



# 2017 SWIM BC SHORT COURSE AAA AGE GROUP CHAMPIONSHIPS

*Hosted by UVic-Pacific Coast Swimming*

**MARCH 2-5, 2017**

**SAANICH COMMONWEALTH PLACE**

- AGE GROUPS:
  - 11&U, 13&U, 15&U, 18&U (Individual events)
  - 12&U, 14&U, 18&U (Relay events)
- MEDAL EVENTS:
  - 50-100-200-400-800/1500 Free
  - 100-200 Back, Breast, Fly
  - 200-400 IM
  - 200 Free Relay; 200 Medley Relay; 800 Free Relay
- 11&U, 13&U, 15&U Age Categories: Minimum THREE qualifying times
- 18&U Age Category: Minimum TWO qualifying times
- Maximum TWO bonus entries

**SANCTIONED BY SWIM BC: #20731**

**DATE** MARCH 2-5, 2017  
**HOST** UVIC-Pacific Coast Swimming  
**MEET MANAGER** Jeff Stevens  
**MEET REFEREE** Leon Politano  
**OFFICIALS** Audrey Panter  
**COORDINATOR**

**VENUE**

Saanich Commonwealth Place  
 4656 Elk Lake Drive - Saanich, BC

Prelims: 2 x 8x25m Competition Pools;  
 Finals: 8x25m Competition pool  
 Warm-up space available in dive tank  
 Omega Timing System and scoreboard

WARM UP AND SESSION TIMES		
Thursday, March 2, 2016		
800/1500 Free	Warm-up	11:30 - 12:20pm
	Competition	12:30 - 4:00pm
Relays	Warm-up	*4:00 - 4:30pm
	Competition	*4:40 - 6:00 pm
<i>*Anticipated times, subject to change based on entries are received.</i>		
Friday, March 3, 2016		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am - 12:30pm
Finals	Warm-up	3:00 - 3:50pm
	Competition	4:00 - 7:20pm
Saturday, March 4, 2016		
Heats	Warm-up	7:30 - 8:50am
	Competition	9:00am - 12:30pm
Finals	Warm-up	3:00 - 3:50pm
	Competition	4:00 - 7:20pm
Sunday, March 5, 2016		
Heats	Warm-up	7:30 - 8:50 am
	Competition	9:00am - 12:30pm
Finals	Warm-up	2hrs. after prelims
	Competition	3hrs. after prelims

**Note: All Session completion times are approximate**

**ELIGIBILITY**

- As of the entry deadline, **11&U, 13&U and 15&U** athletes must have attained, after September 1, 2015, at least **THREE** 2016-2017 Swim BC AAA long course or short course qualifying time in an applicable age group.
- As of the entry deadline, **18&U** athletes must have attained, after September 1, 2015, at least **TWO** 2016-2017 Swim BC AAA long course or short course qualifying time in an applicable age group.
- All swimmers must be registered with a Swim BC, Swimming Canada, or other FINA recognized club.
- Age groups for individual events will be 11&U, 13&U, 15&U, 18&U

- NOTE: Coaches must specify in their entries if they want their swimmer to compete in an older age / age group and notify meet management of the competitor's name, event and swim-up age category.
- The 18&U age category will use the Swim BC "Open/Senior" time standards.
  - 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 SWIMS**

- 11&U, 13&U, 15&U Swimmers: non-qualified swims are permitted so that a swimmer with six or fewer qualifying times may enter up to a maximum of TWO non-qualified events.
- 18&U Swimmers: non-qualified swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of TWO non-qualified events.
- Swimmers must have met the Swim BC "**AA**" standard for all non-qualified swims.
- For 400, 800 and 1500 freestyle and 400 IM, Swimmers must have the AAA qualifying time to enter the event.

**ENTRIES**

- Individual entries are limited to a maximum of EIGHT per swimmer. A swimmer entering seven or eight events must have qualifying times in all events entered.
- NO CONVERTED TIMES.** All LCM entries will be converted to SCM by meet management and seeded accordingly.
- Times will be verified with SNC's online entry validations (which will flag bogus or converted times);
- CUSTOM TIMES and 'NT' entries ARE NOT ACCEPTED in individual events.
- Relay entries must include names along with the relay entries. Relay swimmers may be changed at the meet.
- Entry fees are \$8.50 per individual event and \$10.00 per relay event.
  - Surcharges: (a) \$4.00 per swimmer Swim BC Provincial Team Fee; (b) \$5.00 per swimmer SCP Facility Improvement Fee
- Cheques payable to: **Pacific Coast Swimmers and Parents Association (PCSPA)**
- Please include a contact name, phone number, and email address with entries.
- Entries must be uploaded to Swimming Canada meet listings website prior to the entry deadline.

**ENTRY DEADLINE:  
TUESDAY, FEBRUARY 21, AT 9:00PM PST**

Late entries (entries received or uploaded after 9:00pm on Tuesday, February 21, 2017) will be accepted at the discretion of meet management and Swim BC; if accepted, the entry fees will be doubled.

