



**2010 TEAM AQUATIC SUPPLIES
BC AAA SHORT COURSE AGE GROUP CHAMPIONSHIPS
MARCH 4-7, 2010 - VICTORIA BC**



SANCTIONED BY SWIM BC: #9016

DATE MARCH 4-7, 2010

HOST ISLAND SWIMMING

MEET MANAGER SUZIE SYLVESTER

LOCATION

Saanich Commonwealth Place
4636 Elk Lake Drive, Victoria, BC
Phone: 250-475-7600

2 - 8 X 25m Competition Pools; Warm-up Pool
Omega Timing System with Omega Full-colour Video Board

3. Age groups will be 10&U (SwimStars), 11&U, 12&U, 13&U, 14&U, 15&U, 18&U in finals.
 - a. **Preliminaries** will be swum in only TWO age divisions for most events: 13&U and 18&U
 - b. 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.
4. The 18&U age category will use the Swim BC "Open/Senior" time standards.
5. Swimmer age is as of the first day of competition.
6. Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
 - a. Swimmers cannot compete in the same individual event in more than one age/age group

NON-QUALIFIED SWIMS

1. Non-qualified swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of six events.
 - 1 qualifying standard – Up to 5 Non-Q Swims
 - 2 qualifying standards – Up to 4 Non-Q Swims
 - 3 qualifying standards – Up to 3 Non-Q Swims
 - etc.
2. Swimmers must have met the Swim BC "A" standard for all non-qualified swims.
3. **Entries for non-qualified swims must be noted in each team's HyTek entry upload using the BONUS check box.**
4. 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, time permitting.
5. Non-qualified entries in the 800 and 1500 events will be accepted only to the extent that the Thursday afternoon session does not extend past 6:00pm.

ENTRIES

1. Individual entries are limited to a maximum of nine per swimmer.
2. Valid proof-of-time is required for **all relay and individual** events. Please email proof of time report for your club to entries@islandswimming.com.
3. CUSTOM TIMES and "NT" ENTRIES ARE NOT ACCEPTED.
4. Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet.
5. Entry fees are **\$7.00 per individual event** and **\$9.00 per relay event**.
6. Surcharges:
 - a) **\$4.00 per swimmer** Swim BC Provincial Team Fee.
 - b) **\$5.00 per swimmer** SCP Facility Enhancement Fee
7. Please submit one cheque for all swimmers entered under the club acronym.
8. Cheques payable to: **ISLAND SWIMMING**
9. Please include a contact name, phone number, and email address with entries.
10. Entries must be uploaded to Swimming Canada www.swimmeet.ca website. **Entry files emailed to Meet Management will not be accepted.**

ENTRY DEADLINE: MONDAY, FEBRUARY 22, 2010

WARM UP AND START TIMES		
Thursday, MARCH 4, 2010		
Timed Finals	Warm-up	1:00-1:50 pm
	Start	2:00 PM
Relays	Warm-up	6:00-6:30 pm*
	Start	6:40 PM
Friday, MARCH 5, 2010		
Heats	Warm-up	7:30-8:50am
	Start	9:00am
Finals	Warm-up	4:30-5:20*
	Opening Ceremony	5:30pm
	Start	5:45pm
Saturday, MARCH 6, 2010		
Heats	Warm-up	7:30-8:50am
	Start	9:00am
Finals	Warm-up	4:30-5:20pm*
	Start	5:30pm
Sunday, MARCH 7, 2010		
Heats	Warm-up	7:30-8:50am
	Start	9:00am
Finals	Warm-up	Two hours after prelims
	Start	One hour later

***All pools will be cleared at the end of warm-ups for the officials' march-on / the national anthem.**

ELIGIBILITY

See also SPECIAL MEET RULES below.

1. **As of the entry deadline, athletes must have attained at least ONE 2009-2010 BC AAA long course or short course qualifying time ("AAAW" standard) in their applicable age group.**
2. All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club.



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SPECIAL MEET RULES

See also **ELIGIBILITY** above.

