

SANCTIONED BY SWIM BC: #17154

DATE JULY 2-5, 2015

HOST UVIC-PACIFIC COAST SWIMMING
MEET MANAGER Margaret Penning / Kingsley Lee
meets@pacificcoastswimming.com

PARA ADVISOR Mike Edey
MEET REFEREE Terry Ryan (TBC)

VENUE
 Saanich Commonwealth Place
 4656 Elk Lake Drive – Saanich, BC

Competition Pool: 8-lane x 50m Competition Pool;
 Warm-up lanes available in dive tank
 Omega Timing System and scoreboard

WARM UP AND SESSION TIMES		
Thursday, July 2, 2015		
Heats	Warm-up	7:30 – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm-up	3:45 – 5:05pm
	Competition	5:15– 8:15pm
FRIDAY, July 3, 2015		
Heats	Warm-up	7:30 – 8:50am
	Competition	9:00am – 1:30pm
Finals	Warm-up	3:45 – 5:05pm
	Competition	5:15– 8:15pm
SATURDAY, July 4, 2015		
Heats	Warm-up	7:30 – 8:50am
	Start	9:00am – 1:30pm
Finals	Warm-up	3:45 – 5:05pm
	Start	5:15– 8:15pm
SUNDAY, July 5, 2015		
Heats	Warm-up	7:30 – 8:50am
	Start	9:00am – 1:30pm
Finals	Warm-up	2hrs. after prelims
	Start	3hrs. after prelims

All listed session completion times are approximate

ELIGIBILITY

- Prior to the entry deadline*, athletes must have attained, after September 1, 2013, at least TWO 2014-2015 Swim BC AAA long course or short course qualifying times in an applicable age group.

**The exception will be swimmers who qualified at 2015 LC AA Champs. Their entries will be accepted up to Monday, June 29, at 9:00pm.*

- Para-swimmers, within the same time frame, must have similarly achieved TWO 2014-2015 Provincial Para-Swimming AAA times. <http://bit.ly/ParaStdsBC>

- All swimmers must be registered with a Swim BC, SNC, USA-S or other FINA recognized club.
- While prelims will be swum "Open" age group, age groups will be broken out for finals: 11&U, 13&U, 15&U, Open
 - NOTE: Coaches must specify in their entries if they want their swimmer(s) to compete in an age group older than their chronological age; they are to provide the meet manager with the competitor's name, event and swim-up age category.
- Swimmer age is as of the first day of competition.
- Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
 - Swimmers cannot compete in the same individual event in more than one age/age group

NON-QUALIFIED ("BONUS") SWIMS

- Both able-bodied and para-swimmers must have met the Swim BC "AA" standard for all non-qualified swims.
- "Bonus" swims are permitted under the following formula:
 - 2 qualifying entries – Up to 2 "bonus" swims
 - 3 qualifying entries – Up to 1 "bonus" swim
 - 4 or more qualifying entries – Zero "bonus" swims
- For 400 freestyle and 400 IM, meet management may schedule any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the session, time permitting; if there is insufficient time, non-qualifiers will be removed from the 400m events and be offered the opportunity to enter a different event.
- Non-qualified entries in the 800 and 1500 events will be accepted only if session timelines can be met. **Coaches should have an alternative event in mind in the event that below-AAA 800/1500 cannot be accepted.**

ENTRIES

- Individual entries are limited to a maximum of EIGHT per swimmer. A swimmer entering more than four events must have qualifying times in all events entered.
- NO CONVERTED TIMES. All SCM entries will be converted to LCM by meet management and seeded accordingly.
- Times will be verified with SNC's online entry validations
- Unofficial splits, "made-up" times and 'NT' entries ARE NOT ACCEPTED in individual events; this includes para-swimming events.
- See "RELAYS" section for specific rules about relay entries
- Entry fees are \$8.00 per individual event and \$10.00 per relay event.
- Surcharges: \$9.00 total, which includes the following:
 - \$4.00 per swimmer Swim BC Provincial Team Fee.
 - \$5.00 per swimmer Saanich Commonwealth Place Facility Enhancement Fee
- Cheques payable to: **PCSPA**
- Please include a contact name, phone number, and email address with entries.
- Entries are accepted solely by upload to the Swimming Canada meet listings website prior to the entry deadline.

