



**2010 BC AA CHAMPIONSHIPS – WINTER 2010**  
**FEBRUARY 5-7, 2010 – PENTICTON, BC**



**SANCTIONED BY SWIM BC: #8677**

**DATE**                    **February 5-7, 2010**

**HOST**                    **Kisu Swim Club**

**MEET MANAGER**    **Dean Rowland**

**LOCATION**

Penticton Community Centre  
 325 Power St  
 Penticton, BC  
 Phone: 250-490-2426

6 lane X 25m Competition Pool  
 Colorado Timing System  
 Food services available on-site

6. Swimmers cannot swim in an "older" age if they have a "AAA" time in their current age, EXCEPT for swimmers who have a birthday (and thus change ages) between February 5 and March 4, inclusive.
  - a. Swimmers in this situation are dequalified from this meet if they have a "AAA" time in the older age group.
7. Meet management reserves the right to challenge any entry time prior to or during the competition. It is the responsibility of the club to prove any entry times if requested.

**NON-QUALIFIED SWIMS**

1. Every swimmer with at least one qualifying time may enter up to NINE individual events, but no more than three on any one day.
2. For 400 freestyle and 400 IM, meet management reserves the right to swim any/all non-qualified entries in overflow heats to be run Senior-seeded, fastest to slowest, at the conclusion of the heats (after 800/1500 events), provided time permits.
  - i.e. There is no guarantee that non-qualified 400m entries will swim.
3. Non-qualified entries in the 800 and 1500 will be accepted only to fill the slowest heat in each event.

**ENTRIES**

1. Individual entries are limited to a maximum of nine per swimmer;
2. Proof of time is required for all qualifying events. Please email proof of time report for your club to [drowland@sd53.bc.ca](mailto:drowland@sd53.bc.ca)
3. All entries, including non-qualified entries, must have a valid entry time. This means that
  - a. "NT" entries will not be accepted
  - b. Custom times will not be accepted
4. Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet.
5. Entry fees are **\$7.50 per individual event** and **\$8.50 per relay event**.
6. Surcharges:
  - a. **\$4.00 per swimmer** Swim BC Provincial Team Fee.
  - b. **\$0.50 per swimmer** Okanagan Regional Fee
7. Please submit one cheque for all swimmers entered under the club acronym.
8. Cheques payable to: **KISU SWIM CLUB**
  - a. **All fees MUST be paid prior to the start of the meet.**
9. Entries must be uploaded to Swimming Canada <http://meetlist.notlong.com> website. **Entry files emailed to Meet Management will not be accepted.**
10. Please include the proper contact name, phone number, and email address when uploading entries.

**ENTRY DEADLINE: Tuesday, January 26, 2010**

WARM UP AND START TIMES		
FRIDAY, FEBRUARY 5, 2010		
Heats	Warm-up	8:00-8:50am
	Start	9:00am
Finals	Warm-up	4:00-4:50*
	Start	5:00pm
SATURDAY, FEBRUARY 6, 2010		
Heats	Warm-up	8:00-8:50am
	Start	9:00am
Finals	Warm-up	4:00-4:50*
	Start	5:00pm
SUNDAY, FEBRUARY 7, 2010		
Heats	Warm-up	8:00-8:50am
	Start	9:00am
Finals	Warm-up	Immediately after conclusion of distance events
	Start	30 minutes later

**ELIGIBILITY**

**See also SPECIAL MEET RULES below.**

1. All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club.
2. **As of the entry deadline, athletes must have attained at least ONE 2009-2010 BC AA short course or long course qualifying time in an appropriately sanctioned competition, AND must not have attained a AAA time in their age group.**
3. Preliminaries will be senior-seeded, separated only by gender.
4. Age groups for each gender in finals will be 11-12, 13-14, 15&O
  - a. There will be consolation finals in all events/ages with 18 or more splashes
5. Swimmer age is as of the first day of competition.



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**SPECIAL MEET RULES**

See also **ELIGIBILITY** above.

**SCRATCHES – PLEASE READ CAREFULLY**

1. There is no scratch penalty for no-shows, step downs and unexcused incomplete swims during prelims.
2. For all finals sessions, no-shows, step downs and unexcused incomplete swims will all be considered a late scratch.
3. 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
4. The last scratch deadline for finals will be 30 minutes prior to the start of the finals session.
5. 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 offending swimmer's team shall compete in a final until the \$20 penalty has been paid.