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. To enter more than six events, the swimmer must have qualifying times in all events entered.
5. SNC warm-up procedures apply. No diving into pool until sprint lanes are announced approximately 30 minutes prior to the conclusion of warm-ups.
6. Preliminary heats will swim in two pools, divided by meet management so as to ensure both pools finish at approximately the same time
7. All 10&U SwimStars heats will take place in the same pool.
8. **No heats in prelims will be circle-seeded**, with the exception of the 10&U SwimStars heats/finals events.
9. A non-scoring "B" final will be held in 18&U events with 40 or more qualified swimmers. In these events, the order of the finals will be the "B" finals, followed by the "A" finals.
10. The 400m finals will swim in two pools – girls at one end, boys at the other end. All other finals, will be swum in one pool.

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 "late-scratching" swimmer's team shall compete in a final until the \$20 penalty has been paid.

ENTRY STANDARDS

1. Age-group: available on Swim BC website
2. 10&U: below

10&U Swim Stars Qualifying Standard (same for boys and girls)		
<u>Short Course</u> (AAA)		<u>Long Course</u> (AAA)
6:05.00	400 Free	6:15.00
3:12.00	200 IM	3:17.00

SCORING

1. Individual & Relay scoring 50-30-20-15-14-13-12-11.
2. 10&U Events will not count towards overall Team Scoring.

IPC Swimmers (Para-swimmers)

1. While para-swimmers are welcomed to compete, there will be no dedicated SWAD events. SWAD Championships are at 2009 BC Senior Champs.
2. SWAD athletes must have at least one Swim BC SWAD Provincial Championship qualifying time to enter.

10 & UNDER SWIMMING

1. By the entry deadline, 10 & Under athletes must have a qualifying standard in either the 200IM or the 400 freestyle. Entry into the competition allows competitors to swim in all six 10&U events.
2. The 200 IM and 400 Freestyle events will be run as timed final events on Sunday.
3. The 50 butterfly, 100 Backstroke, 50 Breaststroke and 100 freestyle events on Saturday will be run as heats and finals.

800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals (girls swimming 800s, boys swimming 1500s), with a positive check-in / scratch deadline of **noon on Wednesday, February 25, 2009.**
2. 800 – 1500 Freestyle will swim **fastest to slowest**, rotating age groups: 12&U, 14&U, 18&U. However, awards will be presented to 11&U, 12&U, 13&U, 14&U, 15&U, and 18&U ages.
3. The fastest heats of the 800 / 1500 freestyle will be swum single-laned; the fastest 12&U heat will feature the fastest FOUR 11&U (in lanes 1-4) and fastest FOUR 12&U (in lanes 5-8); the same pattern will hold for the fastest heat of 14&U and 18&U.
4. The slower heats may be swum two-per-lane
5. Swim BC and Meet Management will distribute the timeline of heats for 800/1500 Freestyle at least 48 hours prior to the start of the meet. Overflow 800 and 1500 freestyle races, if necessary and feasible, will be announced at this time.

RELAYS

1. Age groups for relays will be 12&U, 14&U, 18&U.
2. For the 4x50 relay events, only the fastest eight proved relay entries 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 4x100 M.R. events on Thursday will be swum as timed finals seeded slowest to fastest
3. Proof-of-time MUST be submitted for each relay team entered, along with swimmer names. Email a "relay-only" proof-of-time report to entries@islandswimming.com
4. Clubs may enter as many relay teams as they wish; however, only "A" and "B" relay teams will be considered for scoring.
5. There are no qualifying times for relays.
6. Only swimmers whose names appear on the meet entries shall compete in relay events.
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 Swim BC Splash Fee and SCP Facility Enhancement Fee.



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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 Stars awards will be presented for 10&U for the Top 8 fastest cumulative times across all six dedicated 10&U SwimStars events.
4. Regional Athlete Development (RAD) Award points are calculated using individual aggregate points (9,7,6,5,4,3,2,1 for places 1st through 8th respectively). The \$125.00 RAD award is given to the highest 14 years or younger point scorer from each region.

Thanks to Team Aquatic Supplies for their generous financial contributions for these awards.

OTHER

1. Coaches are asked to check in with the Meet Manager immediately upon arrival to pick up Meet Package and information regarding any changes.
2. A coaches' meeting will be held 10 minutes prior to the start of timed finals on Thursday and as necessary.
3. Should it become necessary to change warm-up and/or starting times, coaches will be notified as soon as possible.
4. Clubs are asked to submit names of timers and session availability to entries@islandswimming.com. Clubs will be contacted by Meet Officials Chairperson for other deck officials.
5. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
6. Meet management and Swim BC reserve the right to make alterations to the meet to enhance the quality of the competition.

