

## 2016 VANCOUVER ISLAND SC CHAMPIONSHIPS

Sanctioned by Swim BC: #

**Date:** January 15-17, 2016

**Host:** Nanaimo Riptide Swim Team

**Meet Manager:** Karen Irving  
250-714-1800  
[meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)

**Location:** Nanaimo Aquatic Centre  
741 3st.  
Nanaimo, BC  
Phone 250-714-1800

This meet will race in an 8 lane 25m pool. Prelims will be double ended and Finals will be single ended. We will have a 4x25m lanes Warm Up Pool  
The meet will be using Colorado Timing System, touch pads and score clock  
The Nanaimo Aquatic Center has Coffee shop on site

### Eligibility:

- 1) Registered members of clubs of the Vancouver Island Regional Swimming Association.
- 2) All swimmers must be registered with Swim BC or FINA Affiliated club.
- 3) Age groups are based on the age of the swimmers as of January 15, 2016
- 4) Qualifying times for individual events are Regional Standards as listed pg 3 of this package.
- 5) Entry times are to be submitted in short course meters established to a hundredth of a second. LC times converted by HyTek's Team Manager or TeamUnify will be accepted.

### Entries & Deadline:

- 1) Entry Deadline: Meet entries must be uploaded no later than **Jan 7, 2016** to [www.swimming.ca/MeetList.aspx](http://www.swimming.ca/MeetList.aspx)  
Entries sent directly to the Meet Manager will not be accepted.
- 2) Entry Fees: Must be received to Meet Management prior VIR Championships Friday Prelims warmups.
  - Individual Events: \$10/ event
  - Relays: \$11 / event
  - SWIM BC Prov Team Splash Fee \$4.00 / swimmer
- 3) Make cheques payable to "NRST"
- 4) The No Charge Scratch Deadline is noon Jan 11, 2016. Email scratches to [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)  
Revised Psyche Sheets will be posted on [www.nanaimoriptides.com](http://www.nanaimoriptides.com) to reflect all entries and scratches as of this deadline.
- 5) Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.

### START & estimated FINISH TIMES

#### Friday, January 15, 2016

Prelims	Warm up	8:00am – 8:50am
	Start	9:00am – 2:00pm
Finals	Warm up	4:30pm – 5:20pm
	Start	5:30pm – 7:30pm

#### Saturday, January 16, 2016

Prelims	Warmup	8:00am – 8:50am
	Start	9:00am – 1:00pm
Finals	Warmup	4:00pm – 4:50pm
	Start	5:00pm – 7:00pm

#### Sunday, January 17, 2014

Prelims	Warm up	8:00am – 8:50am
	Start	9:00am – 1:00pm
Finals	Warmup	3:00pm – 3:50pm
	Start	4:00pm – 7:30pm

### 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 between September 1, 2014 and the entry deadline.
  - 2) Swimmers may enter a maximum of NINE events.
  - 3) Girls wanting to swim the 1500 will need to have the VIR standard in the 800 free.
  - 4) Boys wanting to swim the 800 will need to have the VIR standard in the 1500 free
  - 5) 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
- a) To enter more than six events, the swimmer must have qualifying times in all events entered.

### Relay Events:

- 1) All Relays will be swim first in Finals
- 2) A club may enter a maximum of three (3) relay teams per relay event. Only A and B teams from VIR will be eligible for scoring.
- 3) Swimmers participating in relay only events must be identified on the entry 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) There are no qualifying times for Relays, however, entry times for relay teams should be submitted for seeding purposes.
- 6) Club Relay Championship must consist of 8 swimmers: one female and one male from 10&U, 11/12, 13/14, 15&O.  
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; therefore, no associations teams.**

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### Meet Rules:

- 1) SNC's current swimsuit policy will be in effect.
- 2) SNC Warm Up procedures will be in effect at this meet (see last page for details)
- 3) Meet Management must be notified of swimmers who will swim up in age group before the meet entry deadline.
  - a) Swimmers can only swim in one age group for the duration of the competition.
- 4) No deck entries or exhibition swims.
- 5) The scratch deadline for finals is:
  - Friday: 30 minutes from the conclusion of the Mixed 10 and under 400 Free
  - Saturday and Sunday: 30 minutes from the conclusion of heats of that same day.
- 6) A Coaches meeting will be held 10 minutes before warm-ups on Fri, Jan 15, 2016 and as needed for the remainder of the meet.

