



VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

June 7-9, 2013

Saanich Commonwealth Place

4636 Elk Lake Drive

Victoria, BC

Phone (250)475-7600

Sanctioned by Swim BC: #14442



Hosted by: Victoria Amateur Swim Club

Meet Manager: meetmanager@islandswimming.com

Pool: 8 x 50m competition pool
4x25 m lanes in dive tank for warm-up
Ares-Omega electronic timing, touch pads and scoreboard
Coffee shop on site

DAY	PRELIMINARY SESSION		FINALS SESSION	
	WARM-UP	HEATS	WARM-UP	FINALS
Friday, June 7, 2013	10 a.m.	11 a.m.-3 p.m.	5 p.m.	6-9 p.m.
Saturday, June 8, 2013	8 a.m.	9 a.m.-2 p.m.	4 p.m.	5-8:30 p.m.
Sunday, June 9, 2013	8 a.m.	9 a.m.-2 p.m.	4 p.m.	5-8:30 p.m.

Eligibility

- Open to swimmers who are registered with member clubs of the Vancouver Island Regional Swimming Association (VIR). Swimmer age is determined as of June 7, 2013.
- Qualifying times for individual events are outlined in the section below, titled Entries to Individual Events. The following time standards are to be used:

For 10&U swimmers:

- Use the A and AA standards from the 2012-2013 VIR 10&U Regional Time Standards, <https://www.teamunify.com/SubTabGeneric.jsp?team=cais&stabid=8887>

For 11&O swimmers:

- Use the "A" time standard from the Swim BC 2012-2013 Provincial Times Standards, <http://swimbc.ca/time-standards/>
- Use the "VIR 2.5%" time standard as the "Regional AA" standard, <https://www.teamunify.com/SubTabGeneric.jsp?team=cais&stabid=48699>

- Entry times are to be submitted in LC meters. SC times converted to LC by Hytek's team manager will be accepted.
- Times must have been swum in sanctioned meets since Sept. 1, 2012.
- There are no qualifying times for relays.

Entries to Individual Events:

- "A" Swimmers:** Swimmers with at least one "A" time in a 50, 100 or 200m event and no "Regional AA" times may enter up to 6 events of 200m or less; they may not enter events of 400m or more. "A" swimmers wishing to swim more than 6 events of 200m or less must have the "A" standard in all entered events.
- "Regional AA" Swimmers:** Swimmers with at least one "Regional AA" time may enter up to 6 events of 400m or less. "Regional AA" swimmers wishing to swim more than 6 events must have the "A" standard in all events entered of 200m or less and the "Regional AA" standard in any 400m event(s) entered. To enter an 800 or 1500m Freestyle event, swimmers must have the "Regional AA" standard in the distance event entered OR a "Regional AA" time in a 400m event.
- Swimmers may enter a maximum of 9 individual events subject to the conditions outlined above.

Entries to Relay Events:

- A club may enter a maximum of three (3) relay teams per relay event. Only A and B relay teams from VIR teams will be scored.
- Swimmers participating in relay events only must be identified on the entry file as "RELAY ONLY SWIMMER".
- 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.
- Entry times for relay teams should be submitted for seeding purposes.



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- Club Relay teams must consist of 8 swimmers, one of each gender from each age group (10&U, 11/12, 13/14, 15&O); swimmers can move up an age group, but may swim only one leg of the relay. Clubs may enter "relay only" swimmers. **Note:** that this is a club relay; therefore, no associations teams.

- Fees are due on arrival at the meet on Friday, June 7, 2013 and should be made payable to: **Victoria Amateur Swim Club.**
- Please ensure that the amount of the cheque reflects entries as of the no-charge scratch deadline.
- The no-charge scratch deadline is **noon on Tuesday, June 4, 2013.** Email scratches before this deadline to meetmanager@islandswimming.com. Revised psych sheets will be posted on the Island Swimming website to reflect all entries and scratches as of this deadline.
- Scratches received after noon on Tuesday, June 4, 2013 will be charged, unless a medical note is provided.

Entries Submission and Fees:

- Entries must be uploaded **by midnight Wednesday, May 29, 2013** to the Swimming Canada website at: <https://www.swimming.ca/MeetList.aspx>.
- Entry fees are \$8.00 per individual event; \$9.00 per relay. In addition, Swim BC requires a \$4.00 per swimmer Swim BC Splash Fee, and Saanich Commonwealth Place requires a \$5.00 per swimmer Facility Improvement Fee.

Scratches During the Meet:

To scratch a swimmer or relay team from an event during the meet, the scratch must be made by the deadlines outlined in the table below. The Swim BC scratch rules for finals and associated penalties will be applied.