**ENTRY DEADLINE:
MONDAY, JUNE 22, 2015, AT 9:00PM PDT**

Entries or changes submitted after the entry deadline may be accepted at the discretion of meet management. Any late entries which are accepted will be surcharged at the rate of 200% of the published entry fees, to a maximum of \$500/team.

SPECIAL MEET RULES

GENERAL

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide; where discrepancies exist between Tech Guide and this meet package, the meet package shall be deemed correct.
2. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials
4. Preliminary heats will be swum double-ended
5. Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
6. There will be a "B" final in all individual events with 16 or more AAA entries, apart from 11&U, which will have only "A" finals, irrespective of the number of entries.
7. The "A" final will be swum prior to a given event's "B" final.

SCRATCHES

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
2. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of results from prelims.
3. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and dealt with as such.
4. The initial scratch deadline for finals each night will be 30 minutes following the completion of morning preliminaries, excluding any 800/1500 or 'overflow' heats.
5. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
6. Late scratches (as defined above) from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day. In addition, no other member of the 'late-scratching' swimmer's team shall compete until the \$20 penalty has been paid.

Para-swimmers

1. **Para-swimmers' complete classifications *(S, SB, SM) must be included with athlete surname in their entries.**
2. The most current IPC rules will be observed for all para-swimming events.
3. By the entry deadline, swimmers must have attained at least TWO Swim BC Para-swimming AAA qualifying times. <http://bit.ly/ParaStdsBC>; being that SB9 only has 100BR as a event, swimmers who have only the SB9 classification can enter the meet with that one QT.
4. Non-qualified entries must meet the Para-AA time standard, and are limited to no more than TWO, as listed in the "NON-QUALIFIED SWIMS" section of this document.
5. Para-swimmers may enter Able-bodied events as non-qualified swims (within the same limits expressed in the previous point).
6. Para-swimming events are open age group – no age restrictions
7. Para-swimmer events will be single-gender and multi-class. Winners will be determined by using the respective male and female Swimming Canada Performance Points Charts.
8. There will be SEVEN "medal events" for para-swimmers: 50 free, 100 free, 200/400 Free (timed final), 50/100 Back, 50/100 breast, 50/100 Fly and 150/200IM, with distances for each class corresponding to the distances outlined in the time standards.
9. Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of medalists from each of those pairs of events.

10. In events with five or more para-swimmer entries, they will be integrated with able-bodied heats during preliminaries, then in a para-swimming final during finals.
 - a. In para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only timed finals during the preliminaries session.

800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with a scratch deadline of **10am on the day of the event.**
2. The **Top 4** seeded swimmers in each age group will race as the first event in finals; remaining heats will swim fastest to slowest, regardless of age group, in the morning session
3. Latter heats in age groups may be combined to fill out empty lanes, may be swum two-per-lane, and may be swum on a different day than scheduled to help balance timelines.

RELAYS

1. Age groups for relays will be 12&U, 14&U, Open.
2. Clubs may enter as many relay teams as they wish; however, only "A" and "B" relay teams will be considered for scoring, and as such, only two relay entries per team per event will be seeded into the fastest heat, except in events where fewer than nine teams are entered.
3. Only the fastest eight proven relay entries (limit two per team as outlined above) in each event will swim as timed finals at the conclusion of finals sessions. All other relay heats will swim as a timed final at the end of the preliminaries session, prior to distance events.
4. Valid entry times are requested, although NT entries will be accepted.
5. Valid relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best times of the four swimmers entered.
6. There are no qualifying times for relays.
7. Swimmers who will be in relays only shall be listed in their club's Hytek entry file as "Relay only swimmers"; such swimmers will be subject to SwimBC and SCP splash fees.
 - a. A relay team may have no more than two "relay-only" swimmers.
8. Deadline for relay name changes will be 45 minutes prior to scheduled start of relays each session.

SCORING

Individual scoring in all but 11&U events will be 16-deep, utilizing "reverse" scoring in both para-swimming and able-bodied events.