### 11 & Over Events

- 1) All individual events will be senior seeded. Finals will swim as the Swim BC age groups: 11&under, 12/13, 14/15 and 16&Over.
- 2) There will be Consolation Finals only in 16 & over events that have in excess of 24 splashes.
  - a) Consolation Finals will be swum before the A final.
  - b) All A finalist need to positive check into the clerk of course before the end of final warm-ups.
- 3) With the exception of 800 and 1500 events, all events will be swum from slowest to fastest.
- 4) The 11& Over 400 m events may be limited to seven (7) heats consisting of the swimmers with the top 8 entry times in each age group, plus the 32 next fastest entries regardless of age.
  - a) These events will be run as Timed Finals (senior seeded) with the top 8 swimmers (girls heat and boys heat regardless of age) swimming in the evening final.
  - b) Positive check in required for top 8 swimmers no later than 10am that day.
- 5) 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 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.
  - 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.
- 6) If necessary, any entries in excess of heats permitted in 2 and 3 above will be notified and entry fees will be refunded.

### 10 & Under Events

- 1) All the 10 & Under 100s and 200s will be heats & finals with the exception 100 IM which will run as a TF event.
- 2) All 10 & Under 50s and 400 will be timed finals (Senior Seeded, slowest to fastest).
- 3) All 10&Under Prelims events will be mixed gender, Senior seeded and separate girls and boys finals
- 4) For all individual events, separate awards will be given to boys and girls.

### Para swimming Information

- 1) This meet has IPC Sanctioning
- 2) Para Swimmer entries must include each swimmer's complete classification with all 3 designations: an S class, an SB class, and SM class.
- 3) Para Swimmers must be licenced 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://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 Swim BC policy. Coaches are asked to limit these additional events to those which correspond with their swimmers' classification as per SNC events.
- 8) Events with 8 or fewer splashes per gender will swim as Timed Finals in the Preliminary sessions; events with nine or more splashes will have prelims 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> on a minus one rule: 4 or more swimmers = 3 awards...1 swimmer = no awards.
- 11) The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events.

### Officials:

VIR championships are offered as a cooperative effort with officials participating from all clubs. Each day the VIR region will be responsible for supplying the officials for 1 end of the pool during prelims and 4 lanes during finals.

### **Please email the names of your volunteers to:**

Karen Irving: [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)

250-714-1800

**by January 13<sup>th</sup>, 2016**

All officials need to report to the official's room at the beginning of warm-ups.

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### Awards:

#### Individual:

- 1) Medals shall be presented for places first, second and third for 13&U age categories only.
- 2) Ribbons shall be presented for places fourth through eighth (14&U) first through eighth (15&O).

#### Relays:

- 1) Medals shall be presented to the first place team for ages 13yrs & Under
- 2) Ribbons shall be presented to second and third place team (14&U) first through third (15&O)

