



S W I M B C

WINTER PROVINCIAL CHAMPIONSHIPS

Hosted by Kamloops Classic Swimming

March 7-10, 2019

Kamloops, BC



Age Groups

- Female: 14&U, 15 & Over
- Males: 15&U, 16 & Over

Timed Final Events:

- 800 - 1500 Free
- 200 Free Relay F/M & Mixed; 200 Medley Relay F/M & Mixed

Prelims/Final Events:

- 50-100-200-400 Free
- 100-200 for each Back, Breast, Fly
- 200-400 IM

Qualification Requirements:

- Must qualify with at least one standard
- No bonus swims

**WEDNESDAY, MARCH 6TH 5:30 – 6:30 PM, 7 LANES
WILL BE OPEN TO ALL CLUBS**



Winter Provincial Championships

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**SANCTIONED BY SWIM BC: #32484**

DATE March 7-10, 2019
HOST Kamloops Classic Swimming
MEET MANAGER Fe Smart meets@swimkamloops.ca
MEET REFEREE Sheila Nelson
OFFICIALS Dan Dagasso / Brad Litke
COORDINATOR admin@swimkamloops.ca
PARA ADVISOR Janet Dunn
SWIM BC & ENTRIES Carrie Matheson (carrie@swimbc.ca)
CONTACT

VENUE

Canada Games Aquatic Centre 910 McGill Rd Kamloops, BC
 8x50m Competition Pool
 Quantum Timing System and scoreboard will be used
 Food services on site

WARM UP AND SESSION TIMES		
Thursday, March 7, 2019		
Session #1	Warm-up	1:30 - 2:50pm
	Competition	3:00 - 7:30pm
Friday, March 8, 2019		
Prelims	Warm-up	7:30 - 8:50am
	Competition	9:00am - 1:30pm
Finals	Warm-up	3:30 - 4:20pm
	Competition	4:30 - 7:30pm
Saturday, March 9, 2019		
Prelims	Warm-up	7:30 - 8:50am
	Competition	9:00am - 1:30pm
Finals	Warm-up	3:30 - 4:20pm
	Competition	4:30 - 7:30pm
Sunday, March 10, 2019		
Prelims	Warm-up	7:30 - 8:50 am
	Competition	9:00am - 1:30pm
Finals	Warm-up	2hrs. after prelims
	Competition	3hrs. after prelims

Note: All Session completion times are approximate

ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, or other FINA recognized club.
- Qualifying period is from September 1, 2017, to the entry deadline.
- During the Qualifying Period, athletes must have attained at least ONE qualifying times, in an appropriately sanctioned competition, in their age group as of the entry deadline.**
- Age groups for individual events will be:
 - Females: 14 & U and 15 & Over
 - Males: 15 & U and 16 & Over
- 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.
 - Coaches must specify, in their entries, if they want their swimmer to compete in an older age group and then **notify meet management via email** of the competitor's name, event and swim-up age category within 24 hours of uploading their entries.
 - Swimmers cannot compete in the same individual event in more than one age/age group.

NON-QUALIFIED SWIMS

Entries not meeting the qualifying standards will not be accepted.

ENTRIES

- Entries will be validated against the SNC meet results database; invalid entry times, unofficial splits, or converted entry times will not be not accepted.
- Swimmers are limited to a max of **EIGHT** entries.
- NO CONVERTED TIMES.** All SCM entries will be converted to LCM by meet management and seeded accordingly.
- "Custom Time" entries will not be accepted in individual events;** swimmers must have a valid provable entry time in each event they enter.
- For reference purposes, please email a .pdf copy of entries to entries coordinator: Carrie Matheson (carrie@swimbc.ca)
- Relay entries **MUST** include names along with the relay entries. Relay swimmers may be changed at the meet.
- Relay entries without names will be seeded as "NT".
- Meet Fees (including Swim BC Provincial Team Splash Fees and Facility Fees) are \$75.00 per swimmer.
- Cheques payable to: **Kamloops Aquatic Club (Credit card can be used as form of payment)**
- All fees **MUST** be paid prior to the start of the meet.
- Entries must be uploaded to SNC meet listings website prior to the entry deadline.
 - Please include the proper contact name, phone number, and email address when uploading entries.
- Late entries** (entries received or uploaded after 9:00pm on Monday, February 25, 2019) **will be accepted at the discretion of Meet Management. If accepted, the Meet Fees will be doubled.**