#### GENERAL MEET RULES

1. This meet will observe rules as outlined in the current Swimming Canada 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. Swimming Canada warm-up procedures apply.
5. Preliminary heats will be swum in two pools, divided by meet management such that both pools finish at approximately the same time.
6. Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
7. There will be a "B" final in all individual events apart from 11&U, which will have only "A" finals.
  - a. The "A" final will be swum first followed by the "B" final.
8. The "B" finals of the 400m events may be swum in a separate pool while the "A" finals are being swum.

#### 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 prelims results.
  - a. For all finals sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and dealt with as such.
  - b. The initial scratch deadline for finals each night will be 30 minutes following the completion of morning preliminaries.
  - c. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
  - d. 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. There will be no para-swimming events at this meet.

#### 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.

#### SCORING

1. Individual scoring: A-Final: 20-18-16-15-14-13-12-11  
B-Final: 9-7-6-5-4-3-2-1
2. Relay scoring: 20-18-16-15-14-13-12-11

#### 800 - 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with an initial scratch deadline of noon **on Wednesday, March 1.**
2. **The last-chance scratch deadline will be 30 minutes prior to the start of the 800-1500 session. Any scratches after that point will be treated as a late scratch and subject to the same "late scratch" penalties as for other finals events.**
3. The Top 8 in each age group will swim in a single heat proceeding from youngest to oldest.
4. All other swimmers will be senior-seeded, swum fastest-to-slowest; two per lane if necessary to meet session timelines.
5. Swim BC and/or Meet Management will distribute the timeline of heats for Thursday's session after the initial scratch deadline.

**NOTE: The heats may be re-seeded after the scratch deadline, meaning that swimmers may move into an earlier heat.**

#### RELAYS

1. Age groups for relays will be 12&U, 14&U, 18&U.
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 when fewer than nine teams are entered.
3. For the 4x50 relay events, 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.
  - a. The 4x200 F.R. events on Thursday will be swum as timed finals seeded slowest to fastest.
4. Deadline for relay name/order changes will be:
  - a. For relays swum on Thursday: 2:00pm
  - b. For relays swum in the Prelim Sessions: 11:00am
  - c. For relays swum in the Final Sessions: one hour after the start of the finals session.
5. NT entries will be accepted for relay events.
6. Valid relay entry times will be considered those which are no more than 1.50 seconds faster than the cumulative best individual times of the four swimmers entered.
7. There are no qualifying times for relays.
8. Only swimmers whose names appear on the meet entries shall compete in relay events.
9. Swimmers who will be in relays only shall be listed in their club's Hy-tek entry file as "Relay only swimmers"; such swimmers will be subject to swimmer surcharges
  - a. A relay team may have no more than two "relay-only" swimmers.

#### ATHLETE DEVELOPMENT PRESENTATION (TBC)

1. Saturday (during Morning Warm-ups): Swim BC's Performance Director will deliver a presentation on Swim BC's Athlete Development Strategy for long-term success. This presentation is directed at parents of 14&U swimmers but is open to anyone interested.

#### OTHER

1. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Friday and as necessary.
2. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

**THURSDAY, MARCH 2, 2017**

Thursday	800/1500	Relays
Warm up	11:30 - 12:20pm	4:00* - 4:30pm
Competition	12:30 - 4:00pm	4:30* - 6:00pm

GIRLS	BOYS	AGE GROUP	EVENT
1		All	Girls 800 Free
	98	11&U	Boys 800 Free
	2	12&O	Boys 1500 Free
3	4	12&U	4x200 Free Relay
5	6	14&U	4x200 Free Relay
7	8	18&U	4x200 Free Relay

\* Anticipated start times; subject to change based on number of entries received.

**SATURDAY, MARCH 4, 2017**

Saturday	HEATS	FINALS
Warm up	7:30 - 8:50am	3:00 - 3:50pm
Competition	9:00 - 12:30pm	4:00 - 6:00pm

GIRLS	BOYS	EVENT
23	24	100 Free
25	26	200 Back
27	28	100 Breast
29	30	400 IM
RELAYS		
31	32	12&U 4x50 Medley Relay**
33	34	14&U 4x50 Medley Relay**
35	36	18&U 4x50 Medley Relay**

\*\* Fastest 8 relay entries swim at the conclusion of finals

**FRIDAY, MARCH 3, 2017**

Friday	HEATS	FINALS
Warm up	7:30 - 8:50am	3:00 - 3:50pm
Competition	9:00 - 12:30pm	4:00 - 7:20pm

GIRLS	BOYS	EVENT
9	10	200 IM
11	12	100 Back
13	14	200 Fly
15	16	400 Free
RELAYS		
17	18	12&U 4x50 Free Relay**
19	20	14&U 4x50 Free Relay**
21	22	18&U 4x50 Free Relay**

\*\* Fastest 8 relay entries swim at the conclusion of finals

**SUNDAY, MARCH 5, 2017**

Sunday	HEATS	FINALS
Warm up	7:30 - 8:50am	2:30 - 3:20pm
Competition	9:00 - 12:30pm	3:30** - 6:00pm

GIRLS	BOYS	EVENT
37	38	50 Free
39	40	200 Breast
41	42	200 Free
43	44	100 Fly

\*\* Start time for Sunday Finals will be confirmed after entries have been received and session timelines have been confirmed.

S W I M B C



## 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."**