Day	Session	Scratch Deadlines During the Meet
Friday, June 7	Preliminary	Scratches for all events and positive check in for 800 and 1500m events required by 10:30 a.m.
	Finals	Initial deadline: 30 minutes following conclusion of Event 201, Mixed 10&U 400 Free Last deadline: 5:30 p.m. The Clerk of Course AND alternate's coach MUST be notified by the coach of the scratching swimmer prior to this deadline.
Saturday, June 8 & Sunday, June 9	Preliminary	Scratches for all events and positive check in for 400m events required by 8:30 a.m. on the day of the event
	Finals	Initial deadline: 30 minutes following conclusion of Preliminary Session each day Last deadline: 4:30 p.m. on the day of the event. The Clerk of Course AND alternate's coach MUST be notified by the coach of the scratching swimmer prior to this deadline.

Meet Rules:

1) General

- SNC's current swimsuit policy will be in effect.
- Meet management must be notified of swimmers who will swim up in age group before the meet entry deadline. Please provide swimmer name, event and swim-up age category.
- No deck entries, time trials or exhibition swims.
- All applicable FINA/SNC/Swim BC Rules apply for items not specifically covered by this package.
- SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET (see last page for details).

- All events for 10&U will be timed finals (senior seeded, slowest to fastest), mixed boys and girls, EXCEPT for the 200 IM and 200 Free, which will be swum as heats and finals (top 8) separately for boys and girls and will be circle seeded during heats.
- For all individual events, separate awards will be given to boys and girls. The 100 Free for 10&U will be run between events 17 & 18; the 200 Free for 10&U will be run between events 28 & 29.

3) 11 & Over Events

Events of 200m or less – Heats and Finals

- All 11&O individual events of 200m or less will swim heats and finals, with heats being circle seeded, slowest to fastest, and open age group. Finals will swim in age groups: 11/12, 13/14, and 15 & Over.

2) 10 & Under Events



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- b) Consolation finals will be held for the 15&O age group in events of 200 metres or less with 24 or more qualified entries. Positive check-in will be used for events with a consolation final. The consolation final will swim before the A final.

400 m Events – Timed Finals

- c) 400m events may be limited to seven (7) heats for each gender, consisting of swimmers with the fastest 8 entry times in each age group, plus the 32 next fastest entries regardless of age.
- d) 400m events are run as timed finals with the top 8 swimmers in each gender, regardless of age, swimming during finals. All other swimmers will swim in the preliminary session, senior seeded, slowest to fastest.
- e) 400m events may swim two per lane.
- f) Positive check-in is required for 400m events.

800 and 1500 m Events – Timed Finals

- g) The 800 and 1500m Freestyle events will swim fastest to slowest, all age groups combined, alternating 800 and 1500m events. If necessary, these events may be limited to 4 heats per gender and may be swum with 2 swimmers per lane. However, the fastest 8 swimmers in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age.
- h) 800 and 1500m Freestyle events may swim two per lane.
- i) Positive check-in is required for 800/1500 Freestyle events.

Relay Events

- a) All relay events are timed finals and will swim slowest to fastest by age group;
- b) 10&U relays will swim at the beginning of preliminaries on Saturday (200 Medley Relay) and Sunday (200 Freestyle Relay).
- c) All 11&O relays will swim at the beginning of finals sessions.

Para Swimming Events:

- a) Para Swimmer entries must include each swimmer's complete classification with all 3 designations: an S class, an SB class and an SM class.
- b) Para Swimmers must be licensed by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and classification information is available at <https://www.swimming.ca/ParaswimmingClassification>

- c) Eligible classes include S1-10, S11-13 and S14.
- d) Para Swimming events are Open Age Group and will run as multi-disability. There are no minimum qualifying standards for Para Swimmers.
- e) Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
- f) Para swimmers may enter able-bodied events as per Swim BC policy. Coaches are asked to limit these additional events to those events which correspond with their swimmers' classifications as per Swimming Canada events.
- g) Events with 8 or fewer splashes per gender will swim as timed finals in the preliminary sessions; events with nine or more splashes will go to finals.
- h) Event winners will be determined by using the male and female SNC Performance Points Charts.
- i) 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, 3 swimmers = 2 awards, 2 swimmers = 1 award, 1 swimmer = no awards.

Awards:

Individual:

- a. Medals will be presented for places first, second and third for 12&U.
- b. Ribbons will be presented for first, second and third places for 13&O and for fourth through eighth for all age groups.

Relays:

- a. Medals will be presented to the first place team for the 12&U.
- b. Ribbons will be presented to the first place team for 13&O age groups.

