

# FastSwim Classic 2016

Hosted by



December 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>

Watermania,  
Richmond B.C.  
14300 Entertainment Blvd.  
Richmond B.C. Canada  
604- 275 -7946

Sanctioned by Swim BC: #20243

"We would like to thank the Province of British Columbia for their assistance."



**START TIMES**  
All finish times are estimated

FRIDAY	<u>Heats</u>	Warm-up 6:30am - 8:00 (Blocked) 8:20am start - 12:30pm finish
	<u>Finals</u>	Warm-up 4:00pm - 5:00pm 5:15pm start - 7:30pm finish
SATURDAY	<u>Heats</u>	Warm-up 6:30am - 8:00 (Blocked) 8:15am start - 2:30pm finish
	<u>Finals</u>	Warm-up 4:00pm - 5:00pm 5:15pm start - 8:00pm finish
SUNDAY	<u>Heats</u>	Warm-up 6:30am - 8:00 (Blocked) 8:15am start - 1:00pm finish
	<u>Finals</u>	TBA



**Format**

**Preliminary Heats:** Two 8-lane, 25m pools (Girls/Boys)

**Finals:** One 8-lane, 25m pool

**Electronic Timing**

**Schedule of Events**

<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
200 IM	50 Fly	50 Back
50 Breast	100 Free	200 Breast
200 Fly	200 Back	50 Free
100 Back	100 Breast	200 Free (Girls)
400 Free (Girls)	400 IM	400 Free (Boys)
200 Free (Boys)		100 Fly
<b>After Preliminaries:</b> 11&U 800 Free Girls and Boys	12-13, 14-15 800 Free Girls, 1500 Free Boys	16&O 800 Free Girls, 1500 Free Boys
<b>Beginning of Finals:</b> Relays: 11&U Boys and Girls	Relays: 12-13, 14-15, 16&O Girls	Relays: 12-13, 14-15, 16&O Boys

## MEET RULES

### Swimming Canada Rules

- The meet will be run under the current Swimming Canada and Swim BC rules.
- Current Swimming Canada Swim Suit policy will be in effect.
- Swimming Canada competition warm-up safety procedures will be in effect.
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times, both during the competition and between sessions while at the Watermania facility.

### Entries

- Swimmers must be registered with Swim BC or other affiliated FINA organizations.
- This meet is open to swimmers with at least **TWO 2016-2017 Swim BC AAA qualifying times** in their designated age categories.
- A swimmer with 2 qualifying times may enter a total of **six** individual events
- A swimmer wishing to swim in more than six events must have AAA qualifying times for those events, in their age category.
- Swimmers entering the 400m IM or 400m, 800m, 1500m Free must be AA Qualified in that event.
- **400m IM and 400m, 800m, 1500m Free: Only the fastest 12** in each age category will be accepted. Teams will be notified via e-mail if their swimmers are not accepted; an alternate event may be chosen before the Meet Scratch Deadline.
- **NT's (except for relays & Stroke 50's) will not be accepted** and will not be refunded.
- Age groups will be 11&U, 12&13, 14&15 and 16&O. Swimmer age is as of the first day of competition
- 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- The Richmond Rapids reserve the right to enter swimmers not meeting the qualifying standards.

### Deck Entries

- Deadline for deck entries is 30 minutes before the beginning of heats on the day of the event.
- No new heats will be created.
- Deck entries are for time only; not eligible for awards or finals.
- Deck entries for swimmers, not already entered in the meet, must include Swimmer's DOB and Swimming Canada ID number.

### Para Swimmers

- Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time. Classification numbers must accompany entries. (i.e. s6sb6sm6).
- 2016-2017 IPC Swimming Rules will govern all Para-Swimmer events.

### Heats

- Preliminaries will be run with male & female pools (alternating deep & shallow per day).
- All heats will run as mixed age categories, slowest to fastest. (Distance fastest to slowest)
- Preliminary heats will be start overs, with the previous heat remaining in the pool.
- Swimmers missing a preliminary heat will be considered a scratch and will not be entered in another heat in that event.
- Any swim offs will take place immediately before the beginning of finals, unless the affected coaches and Meet Management agree on an alternate time.