ENTRY DEADLINE:

MONDAY, FEBRUARY 25, 2019 AT 9:00PM

SCRATCH DEADLINE:

TUESDAY, MARCH 5, 2019 AT 12:00 NOON

GENERAL MEET RULES

- This meet will observe rules as outlined in the current SNC Rulebook.
- POOL DEPTH Shallow End 1.5 m, Deep End 4.55 m and Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- There will be no deck entries, exhibition swims, or time trials.
- SNC warm-up procedures will apply.
- Preliminary heats will be swum double-ended, divided by meet management such that both ends finish at approximately the same time.
- Fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
- There will be "A" and "B" finals in those age groups with 24 or more entries, and an "A" final only if there are fewer than 24 entries in any given age group.
 - The "A" final will be swum first followed by the "B" final.
- Backstroke Ledges will be available
- Timed Final events (including relays) with 9 or 10 entrants, will be seeded such that the fastest heat will have all lanes filled.
- Coaches are asked to check in with the Meet Manager immediately upon arrival to pay entry fees, pick up Meet Package and receive information regarding any changes.
- A coaches' meeting will be held 10 minutes prior to the start of the meet and as necessary through the meet.



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

800 - 1500 Freestyle

1. There will be a positive check-in for the 800m and 1500m Freestyles.
 - a. **1500m** - Deadline will be 30mins PRIOR to the start of Session #1. (2:30pm)
 - b. **800m** - Deadline will be 30mins after start of each of their sessions. (9:30am)
2. The Top 8 in each age group will swim in a single heat proceeding from oldest to youngest.
3. All other swimmers will be senior-seeded, swum fastest-to-slowest; two per lane if necessary, to meet session timelines.
4. Distance Lap Counters will not be available.

PARA-SWIMMERS

1. **Para-swimmers' complete classifications *(S, SB, SM) must be included with athlete surname in their entries.**
2. The most current WPS rules will be observed for all para-swimming events.
3. By the entry deadline, swimmers must have attained at least ONE Para-swimming Provincial qualifying time.
4. All Entries must meet the qualifying standard. There are **NO** non-qualified swims.
5. Para-swimmers may enter able-bodied events provided they meet the Provincial Standard in their age group and that event.
 - a. Para-swimmers cannot enter the same event in both the Para and Able-bodied categories.
6. Para-swimmer events will be single-gender and multi-class, although genders may be combined in the lower subscribed events. Winners will be determined by using the respective male and female SNC Performance Points Charts.
7. There will be SEVEN "para-specific events": 50 Free, 100 Free, 200/400 Free, 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.
8. Strokes/events where distances are split by class (e.g., 50/100 Back) will be scored against each other for one set of finalists from each of those pairs of events.
9. Para-swimming events with more than five entries, Para-swimmers will have prelims and finals. Prelims will be swum with the able-bodied events where possible. Para-swimmers will be seeded in prelims according to entry times.
10. Para-swimming events with fewer than five entries, the event(s) will be Para-swimmer-only timed finals during the preliminary sessions.

RELAYS

1. Age groups for relays will be:
 - a. Females: 14 & U and 15 & Over
 - b. Males: 15 & U and 16 & Over
 - c. Mixed: Open
2. There will be no qualifying times for relays.
3. 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.
4. Mixed relay teams **MUST** have 2 females and 2 males per team.
 - a. No official splits will be taken during the Mixed Relay events.
5. Deadline for relay name/order changes will be:
 - a. For relays swum in the Thursday Session: **2:30pm Thursday**
 - b. For relays swum in Friday's, Saturday's and Sunday's Final Sessions: **30 minutes prior to the start of the Final session.**

6. NT entries will be accepted for relay events.
7. 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.
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 (both Provincial Team Splash Fees and Facility Fees)
 - a. A relay team may have no more than two "relay-only" swimmers.

