



ISC MEDLEY CHALLENGE

May 24 – 26, 2019



Hosted by Island Swimming Club

May 24-26, 2019

Saanich Commonwealth Pool

Victoria, BC

Age Groups:

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

Timed Final Events:

- 50m Back, Breast, Fly
- 800m & 1500m Free
- 4x100m Free Relay; 4x100m Medley Relay

Prelims/Final Events:

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

Qualification Requirements:

- Minimum time standards for distance and 400m events:
 - 1500m Free: 21:30.00
 - 800m Free: 11:10.00
 - 400m Free: 5:30.00
 - 400m IM: 6:10.00



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Sanctioned by SWIM BC: #33884

DATE: May 24 – 26, 2019

HOST: Island Swimming Club

MEET MANAGER: Mathias Hulten:

meetmanager@islandswimming.com

MEET REFEREE: TBC

CLUB CONTACTS: Dave Tontini, Head Coach
Dave.Tontini@islandswimming.com
Brian Bikadi, Officials Coord
officials@islandswimming.com
Diana Shields, Meet Admin
meetadmin@islandswimming.com

Venue: Saanich Commonwealth Place,
4636 Elk Lake Drive, Victoria, BC
One 50-meter, 8-lane pool.
A portion of the 8-lane 25-meter dive tank will be available for warm-up/cool-down.
Meet will be set up as double ended however meet management reserves the right to amend from double to single ended pending entry numbers.

CHANGES THIS YEAR:

1. Age Grouping: Swimmers will be grouped: 12 & U; 13-14; 15&O
2. Except for the 400's, B Finals for events with over 24 swimmers per age category.
3. Added 4x100 Relays (timed finals) for Saturday and Sunday am sessions.

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 May 24, 2019.
3. For the 400/800/1500 Free and IM events, swimmers must have a minimum time of:
1500m Free: 21:30.00
800m Free: 11:10.00
400m Free: 5:30.00
400m IM: 6:10.00
4. Island Swimming reserves the right to enter ISC swimmers into events regardless of qualifying times.
5. 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. Swimming Canada warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
4. Age Groups for all events (including Relays): 12&U, 13-14, 15&O.

5. Current Swimming Canada swimsuit rule will be in effect.
6. Technical bulletins and updates will be posted at Clerk of Course.
7. Parents are not permitted on deck unless volunteering for that session.
8. **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.
9. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
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 \$9.50 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 BC Provincial Team Splash fee.
3. **Entry deadline is May 17 at noon.**
4. Entry fees are due by the beginning of the meet by a cheque made payable to Island Swimming Club.
5. Swimmers may enter a maximum of 8 individual events.
6. Entries will be limited to 500 swimmers to ensure reasonable session lengths. Entries will be accepted on a first-come, first-served basis. The 500th swimmer's team will be the last team entered. Teams will be notified if entries cannot be accepted.
7. All entries must have a LC entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted. If a swimmer wishes to enter an event for which they don't have an official time, we request that their coach submit a seeding time based on extrapolation from a related event.
8. Entries with entry times must be submitted through the SCN website at <https://www.swimming.ca/meetlist.aspx> by the entry deadline.
9. **DECK ENTRIES** will be permitted to fill empty lanes but no new heats will be created. 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 nor be eligible for the Medley Aggregate prizes in the events for which they have been deck entered. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.

Individual Events:

1. All events having preliminary heats will be swim senior seeded, slowest to fastest in Preliminaries.



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Fastest 3 heats will be circle seeded.

- Finals for these events will be swum by age group.
- Except for the 400m events, there will be a "B" final in events with 24 or more entries (per age group). "A" finals will swim first.
- Meet Management reserves the right to double-lane the 400m Free, 800m Free, and/or 1500m Free, if necessary, to maintain appropriate session lengths.
- Backstroke ledges will only be used during Final Sessions.

Timed Final Events

- 1500m Free, 800m Free, 50 Back, 50 Breast, 50 Fly and Relays will be swum as timed final events.
- The 1500m and 800m Free will be swum senior seeded, fastest to slowest.
- The 50 Back, 50 Breast, 50 Fly and Relay events will be swum senior seeded, slowest to fastest.

800 and 1500 Free

- Meet management reserves the right to limit entries for both the 800m Free and the 1500m Free to the fastest swimmers (by age and gender). The top 8 entrants in these events from each age/gender group (12&U, 13-14, 15&O) are guaranteed entry (but the event will still be swum senior seeded, fastest to slowest).
- 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.
- The Positive Check-in deadline for 800m events is 30 minutes before the start of the session in which they will be swum (i.e. 1:30 pm). The positive check-in deadline for the 1500m events is 30 minutes after the start of the distance session (i.e. 2:30 pm).