### Finals & Awards

- 'A' & 'B' Finals for all 12&13, 14&15 and 16&O events 50m to 200m, with 24 or more swimmers entered in the event as of the Meet Scratch Deadline. 'A' final will run before 'B' final.
- 'A' Finals only for all 11&U events, for all 400 meter events, and for events with fewer than 24 swimmers as of the Meet Scratch Deadline.
- **Finalists and alternates will be drawn from the top 20 finishers (top 12 for events with only 'A' finals).** Failure to scratch a finalist or alternate will result in a scratch penalty if the alternate is called. This penalty will adhere to Swim BC's scratch policy at heats/finals meets.
- It is the coach's responsibility to check swimmers' eligibility for finals. Meet Mobile results are not official; standings are subject to change until the signed results are posted.
- Awards will be given for 1<sup>st</sup> through 8<sup>th</sup> for individual events.

### Distance (800 / 1500 Free)

- Only the fastest 12 entries per age group will be accepted. Teams will be notified via e-mail if their swimmers are not in the 800 or 1500.
  - i. Each heat will be swum as a timed final, fastest to slowest.
  - ii. Coaches will be notified by email if their swimmer is not in the top 12. An alternate event may be chosen before the Meet Scratch Deadline.
  - iii. Open lanes may be filled at Meet Management's discretion. This may create a mixed-gender heat.
- A positive check in is required by **10:00am** on the day of the event. Failure to check in before the deadline will result in a scratch. The events will be seeded after the check-in deadline.
- Lap counter cards will not be provided.

### Relays

- It is the intention of the meet management to have relays at the meet. If individual swim numbers are oversubscribed, then relays may not be held.
- Relays will be timed finals and will be **swum at the beginning of finals**.
- **Relay entries must include the names of the swimmers**. Relay entries without swimmer names will not be accepted.
- Deadline for relay changes is **10:00am** on the day of the event.

### Scratches

- Scratches for preliminaries must be emailed to the Meet Secretary by the posted scratch deadline.
- Scratches for finals must be given to the Clerk of the Course **30 minutes** after the conclusion of preliminaries (excluding distance events) for re-seeding.
- Last chance scratch deadline for finals is **30 minutes** before the start of the finals session. Coaches are responsible for finding the alternate, and must notify the clerk of the course and the referee of the intent to scratch. Finals will not be reseeded based on these scratches.

### Registration

- **Meet Entry deadline Thursday, December 1st, 2016 at 6:00pm**
- **Meet Scratch deadline Monday, December 5th at 9:00pm**
- Entry changes after the Meet Scratch deadline will be for time only and not eligible for finals.
- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website ([www.meetlist.notlong.com](http://www.meetlist.notlong.com)). **Entries sent directly to the meet manager will not be accepted.**
- The team entering the **550<sup>th</sup> swimmer will be the last team accepted**. Teams will be entered into the meet based on the date their original entry file is sent. Coaches will be notified if their entries have not been accepted.
- Cheques should be made payable to the **"Richmond Rapids Swim Club"**.
- Associations must submit one cheque only. No individual cheques will be accepted from members of the association.

### Fees

Individual event	\$ 9.50
Swim BC Splash Fee	\$ 4.00
Relay	\$ 10.00
Deck entry	\$ 20.00 (Deck entries are for time only and are not eligible for awards or finals)
Relay deck entry	\$ 20.00
Official Split	\$ 10.00 (First leg of a relay is an official time and is not charged a fee)

### Meet Management

- Meet Manager: Dawna McIver [swim@richmondrapids.com](mailto:swim@richmondrapids.com)
- Head Coach: Rob Pettifer [rapidrob@richmondrapids.com](mailto:rapidrob@richmondrapids.com)
- Official's Coordinator: Bruce McIver [officials@richmondrapids.com](mailto:officials@richmondrapids.com)
- Meet Secretary: Patricia Argueyo [secretary@richmondrapids.com](mailto:secretary@richmondrapids.com)



## Riverport/Richmond

We pride ourselves on being the **newest**, and **best** choice whenever visiting Richmond, British Columbia with special rates for the

Please contact the hotel for the special FastSwim rate



- Located in the Riverport Entertainment Complex (home to Watermania)
- Complimentary Express Start Buffet Breakfast
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- Indoor Heated Swimming Pool, Whirlpool & Fitness Centre
- Complimentary Airport Shuttle
- On-site Guest Laundry Facilities
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- Complimentary High-Speed Internet Access
- Over 1200 Square Feet of Meeting Space



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Holiday Inn Express & Suites, Riverport · 10688 No. 6 Road · Richmond, British Columbia · V6W 1E7

Hotel Contact info—Always ask for the **FastSwim Rate**

**Holiday Inn Express and Suites Riverport** (walking distance to the pool)

10688 NO. 6 ROAD Richmond, BC, Canada V6W 1E7

Hotel Front Desk: 1-604-241-1830

Hotel Fax: 1-604-241-1840

Team booking contact: 604-248-8201



## 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.”**