SCORING

1. Individual scoring: A-Final: 20-17-16-15-14-13-12-11
B-Final: 9-7-6-5-4-3-2-1
2. Relay scoring: 20-17-16-15-14-13-12-11

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.
3. Swim BC will award a Team Banner to the Top Scoring Club. This will be sent directly to the club after the meet.

SCRATCHES

Scratches received prior to March 5th at noon will not incur Meet Fees.

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.

COACH COMPLIANCE (Registration and Certification)

Registration

Head Coaches must be, at minimum, registered in the SNC "A2" registration class. Assistant Coaches must be, at minimum, registered in the SNC "C" registration class.

NCCP Certification

Coaches who are attending this Age Group Championship Meet must be, at minimum, Fundamentals Coach Certified. Coaches, in their first year of coaching, must be Fundamentals Coach Trained.

Failure to adhere to the Coaching Compliance Policy presents substantial risks to Swim BC and its members.

It is incumbent upon the Coach to manage their registration and certification levels. Go to the CAC's [The Locker](#) for more information.

ATHLETE DEVELOPMENT PRESENTATION

Saturday and Sunday (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.



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Provincial Championships Schedule of Events

Thursday, March 7, 2019 Session #1			
Warm-Up:		1:30 - 2:50pm	
Competition:		3:00 - 7:30pm	
FEMALE	MALE	AGE	EVENT
1	2	Open	1500 Free (TF)
101/201	102/202	Para	200/400 Free (TF)
3	4	Open	200 Breast (Prelims)
5		Open	Mixed Medley Relay

Friday, March 8, 2019 PRELIMS			
Warm-Up:		7:30 - 8:50am	
Competition:		9:00am - 1:30pm	
FEMALE	MALE	AGE	EVENT
7	8	Open	100 Free
103	104	Para	100 Free
9	10	Open	200 Fly
105/205	106/206	Para	50/100 Back
11	12	Open	400 Free

Friday, March 8, 2019 FINALS			
Warm-Up:		3:30 - 4:20pm	
Competition:		4:30 - 7:30pm	
FEMALE	MALE	AGE	EVENT
7	8	Open	100 Free
103	104	Para	100 Free
9	10	Open	200 Fly
3	4	Open	200 Breast (Finals)
105/205	106/206	Para	50/100 Back
11	12	Open	400 Free
13		14&U F	200 Medley Relay
	14	15&U M	200 Medley Relay
15		18&U F	200 Medley Relay
	16	18&U M	200 Medley Relay

SATURDAY, March 9, 2019 PRELIMS			
Warm-Up:		7:30 - 8:50am	
Competition:		9:00am - 12:30pm	
FEMALE	MALE	AGE	EVENT
17	18	Open	200 Back
19	20	Open	100 Breast
105/205	106/206	Para	50/100 Breast
21		Open	400 IM
	22	Open	200 IM
	108/208	Para	150/200 IM
23		Open	200 Free
	24	Open	800 Free (TF)

SATURDAY, March 9, 2019 FINALS			
Warm-Up:		3:00 - 3:50pm	
Competition:		4:00 - 7:30pm	
FEMALE	MALE	AGE	EVENT
17	18	Open	200 Back
19	20	Open	100 Breast
105/205	106/206	Para	50/100 Breast
21		Open	400 IM
	22	Open	200 IM
	108/208	Para	200 IM
23		Open	200 Free
25		Open	Mixed Free Relay

SUNDAY, March 10, 2019 PRELIMS			
Warm-Up:		7:30 - 8:50am	
Competition:		9:00am - 12:30pm	
FEMALE	MALE	AGE	EVENT
	26	Open	200 Free
27	28	Open	100 Fly
109/209	110/210	Para	50/100 Fly
29	30	Open	50 Free
111/211	112/212	Para	50 Free
31		Open	200 IM
	32	Open	400 IM
107/207		Para	150/200 IM
33	34	Open	100 Back
35		Open	800 Free (TF)

SUNDAY, March 10, 2019 FINALS			
Warm-Up:		Approx. 2hrs. after conclusion of prelims	
Competition:		Start of competition 1hr. later	
FEMALE	MALE	AGE	EVENT
37		14&U F	200 Free Relay
	38	15&U M	200 Free Relay
39		18&U F	200 Free Relay
	40	18&U M	200 Free Relay
	26	Open	200 Free
27	28	Open	100 Fly
109/209	110/210	Para	50/100 Fly
29	30	Open	50 Free
111/211	112/212	Para	50 Free
31		Open	200 IM
	32	Open	400 IM
107/207		Para	150/200 IM
33	34	Open	100 Back



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**SWIMMING
CANADA
NATATION**



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 lanespace 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."