### 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
- Para Swimming dedicated events will be scored

2015-2016 VIR Standards - SCM					Female	2015-2016 VIR Standards - LCM				
10&Under	11&Under	12/13 yrs	14/15 yrs	16&Over		10&Under	11&Under	12/13 yrs	14/15 yrs	16&Over
42.11	36.00	32.76	31.15	31.00	50 Free	43.34	36.72	33.42	31.76	31.61
1:32.31	1:18.91	1:12.46	1:07.59	1:06.81	100 Free	1:34.16	1:20.49	1:13.90	1:08.94	1:08.14
3:22.84	2:53.40	2:37.77	2:26.44	2:25.25	200 Free	3:26.90	2:56.87	2:40.93	2:29.37	2:28.15
6:30.00	6:04.19	5:34.99	5:09.93	5:05.85	400 Free	6:37.80	6:11.47	5:41.69	5:16.13	5:11.96
	12:29.83	11:30.17	10:45.32	10:45.32	800 Free		12:44.82	11:43.98	10:58.22	10:58.22
					1500 Free					
49.75	42.54	38.02	36.24	35.81	50 Back	50.75	43.39	38.78	36.97	36.53
1:45.69	1:30.35	1:22.52	1:17.00	1:16.06	100 Back	1:47.80	1:32.16	1:24.17	1:18.54	1:17.60
	3:11.53	2:57.28	2:45.29	2:43.90	200 Back		3:15.35	3:00.83	2:48.60	2:47.18
54.67	48.52	42.27	40.67	40.47	50 Breast	55.77	49.50	43.12	41.48	41.28
1:57.75	1:40.67	1:34.22	1:27.59	1:27.17	100 Breast	2:00.11	1:42.68	1:36.10	1:29.34	1:28.91
	3:35.34	3:22.67	3:08.24	3:08.24	200 Breast		3:39.65	3:26.72	3:12.01	3:12.01
51.44	43.59	36.92	34.62	34.42	50 Fly	52.49	44.64	37.66	35.32	35.11
1:52.58	1:36.25	1:25.01	1:16.45	1:16.00	100 Fly	1:54.84	1:38.17	1:26.72	1:17.98	1:17.52
	3:45.39	3:20.52	2:54.21	2:53.17	200 Fly		3:49.90	3:24.53	2:57.69	2:56.64
1:45.40					100 IM					
3:47.35	3:14.36	3:03.14	2:45.54	2:45.19	200 IM	3:51.90	3:18.25	3:06.80	2:48.85	2:48.49
	7:03.01	6:26.18	5:53.60	5:51.75	400 IM		7:11.46	6:33.91	6:00.68	5:58.78
2015-2016 VIR Standards - SCM					Male	2015-2016 VIR Standards - LCM				
10&Under	11&Under	12/13 yrs	14/15 yrs	16&Over		10&Under	11&Under	12/13 yrs	14/15 yrs	16&Over
42.33	38.48	35.15	30.56	30.11	50 Free	43.18	39.25	35.86	31.17	30.71
1:34.08	1:25.53	1:17.08	1:06.92	1:05.61	100 Free	1:35.96	1:27.24	1:18.63	1:08.26	1:06.92
3:25.85	3:07.14	2:50.15	2:25.96	2:24.38	200 Free	3:29.98	3:10.89	2:53.55	2:28.88	2:27.27
6:30.00	6:28.31	5:54.97	5:11.72	5:05.33	400 Free	6:37.80	6:46.28	6:02.07	5:17.95	5:11.43
	14:04.32				800 Free		14:21.20			
		23:53.71	21:03.94	20:30.03	1500 Free			24:22.38	21:29.22	20:54.63
51.15	45.43	38.09	34.88	33.82	50 Back	52.17	46.34	38.86	35.58	34.49
1:48.65	1:38.77	1:30.81	1:16.76	1:14.43	100 Back	1:50.82	1:40.75	1:32.62	1:18.30	1:15.92
	3:31.47	3:11.80	2:45.55	2:41.71	200 Back		3:35.70	3:15.63	2:48.86	2:44.94
58.42	53.11	42.85	39.36	37.94	50 Breast	59.60	54.18	43.71	40.15	38.70
2:03.45	1:52.23	1:44.88	1:27.50	1:24.74	100 Breast	2:05.93	1:54.48	1:46.98	1:29.25	1:26.43
	4:01.13	3:41.07	3:11.09	3:05.15	200 Breast		4:05.96	3:45.50	3:14.91	3:08.85
52.67	44.56	37.31	33.47	32.05	50 Fly	53.72	45.92	38.06	34.14	32.69
1:56.28	1:45.71	1:32.18	1:15.89	1:12.41	100 Fly	1:58.61	1:47.83	1:34.02	1:17.40	1:13.86
	4:05.89	3:34.53	2:55.52	2:47.79	200 Fly		4:10.81	3:38.82	2:59.03	2:51.14
1:49.03					100 IM					
3:53.82	3:32.56	3:11.70	2:46.91	2:40.41	200 IM	3:58.49	3:36.81	3:15.53	2:50.25	2:43.62
	7:33.29	7:01.07	5:56.19	5:46.20	400 IM		7:42.36	7:09.49	6:03.31	5:53.12

## 2016 VANCOUVER ISLAND SC CHAMPIONSHIPS

### Friday

Female		male
1	10 & under 200 Medley Relay	2
3	11 & under 200 Medley Relay	4
5	12-13 200 Medley Relay	6
7	14-15 200 Medley Relay	8
9	16 & Over 200 Medley Relay	10
11	Mixed 10 & under 200 IM	11
12	200 IM	13
101	para 200 IM	102
14	mixed 10 & Under 50 Free	14
15	50 free	16
103	para 50 free	104
17	200 breast	18
19	mixed 10 & under 50 Fly	19
20	50 Fly	21
22	mixed 10 & Under 400 Free	22
23	800 Free	24
25	1500 Free	26

### Saturday

Female		male
27	8x50 Club Relay	27
28	Mixed 10 & Under 100 IM	28
29	400 IM	30
31	Mixed 10 & Under 100 Back	31
32	100 Back	33
105	para 100 Back	106
34	200 fly	35
36	Mixed 10 & Under 100 breast	37
38	100 breast	38
39	para 100 breast	40
107	Mixed 10 & Under 200 Free	108
41	200 Free	41

### Sunday

Female		male
42	10 & under 200 Free Relay	43
44	11 & under 200 Free Relay	45
46	12-13 200 Free Relay	47
48	14-15 200 Free Relay	49
50	16 & over 200 free relay	51
52	mixed 10 & Under 50 Breast	52
53	50 breast	54
109	para 50 breast	110
55	400 free	56
57	10 & under 100 fly	57
58	100 fly	59
60	200 back	61
62	10 & under 100 free	62
63	100 free	64
111	para 100 free	112
65	mixed 10 & under 50 Back	65
66	50 Back	66
113	para 50 back	114

Notes: all relays will be the first event in Finals  
 10&Under will have finals for 100 Fly,Back,Breast and Free, 200 Free & IM

November 25, 2014



## 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."**