THURSDAY, MARCH 4, 2010

	800-1500 FREE	RELAYS
Warm up	1:00-1:50pm	6:00-6:30pm
Start	2:00pm	6:40pm

GIRLS	BOYS	AGE GROUP	EVENT
1 (800m)	2 (1500m)	12 & under	800 / 1500 Free (TF)*
3 (800m)	4 (1500m)	14 & under	800 / 1500 Free (TF)*
5 (800m)	6 (1500m)	18 & Under	800 / 1500 Free (TF)*
7	8	12 & under	400 Free Relay (TF)*
9	10	14 & under	400 Free Relay (TF)*
11	12	18 & Under	400 Free Relay (TF)*
<ul style="list-style-type: none"> ➤ *TF=timed final ➤ 800 / 1500 free will swim fastest to slowest, rotating age groups. <ul style="list-style-type: none"> ➤ That is, Heat 1 will be fastest 12&U (four 11&U and four 12&U swimmers); heat 2 will be fastest 14&U (four 13&U and four 14&U); heat 3 will be the fastest 18&U (four 15&U and four 18&U); Heat 4 will be second fastest group of eight 12&U swimmers (regardless of age); etc. ➤ Awards will be presented to Top 8 in 11&U, 12, 13, 14, 15, 16-18 ages. 			



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FRIDAY, MARCH 5, 2010

	HEATS	FINALS
Warm up	8:00-8:50am	4:30-5:20pm
Start	9:00am	5:45pm

GIRLS	BOYS	AGE GROUP	EVENT		GIRLS	BOYS	AGE GROUP	EVENT
13	14	13&U	200 Free		21	22	13&U	50 Free
15	16	18&U	200 Free		23	24	18&U	50 Free
17	18	13&U	100 Back		25	26	13&U	200 IM
19	20	18&U	100 Back		27	28	18&U	200 IM
RELAYS								
29	30	12&U	200 Medley Relay**					
31	32	14&U	200 Medley Relay**					
33	34	18&U	200 Medley Relay**					

**** Relays: Top 8 proved entries in each age group will swim at the conclusion of finals; all others will swim at the conclusion of preliminaries**

SATURDAY, MARCH 6, 2010

	HEATS	FINALS
Warm up	8:00-8:50am	4:30-5:20pm
Start	9:00am	5:30pm

GIRLS	BOYS	AGE GROUP	EVENT		GIRLS	BOYS	AGE GROUP	EVENT
101	102	10&U	100 Free		105	106	10&U	50 Breast
35	36	13&U	400 IM		43	44	13&U	100 Breast
37	38	18&U	400 IM		45	46	18&U	100 Breast
103	104	10&U	50 Fly		107	108	10&U	100 Back
39	40	13&U	200 Fly		47	48	13&U	200 Back
41	42	18&U	200 Fly		49	50	18&U	200 Back
RELAYS								
51	52	12&U	200 Free Relay**					
53	54	14&U	200 Free Relay**					
55	56	18&U	200 Free Relay**					

**** Relays: Top 8 proved entries in each age group will swim at the conclusion of finals; all others will swim at the conclusion of preliminaries**



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SUNDAY, MARCH 7, 2010

	HEATS	FINALS
Warm up	8:00-8:50am	2 hrs. after end of prelims
Start	9:00am	3 hrs. after end of prelims

GIRLS	BOYS	AGE GROUP	EVENT		GIRLS	BOYS	AGE GROUP	EVENT
109	110	10&U	200 IM***		65	66	13&U	200 Breast
57	58	13&U	400 Free		67	68	18&U	200 Breast
59	60	18&U	400 Free		69	70	13&U	100 Free
111	112	10&U	400 Free***		71	72	18&U	100 Free
61	62	13&U	100 Fly					
63	64	18&U	100 Fly					

*** **Swim BC Swim Stars** events on Sunday will be timed finals during prelims, with an awards presentation shortly after the conclusion of the 10&U 400 Free.



www.team-aquatic.com