400m Events

- 400m Free and 400m IM will be swum senior seeded, slowest to fastest.
- Only an "A" final, regardless of number of entries, will be offered for both the 400m IM and the 400m Free.

Relay Events

- All relays swim as Timed Finals
- Teams may enter a total of three relays (regardless of age) for each event.
- Names and all relay changes (including scratches) 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:

- All scratches and changes to entries must be emailed to meetadmin@islandswimming.ca
- Policy regarding 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 ([Swim BC Technical Guide, page 15](#)).
- The initial scratch deadline for events with Finals is **30 minutes after the conclusion of the prelims session in which the event is swum.**
- 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:

Medley Challenge Award

- The Medley Challenge award will be based on the sum of scores for each swimmer's best two of the 100m events plus the 200m IM or 400m IM.
- Scoring for the Medley Challenge awards is based on a swimmer's placing in their respective age/gender category:
 - For all events, points are awarded in descending fashion to the top 8 finishers (20/18/16/15/14/13/12/11).
 - In the event of a tie for the highest score in any category, the award will be given to the swimmer with the higher IM event score based on FINA points.
 - If the tie were still undecided, the award will be given to the swimmer with the higher sum of FINA points in the events used for scoring the Medley Aggregate award (i.e. best two 100m events plus the relevant IM event).

Eliminator

- Times swum during the Eliminator will be official.
- Entry into the Eliminator is by invitation only.
- All swimmers entered in either the 200m or 400m IM are automatically considered for the Eliminator. Spots will be offered to the top 8 swimmers in each age/gender group, as ranked by the FINA points for their entry times. All entry times will be verified.
- The selected swimmers will be notified of their chance to swim the event after the initial entry deadline. If a swimmer declines, the next swimmers according to FINA points will be offered the chance.
- 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.
- 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.
- Swimmers remain in the same lane throughout the event.
- 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:	1:00 PM	
Start:	2:00 PM – 4:15 PM	
Girls	Event	Boys
1	800m Free (TF)	2
3	1500m Free (TF)	4

Friday May 24: Session #2		
Warm Up:	4:15 – 4:45 warm up to follow Session 1	
Start:	4:55 PM – 8:00PM	
Girls	Event	Boys
201 – 204	12&U Medley Eliminator	205-208
5	50m Free (Prelim)	6
7	50m Breast (TF)	8
9	400m IM (Prelim)	10
11	50m Fly (TF)	12
13	50m Back (TF)	14

Saturday May 25: Session #3		
Warm Up:	8:00 AM – 8:50 AM	
Start:	9:00 AM – 1:30 PM	
Girls	Event	Boys
15	100m Fly (Prelim)	16
17	200m Breast (Prelim)	18
19	200m Free (Prelim)	20
21	100m Back (Prelim)	22
23	200m IM (Prelim)	24
25	4x100m Free Relay (TF)	26

Saturday May 25: Session #4 – Finals		
Warm Up:	4:00 PM – 4:50 PM	
Start:	4:55 PM – 7:30 PM	
Girls	Event	Boys
209 – 212	13 & 14 Medley Eliminator	213-216
5	50m Free	6
15	100m Fly	16
17	200m Breast	18
19	200m Free	20
21	100m Back	22
13	GIRLS 400m IM	
	BOYS 200m IM	24

Sunday May 26: Session #5		
Warm Up:	7:30 AM - 8:20 AM	
Start:	8:30 AM – 1:00 PM	
Girls	Event	Boys
27	200m Fly (Prelim)	28
29	200m Back (Prelim)	30
31	100m Breast (Prelim)	32
33	100m Free (Prelim)	34
35	400m Free (Prelim)	36
37	4 x 100m Medley Relay	38

Sunday May 26: Session #6		
Warm Up:	3:30 PM – 4:20 PM	
Start:	4:25 PM – 7:00 PM	
Girls	Event	Boys
217-220	15&O Medley Eliminator	221-224
23	GIRLS 200m IM	
	BOYS 400m IM	14
27	200m Fly	28
29	200m Back	30
31	100m Breast	32
33	100m Free	34
35	400m Free	36



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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an 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.
- 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.

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 higher level 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 higher level 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 is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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. In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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.

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

September 26, 2016