



ISLAND LONG COURSE INVITATIONAL

May 14 - 16, 2010
SAANICH COMMONWEALTH PLACE
4636 Elk Lake Drive
Victoria, BC
Sanctioned by SWIM BC #9447



STARTING TIMES:

FRIDAY May 14

HEATS: Warm-Up: 9:15 am Start: 10:15 am Projected End Time: 3:30 pm

FINALS: Warm-Up: 5:00 pm Start: 6:00 pm Projected End Time: 8:00 pm

SATURDAY May 15

HEATS: Warm-Up: 8:00 am Start: 9:00 am Projected End Time: 2:30 pm

FINALS: Warm-Up: 5:00 pm Start: 6:00 pm Projected End Time: 8:00 pm

SUNDAY May 16

Timed FINALS: Warm-Up: 8:00 am Start: 9:00 am Projected End Time: 1:00 pm

POOL: 1-50 METER 8 LANE POOL. This will be a double-ended long course meet. The 8-lane 25-meter dive tank will be used for warm-up / cool-down. Café is available.

ELIGIBILITY: SWIM BC (or FINA related) registered swimmers. Age is determined by age of swimmer as of May 14, 2010.

ENTRY INFORMATION:

1. FEES: \$6.50 per individual. \$8.00 per relay event. \$9.00 surcharge per swimmer includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 Provincial Team Splash fee per swimmer. Fees are due at the beginning of the meet via a cheque made payable to the **Victoria Amateur Swim Club**
2. Entries must be submitted through the SNC meet website at www.swimmeet.ca. Please email an entry report in pdf format for cross-checking to the Meet Manager (entries@islandswimming.com).
1. Entries must be uploaded to the Swimming Canada www.swimmeet.ca website by midnight on **FRIDAY April 30, 2010**. Non-Canadian entries may be submitted directly to the Meet Manager at entries@islandswimming.com
3. There are time standards for individual events. Entries must be submitted with a time. There are no entry standards for relay events; however, please enter times for seeding.
4. Psych Sheets will be provided via www.IslandSwimming.com by May 6, 2010. Please email scratches or changes ASAP. Entry updates close at midnight **Tuesday, May 11, 2010** for seeding and meet program.
5. Deck entries may be accepted at the discretion of the meet manager and/or Clerk of Course. Deck entries must include the swimmers correct nine-digit SNC ID and date of birth for swimmers not already in the meet.

ENTRY DEADLINE: **April 30, 2010**

Upload entry files to: <https://www.swimming.ca/meetlist.aspx>

Send entry reports to: Meet Manager: entries@islandswimming.com

AWARDS:

1st, 2nd, and 3rd place winners of the individual events and 1st place for relays will be eligible for prizes. Door prizes will be available to all competitors. Age groups are: 12&U, 13/14, 15&O.



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through PLAYTIME BINGO 3400 Tillicum Road, Victoria*



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MEET RULES:

1. Qualifying time standards are the Swim BC AA times for each event, based on the age of the swimmer. The time standards chart can be found [here](#).
2. Stroke 50s (Backstroke, Breaststroke, and Butterfly) do not have Swim BC AA time standards. These events may be entered by a swimmer that qualifies for any other events in the meet.
3. Island Swimming will enter swimmers who do not meet the qualifying standards to fill the meet, up to 450 swimmers.
4. The meet will follow SWIM BC RULES and SNC RULES.
5. Friday and Saturday's events are heats and finals except for the relays. All events will be swum together during heats, but separated according to age groups (12 & U, 13/14, 15 & Over) in finals.
6. All relays are timed finals swum at the beginning of Friday and Saturday finals.
7. Sunday's events are timed finals.
8. Meet Management reserves the right to adjust the meet format and awards after entries are received to ensure that the competition offers appropriate session lengths and competitive opportunities.

Distance Events:

9. The 800 and 1500 freestyle events will be conducted as senior seeded timed finals, swum fastest to slowest. The events are limited to the fastest eight swimmers of each age group and gender, six heats per event. Meet Management reserves the right to add overflow heats to the end of Sunday's heats if enough entries warrant it. Positive check-in is required for both events by Friday, 11am.
10. The 400, 800 and 1500 Freestyle events may be swum TWO swimmers per lane, at the Meet Manager's discretion upon approval from the meet referee.
11. Meet Management reserves the right to adjust the meet format and awards after entries are received to ensure that the competition offers appropriate session lengths and competitive opportunities.