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2019 Winter Provincial Championships Swim Meet

March 7-10, 2019

The BW PLUS Kamloops Hotel is Kamloops Green Hotel and closest hotel to Kamloops Tournament Capital Center. 81 guestrooms with Saltwater Pool and Hot Tub, Fitness Center and Boardroom.

Standard Room: \$132.00 (up to four persons) plus taxes (two Queen Beds)

Each Team Standard room comes with two queen beds, working desk, individual room Wi-Fi and Optik TV on a 42" TV, microwave, mini-fridge, iron/board and hairdryer. Our rate includes complimentary buffet style breakfast in our 52 seat breakfast room. We also have one bedroom suites available.

Contact our Hotel info@bestwesternkamloops.com or 1-877-302-7878

***Mention-Winter Provincial Championship
Swim Meet***

BW PLUS Kamloops Hotel

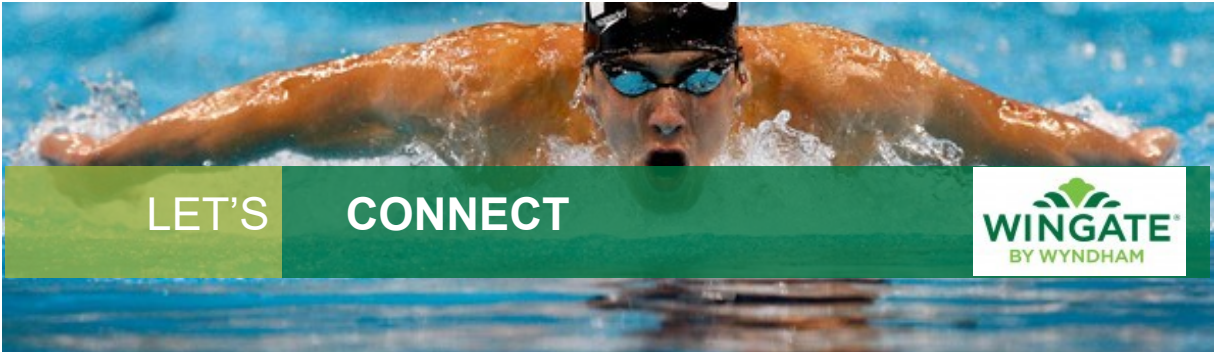
660 Columbia Street West Kamloops, BC V2C 1L1

www.bestwesternkamloops.com





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2019 Winter Championship Provincial Swim Meet March 7-10 2019

Standard rooms with 2 Queen beds
 \$129.00 for up to four persons + tax.

Hot breakfast included

Please call 778 471 7706 or email
 desk@wingatekamloops.com for
 reservations

Hotel Overview

Kamloops Newest Hotel.

We are conveniently located just off the TransCanada Highway at exit 368. Within a 5 min drive to **Kamloops Tournament Capital Center** The Wingate is within walking distance to restaurants, shopping and coffee shops. We offer fiber optic internet to help keep you connected to home and work, two separate lounging areas in our spacious lobby, a business center along with meeting rooms and board room. To help keep you fit our state of the art fitness center is open 24 hours a day and if you just want to relax you can enjoy our indoor pool and hot tub. In the morning don't forget to stop by our hot breakfast buffet to start your day right.