Scoring:

Scoring of VIR teams will be as follows:

- Individual and Relay Events: 50-30-20-15-14-13-12-11
- Para Swimming dedicated events will be scored.
- Consolation Finals will not be scored

Officials:

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

Please send names of your volunteers to Karen Bradley by May 29, 2013: ktbradley@shaw.ca

Schedule of Events

Friday – June 7

Preliminary Session

Warm-ups - 10 a.m. Start time - 11 a.m. Estimated finish: 3 p.m.

Girls	Event	Boys
1	11 and Over 50 Free	2
3	11 and Over 100 Breast	4
101	Multi-Disability (S1-14) 100 Breast	102
5	11 and Over 200 IM	6
103	Multi-Disability (S1-14) 50 Fly	104
201	Mixed 10 and Under 400 Free TF	201
7	11 and Over 800 Free TF*	8
9	11 and Over 1500 Free TF*	10

Final Session[^]

Warm-ups - 5 p.m. Start time – 6 p.m. Estimated finish: 9 p.m.

11	11 / 12 200 Medley Relay	12
13	13 / 14 200 Medley Relay	14
15	15 & Over 200 Medley Relay	16
	50 Free FINALS**	
	100 Breast FINALS **	
	200 IM FINALS **	

Saturday – June 8

Preliminary Session

Warm-ups – 8 a.m. Start time – 9 a.m. Estimated finish: 2 p.m.

202	Mixed 10 and Under 200 Medley Relay	202
17	11 and Over 400 IM TF	18
203	Mixed 10 and Under 100 Free TF (To be swum between the girls and boys 400 IM – Event 17 and 18)	203
204	Mixed 10 and Under 100 Back TF	204
105	Multi-Disability (S1-14) 100 Back	106
19	11 and Over 100 Back	20
205	Mixed 10 and Under 50 Breast TF	205
21	11 and Over 200 Breast	22
206	Mixed 10 and Under 100 Fly TF	206
107	Multi-Disability (S1-14) 100 Free	108
23	11 and Over 100 Fly	24
207	10 and Under 200 IM	208
109	Multi-Disability (S1-14) 150/200 IM	110
25	11 and Over 200 Free	26

Final Session[^]

Warm-ups - 4 p.m. Start time – 5 p.m. Estimated finish: 8:30 p.m.

27	8 x 50 Club Relay Championship***	27
	10 and Under 200 IM FINALS	
	11 and Over 400 IM Timed Final (fastest heat)	
	11 and Over 100 Back FINALS **	
	11 and Over 200 Breast FINALS**	
	11 and Over 100 Fly FINALS**	
	11 and Over 200 Free FINALS**	

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

**Finals will be by age groups: 11/12, 13/14, and 15 & Over.

[^] Finals may include Para events, depending on number of splashes.



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***Remember that this is a CLUB relay, no association teams.

Sunday – June 9

Preliminary Session

Warm-ups - 8 a.m. Start time - 9 a.m. Estimated finish: 2 p.m.

Girls	Event	Boys
209	Mixed 10 and Under 200 Free Relay	209
111	Multi-Disability (S1-14) 50 Free	112
28	11 and Over 400 Free TF	29
210	10 and Under 200 Free (To be swum between the girls and boys 400 Free – Event 28 and 29)	211
212	Mixed 10 and Under 50 Back TF	212
113	Multi-Disability (S1-14) 50 Back	114
30	11 and Over 200 Back	31
213	Mixed 10 and Under 50 Fly TF	213
32	11 and Over 200 Fly	33
214	Mixed 10 and Under 50 Free TF	214
34	11 and Over 100 Free	35
215	Mixed 10 and Under 100 Breast TF	215

Final Session^

WARMUP- 4 p.m. START – 5 p.m. Estimated finish: 8:30 p.m.

36	11 / 12 200 Freestyle Relay	37
38	13 / 14 200 Freestyle Relay	39
40	15 & Over 200 Freestyle Relay	41
10 and Under 200 Free FINALS***		
11 and Over 400 Free Timed Final (fastest heat)		
11 and Over 200 Back FINALS*		
11 and Over 200 Fly FINALS*		
11 and Over 100 Free FINALS*		

*** To be swum between the Girls and Boys 400 Free

*Finals will be by age groups: 11/12, 13/14, and 15 & Over.

^ Finals may include Para events, depending on number of splashes.

LOCAL HOTEL ACCOMODATION

Accent Inn

3233 Maple Street

Victoria, B.C. V8X 4Y9

Phone: 250-475-7500

Toll free 1 -800-663-0298

Fax: 250-475-7599

Ask for their "SPORTS RATE"

Howard Johnson

4670 Elk Lake Drive

Victoria, B.C. V8Z 5M2

Phone: 250-704-4656

Toll free: 1 -800-300-4656 (Ask about team rates)

Fax: 250-704-4655

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SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed."
(CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-1