1. Reverse scoring:
 - a. If only 15 swimmers compete:
30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
 - b. If only 14 swimmers compete:
20-15-14-13-12-11-9-7-6-5-4-3-2-1
 - c. Etc.
2. 11&U Individual events, and Relay scoring will be Top 8:
 - a. 50-30-20-15-14-13-12-11

50M FLY, 50M BACK, 50M BREAST

These are medal events and count toward team scoring. However, after consultation with the BC Swim Coaches Association, given the time constraints of the meet, these three events will be run **as timed finals during the prelims sessions.**

AWARDS

1. Medals will be awarded for 1st, 2nd and 3rd places in all individual and relay events.
2. Ribbons will be awarded for 4th, 5th, 6th, 7th and 8th places in individual events only.

OTHER

1. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Thursday and as necessary.

2. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

ATHLETE DEVELOPMENT PRESENTATION

1. Sunday: SwimBC's Provincial Coach and Regional Coach will deliver a presentation on SwimBC's Athlete Development Strategy. This presentation is directed at parents of 14&U swimmers, but is open to anyone interested.

THURSDAY, JULY 2, 2015

THURSDAY	HEATS	FINALS
Warm up	7:30 – 8:50am	3:45 – 5:05m
Start	9:00am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
	2	All	Boys 400 Free
3		All	Girls 200 Free
101/201		Girls Para	200/400 Free Timed final***
5	4	Open	50 Fly Timed Final (am session)
7	6	All	200 Breast
9	8	All	100 Back
103/203	104/204	Para	50/100 Back
1		11&U/13&U	Girls 800 Free*
11	10	12&U	4x50 Free Relay**
13	12	14&U	4x50 Free Relay**
15	14	Open	4x50 Free Relay**

- * Top 4 each age group swim as first race in finals
 ** Fastest 8 relay entries swim at the conclusion of finals
 ***Swum during morning session

FRIDAY, JULY 3, 2015

FRIDAY	HEATS	FINALS
Warm up	7:30 – 8:50am	3:45 – 5:05m
Start	9:00am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
17	18	All	50 Free
105	106	Para	50 Free
19	20	All	200 Fly
21		All Girls	Girls 400 Free
	22	All Boys	Boys 200 IM
	108/208	Boys Para	Para 150/200 IM
	16/26	11&U/13&U	Boys 800/1500 Free*
23		12&U	Girls 4x200 Free Relay**
24		14&U	Girls 4x200 Free Relay**
25		Open	Girls 4x200 Free Relay**

- * Top 4 each age group swim as first race in finals
 ** Fastest 8 relay entries swim at the conclusion of finals
 ***Swum during morning session

SATURDAY, JULY 4, 2015

	HEATS	FINALS
Warm up	7:30 – 8:50am	3:45 – 5:05m
Start	9:00am	5:15pm

GIRLS	BOYS	AGE GROUP	EVENT
29	28	All	100 Free
109	110	Para	100 Free
	30	All Boys	Boys 400 IM
31		All Girls	Girls 200 IM
111/211		Girls Para	150/200 IM
33	32	All	200 Back
35	34	Open	50 Breast Timed Final***
27		15&U/Open	Girls 800 Free*
	36	12&U	Boys 4x200 Free Relay**
	37	14&U	Boys 4x200 Free Relay**
	38	Open	Boys 4x200 Free Relay**

- * Top 4 each age group swim as first race in finals
 ** Fastest 8 relay entries swim at the conclusion of finals
 ***Swum during morning session

SUNDAY, JULY 5, 2015

	HEATS	FINALS
Warm up	7:30 – 8:50am	2 Hrs after conclusion of heats
Start	9:00am	1 Hr following start of warm-up

GIRLS	BOYS	AGE GROUP	EVENT
41	42	All	50 Back Timed Final***
43		All Girls	Girls 400 IM
	44	All Boys	Boys 200 Free
	112/212	Boys Para	200/400 Free Timed Final***
45	46	All	100 Breast
113/213	114/214	Para	50/100 Breast
47	48	All	100 Fly
115/215	116/216	Para	50/100 Fly
	40	15&U/Open	Boys 1500 Free*
49	50	12&U	4x50 Medley Relay**
51	52	14&U	4x50 Medley Relay**
53	54	Open	4x50 Medley Relay**

- * Top 4 each age group swim as first race in finals
 ** Fastest relay heats swim at the conclusion of finals
 ***Swum during morning session

**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 scratched 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.”