Hotel Services at no Extra Cost

- Deluxe hot breakfast including eggs, meat, freshly made waffles, cereal fruits, pastries, and more
- Refrigerator microwave coffeemaker, iron ironing board and hairdryer in all rooms
- Wired and wireless high-speed internet in every room and public areas
- Access to a modern fitness center
- Printing, coping and faxing in the 24 hour business center
- Tesla charging stations
- Indoor pool and hot tub
- EVC Charging stations
- Express checkout
- Underground and above ground parking



Wingate by Wyndham Kamloops 1180 Rogers Way V1S1N5
 Www.Wingatekamloops.com desk@wingatekamloops.com



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Guest Room Amenities

- 82 guest rooms with a large work area
- In-room refrigerator, microwave, iron, ironing board and hair dryer
- 50" LED televisions
- Single-cup coffee makers serving
- Ergonomic desk chairs
- Valet laundry
- Kitchenettes available

Business and Meeting Facilities

BUSINESS CENTER

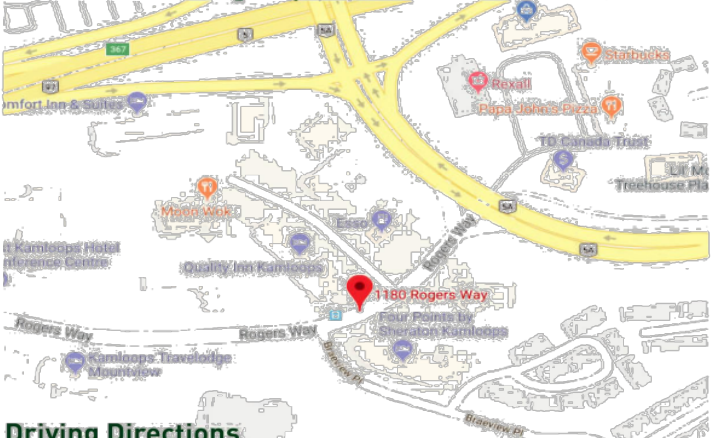
- Open 24/7
- FREE printing, copying and faxing
- FREE high-speed WiFi

MEETING AND EVENT FACILITIES

- Total meeting room space: 1080 sq. ft.
- FREE high-speed Internet available in all meeting rooms, business center and all common areas
- 55" LED televisions in meeting rooms
- Sahali room may be broken into 3 separate rooms of 275 SQ. FT. each
- Restaurant-quality catering is available

MEETING ROOMS	AREA (SQ. FT.)	CAPACITIES BOARD ROOM	BANQUET	CLASSROOM	THEATER	U-SHAPE
DUFFERIN	250	12	-	-	-	-
SAHALI	825	-	65	36	90	24
ABERDEEN	275	-	21	12	28	8
PINEVIEW	275	-	21	12	28	8

For group rates contact: 778.471.7708 or email: gm@wingatekamloops.com



Driving Directions

From Hwy. 1 Eastbound - Take Exit 368-Hillside Ave, and take the first right onto Rogers Way - hotel address is 1180 Rogers Way.
 From Hwy, 1 Westbound - Take Exit 368 - Hillside Ave. and turn left at the traffic light. Turn right at the first light onto Rogers Way - hotel address is 1180 Rogers way.

www.wingatekamloops.com | 778.471.7706 Toll Free Hotel | 1.844.367.7025
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Pre-order your lunch box combos today...

\$10^{TAX} LUNCHBOX COMBO

Each group member should select a sandwich, side, and drink. Total group order is entered below.

QTY	SANDWICH
	Chicken Sandwich
	Turkey Sandwich
	Beef Sandwich
	Veggie Sandwich
	TOTAL SANDWICHES

QTY	SIDE
	Apple
	Banana
	TOTAL SIDES

QTY	DRINK
	Bottled Water
	Chocolate Milk +\$2
	TOTAL DRINKS

Qty of Sandwiches _____ x \$10/combo = _____

Qty of Chocolate Milk _____ x \$2/each = _____

Subtotal of group order \$ _____ + tax

Contact _____

Phone Number _____

Pick up Date/Time _____

Submit your group's order a minimum of 4 days prior to the event via email catering@healthfare.ca or in person to the TCC HealthFare Restaurant at 910 McGill Road.

Meals are for pick up – Minimum order of 10 combos – Group payment only



HEALTHfare
RESTAURANTS

OFFICE USE ONLY Order checked by _____	<table style="width: 100%;"> <tr> <td style="width: 50%;">TOTAL</td> <td style="width: 50%;"></td> </tr> <tr> <td>\$</td> <td>PAID</td> </tr> </table>	TOTAL		\$	PAID
TOTAL					
\$	PAID				