**GENERAL**

1. This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide.
2. Deck entries and Exhibition Swims are not permitted.
3. There will be no time trials.
4. SNC warm-up procedures apply. No diving into pool until sprint lanes are announced approximately 30 minutes prior to the conclusion of warm-ups.
5. Preliminaries and finals will be swum in the event order as outlined in the meet event list.
6. All preliminaries will be seeded slowest to fastest.
7. Age groups with fewer than six entrants in an event may be combined in finals.
8. 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.
9. A coaches' meeting will be held 10 minutes prior to the start of heats on Friday and as necessary.
10. Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
11. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

**Timed Final Events**

There will be positive check-in for all timed final events.

**BILLETING**

There will be no billeting available for this competition.

**800 – 1500 Freestyle**

1. The 800 & 1500 freestyle events will be swum on Sunday, after prelims, as timed finals, open age group, seeded slowest to fastest.
2. Awards will still be presented in the age groups as outlined earlier
3. Meet management reserves the right to swim these events two-swimmers-per-lane.
4. Swimmers in 800/1500 must provide at least one timer per lane
5. Only those swimmers meeting the qualifying time in these events will be assured the opportunity to swim; non-qualified entries will be accepted to fill empty lanes in the slowest heats.

**Relays**

1. The fastest six proved relay entries in each event will swim as timed finals at the conclusion of finals sessions. Other relay heats may swim as a timed final at the end of the preliminaries session.
2. There will be no qualifying times for relays.
3. There will be no maximum number of teams per club for relay entries.
4. Only swimmers whose names appear on the meet entries shall compete in relay events.
5. Please specify relay team swimmer assignments with entries. Clubs will have the opportunity to change relay swimmers.
6. Swimmers who will be in relays only shall be listed in their club's Hytek entry file as "Relay only swimmers". These swimmers are subject to Swim BC Splash Fee.
7. Swimmers cannot compete in a relay event in an age/age group in which they have a AAA time.

**SCORING**

1. There will be no team or individual scoring.

**AWARDS**

1. Medals will be awarded to top three finishers in all individual and relay events.
2. Ribbons will be awarded for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> place in individual events.

**SwimBC and meet management reserve the right to make changes to the format of the meet in an effort to enhance the quality of the competition.**



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**FRIDAY, FEBRUARY 5, 2010**

	<b>HEATS</b>	<b>FINALS</b>
<b>Warm up</b>	8:00-8:50am	4:00-4:50pm
<b>Start</b>	9:00am	5:10pm
<b>Finish</b>	~12:30pm	~7:30pm
<b>GIRLS Event #</b>	<b>BOYS EVENT #</b>	<b>EVENT</b>
1	2	100 Free
3	4	200 Back
5	6	100 Breast
7	8	200 Fly
9	10	400 Free
<b>RELAYS</b>		
11	12	200 Medley Relay

**\*\* Relays: Top 6 proved entries in each age group will swim at the conclusion of finals.**

**SATURDAY, FEBRUARY 6, 2010**

	<b>HEATS</b>	<b>FINALS</b>
<b>Warm up</b>	8:00-8:50am	4:00-4:50pm
<b>Start</b>	9:00am	5:10pm
<b>Finish</b>	~12:30pm	~7:30pm
<b>GIRLS Event #</b>	<b>BOYS EVENT #</b>	<b>EVENT</b>
13	14	400 IM
15	16	100 Back
17	18	200 Free
19	20	100 Fly
<b>RELAYS</b>		
21	22	200 Free Relay

**\*\* Relays: Top 6 proved entries in each age group will swim at the conclusion of finals.**

**SUNDAY, FEBRUARY 7, 2010**

	<b>HEATS</b>	<b>FINALS</b>
<b>Warm up</b>	8:00-8:50am	After 800/1500
<b>Start</b>	9:00am	30 minutes later
<b>Finish</b>	~12:30pm	~1:30pm
<b>GIRLS Event #</b>	<b>BOYS EVENT #</b>	<b>EVENT</b>
23	24	50 Free
25	26	200 Breast
27	28	200 IM
29	30	800/1500 Free
<b>Warm-up for finals will begin immediately following the final heat of distance free.</b>		
<b>Finals for 50 Free, 200 Breast, 200 IM will begin 30 minutes after the beginning of that warm-up session.</b>		



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# RAMADA® PENTICTON

The Penticton Ramada is pleased to extend the following discounted rates for the Swim BC AA Provincial Championships, hosted by the Penticton KISU Swim Club, February 5-7, 2010.

- Standard Rooms with 2 Queen Beds                      \$88.00 per room plus taxes (1-4 people)
- One Bedroom Fireplace Kitchen Suites  
  (One queen bed and one pull-out sofa bed)      \$139.00 per room plus taxes (1-4 people)

*These rates represent a 12% - 25% discount off the regular rates for non-swim meet guests.*

How Do You Make A Reservation?

Please phone the hotel directly at either 1-800-665-4966 or 250-492-8926 and ask specifically for the Group Name: SWIM.