Para Swimming Meet Rules

1. All Para Swimmers (S1-S13) must be licensed by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and Classification information is available at <https://www.swimming.ca/ParaswimmingClassification>
2. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
3. The Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
4. Classes eligible for competition are S1-S10; S11-13 and S14.
5. Para Swimming events are Open Age Group – no age restrictions.
6. All Para Swimmer entries must include the swimmers classification numbers (i.e. S4SB3SM5).
7. Swimmers will compete in dedicated Para Swimming events. Swimmers may enter the able bodied events, but coaches are asked limit entries to those events which correspond with their swimmers classification as per Swimming Canada events.
8. Events will run as multi-disability and single gender. Winners will be determined by multi-disability competition using the most recent SNC Performance Points Charts will be used to determine awards for the Para Swimming Events.
9. Events with 5 - 9 slashes will go to finals, with the top 4 advancing. Events with 9 or more slashes will go to finals, with the top 8 advancing.

SCRATCH RULES:

The "No Charge Scratch" deadline is Tuesday, May 11th at noon.

To scratch a swimmer or relay team from an event, the scratch must be made by the following deadlines:

1. For Friday prelims, 9:15 AM (start of warm-ups).
2. For Saturday prelims, the deadline shall be 60 minutes after the start of Friday finals.
3. For Sunday the deadline shall be 60 minutes after the start of Saturday finals.
4. The scratch deadline for finals shall be 30 minutes from the conclusion of heats of that same day, with the SwimBC scratch rule in effect for scratches after that time.



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SCHEDULE OF EVENTS

Friday Prelims Warm-up *: 9:15 AM Start: 10:15 AM

#Girls	Event	#Boys
1	200 Breast	2
101	PARA 100 Free	102
3	100 Free	4
5	200 Fly	6
103	PARA 50 Back	104
7	100 Back	8
105	PARA 200 Free	106
9	200 IM	10
11	800 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	12

Friday Finals: Warm-up 5:00 Start 6:00

#Girls	Event	#Boys
13	4 x 100 Free Relay	14
1	200 Breast	2
101	PARA 100 Free	102
3	100 Free	4
5	200 Fly	6
103	PARA 50 Back	104
7	100 Back	8
105	PARA 200 Free	106
9	200 IM	10

Saturday Prelims Warm-up *: 8:00 AM Start: 9:00 AM

#Girls	Event	#Boys
15	100 Fly	16
107	PARA 50 Free	108
17	200 Free	18
109	PARA 100 Breast	110
19	100 Breast	20
111	PARA 50 Fly	112
21	200 Back	22
23	50 Free	24
25	1500 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	26

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Saturday Finals: Warm-up 5:00 Start 6:00

#Girls	Event	#Boys
27	4 x 100 Medley Relay	28
15	100 Fly	16
107	PARA 50 Free	108
17	200 Free	18
109	PARA 100 Breast	110
19	100 Breast	20
111	PARA 50 Fly	112
21	200 Back	22
23	50 Free	24

Sunday Warm-up *: 8:00 AM Start: 9:00 AM (all events are timed finals)

#Girls	Event	#Boys
29	50 Fly	30
31	400 Free	32
33	50 Back	34
35	50 Breast	36
37	400 IM	38
11	800 Free (remaining heats after Friday)	12
25	1500 Free (remaining heats after Saturday)	26

*Marshalls will be present during warm-ups.

Qualifying time standards are Long Course AA times for each event, based on the age of the swimmer on the first day of the meet. Any swimmer that qualifies to attend the meet may enter the 50 Fly, 50 Back, or 50 Breast as there are no AA time standards for these events. The time standards chart can be found at:

http://swimbc.ca/storage/sitefiles/SwimBC2009-2010_Standards.xlsx.pdf

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LOCAL HOTEL ACCOMODATION

Accent Inn

3233 Maple Street

Victoria, B.C. V8X 4Y9

Phone: 250-475-7500

Toll free 1 -800-663-0298

Fax: 250-475-7599

Ask for their "SPORTS RATE"

Howard Johnson

4670 Elk Lake Drive

Victoria, B.C. V8Z 5M2

Phone: 250-704-4656

Toll free: 1 -800-300-4656 (Ask about team rates)

Fax: 250-704-4655

Limited billeting may be provided to teams visiting from outside of British Columbia.
Please contact Sureen Gosal (sureen@islandswimming.com or (250) 294-9999)
prior to April 18, 2010 to request billeting assistance.