	0:28.59	0:29.30	0:31.17
100 Free	0:57.92	1:01.39	1:02.92	1:06.92	100 Free	0:59.08	1:02.62	1:04.19	1:08.26
200 Free	2:06.33	2:13.90	2:17.25	2:25.96	200 Free	2:08.85	2:16.58	2:19.99	2:28.88
400 Free	4:29.79	4:45.98	4:53.13	5:11.72	400 Free	4:35.19	4:51.70	4:58.99	5:17.95
1500 Free	18:13.94	19:19.58	19:48.57	21:03.94	1500 Free	18:35.82	19:42.77	20:12.34	21:29.22
50 Back	0:31.27	0:33.15	0:33.98	n/a	50 Back	0:31.90	0:33.81	0:34.66	n/a
100 Back	1:06.44	1:10.42	1:12.18	1:16.76	100 Back	1:07.76	1:11.83	1:13.63	1:18.30
200 Back	2:23.28	2:31.88	2:35.68	2:45.55	200 Back	2:26.15	2:34.91	2:38.78	2:48.86
50 Breast	0:35.16	0:37.27	0:38.20	n/a	50 Breast	0:35.86	0:38.02	0:38.97	n/a
100 Breast	1:15.73	1:20.27	1:22.28	1:27.50	100 Breast	1:17.24	1:21.88	1:23.93	1:29.25
200 Breast	2:45.39	2:55.31	2:59.69	3:11.09	200 Breast	2:48.70	2:58.82	3:03.29	3:14.91
50 Fly	0:29.75	0:31.53	0:32.32	n/a	50 Fly	0:30.34	0:32.16	0:32.96	n/a
100 Fly	1:05.68	1:09.62	1:11.36	1:15.89	100 Fly	1:06.99	1:11.01	1:12.79	1:17.40
200 Fly	2:31.92	2:41.03	2:45.06	2:55.52	200 Fly	2:34.95	2:44.25	2:48.36	2:59.03
200 IM	2:24.46	2:33.13	2:36.96	2:46.91	200 IM	2:27.35	2:36.19	2:40.09	2:50.25
400 IM	5:08.28	5:26.78	5:34.95	5:56.19	400 IM	5:14.45	5:33.31	5:41.64	6:03.31

SHORT COURSE					LONG COURSE				
16&O	AAA	AA	VIR	A	16&O	AAA	AA	VIR	A
50 Free	0:26.06	0:27.62	0:28.31	0:30.11	50 Free	0:26.58	0:28.18	0:28.88	0:30.71
100 Free	0:56.78	1:00.19	1:01.69	1:05.61	100 Free	0:57.92	1:01.40	1:02.93	1:06.92
200 Free	2:04.96	2:12.46	2:15.77	2:24.38	200 Free	2:07.46	2:15.11	2:18.49	2:27.27
400 Free	4:24.26	4:40.12	4:47.12	5:05.33	400 Free	4:29.55	4:45.72	4:52.86	5:11.43
1500 Free	17:44.59	18:48.47	19:16.68	20:30.03	1500 Free	18:05.88	19:11.04	19:39.82	20:54.63
50 Back	0:30.32	0:32.14	0:32.94	n/a	50 Back	0:30.93	0:32.79	0:33.61	n/a
100 Back	1:04.42	1:08.28	1:09.99	1:14.43	100 Back	1:05.70	1:09.65	1:11.39	1:15.92
200 Back	2:19.96	2:28.35	2:32.06	2:41.71	200 Back	2:22.76	2:31.32	2:35.10	2:44.94
50 Breast	0:34.05	0:36.10	0:37.00	n/a	50 Breast	0:34.73	0:36.82	0:37.74	n/a
100 Breast	1:13.34	1:17.74	1:19.68	1:24.74	100 Breast	1:14.81	1:19.30	1:21.28	1:26.43
200 Breast	2:40.24	2:49.86	2:54.11	3:05.15	200 Breast	2:43.45	2:53.26	2:57.59	3:08.85
50 Fly	0:28.39	0:30.09	0:30.84	n/a	50 Fly	0:28.95	0:30.69	0:31.46	n/a
100 Fly	1:02.68	1:06.44	1:08.10	1:12.41	100 Fly	1:03.93	1:07.76	1:09.45	1:13.86
200 Fly	2:25.22	2:33.93	2:37.78	2:47.79	200 Fly	2:28.12	2:37.01	2:40.94	2:51.14
200 IM	2:18.83	2:27.16	2:30.84	2:40.41	200 IM	2:21.61	2:30.11	2:33.86	2:43.62
400 IM	4:59.63	5:17.61	5:25.55	5:46.20	400 IM	5:05.63	5:23.96	5:32.06	5:53.12

2014 / 2015 SwimBC & VIR standards

VIR Championships entry: 1 x VIR standard

SwimBC AA Championships entry: 2 x AA standards STROKE 50s DO NOT COUNT FOR ENTRY

SwimBC AAA Championships entry: 2 x AAA standards