

# Vancouver Island Regional SC Championships

## January 15th to 17th, 2010

Hosted by the Duncan Swim Team

Sanctioned by Swim BC: #8878

**Date:** January 15 – 17, 2010

**Host:** Duncan Swim Team

**Meet Manager:** Steve Ridenour  
250-743-3242  
[meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com)

**Location:**  
Cowichan Aquatic Centre  
2653 James St.  
Duncan BC  
Phone 250-746-7665

8 lane X 25 meter pool Competition Pool  
3 lane X 25 meter Warm Up Pool  
Colorado Timing System

WARM UP AND START TIMES		
Friday, January 15, 2010		
Heats	Warm up	11:30 am
	Start	12:30 pm
Finals	Warm up	<i>*there will be a 30 minute break following distance events</i>
	Start	45 minutes later
Saturday, January 16, 2010		
Heats	Warmup	8:00 am
	Start	9:00 am
Finals	Warmup	2 hours post heats
	Start	1 hour later
Sunday, January 17, 2010		
Heats	Warm up	8:00 am
	Start	9:00 am
Finals	Warmup	2 hours post heats
	Start	1 hour later

### Warm-up Procedure Guideline

- 1) SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET.
- 2) Coaches are responsible for supervision of their swimmers throughout the warm-up period. Safety Marshals will be on deck to monitor safety procedures.
- 3) Swimmers shall enter the pool feet first in a cautious manner. Racing starts shall be allowed only under the supervision of a coach in lanes designated for that purpose.
- 4) Backstroke starting from the water in "sprint" lanes shall have the "right-of-way" over swimmers diving from the blocks.
- 5) The pool will be cleared 5 – 15 minutes prior to the start of the competition.
- 6) The leisure pool will be open for warm-up and cool down during the meet.

### Eligibility:

- 1) Open to swimmers who are registered with member clubs of Vancouver Island Regional Swimming Association.
- 2) Age groups are based on the age of the swimmers as of January 15th, 2010.
- 3) Qualifying times for individual events are Provincial AA short course times for 11 and overs, Regional AA times for 10 and Unders.
- 4) There are no qualifying times for relays.
- 5) Entry times are to be submitted in short course meters established to a hundredth of a second. LC times can be converted by subtracting 2%.
- 6) Current Swim BC and SNC Swimming Rules will govern this meet.
- 7) All swimmers must be registered with Swim BC or FINA Affiliated club.

### Individual Events:

- 1) To be eligible to enter an individual event, a swimmer must have equaled or bettered the qualifying time for that event in a sanctioned race between January 1, 2008 and the entry deadline.
- 2) Swimmers may enter a maximum of NINE events.
- 3) FREE SWIMS:
  - a) Free swims are permitted so that a swimmer with five or fewer qualifying times may enter up to a maximum of SIX events without qualifying, providing the events are 50, 100 or 200 metre(m) events.
    - 1 qualifying standard: up to 5 Free Swims
    - 2 qualifying standards: up to 4 Free Swims
    - 3 qualifying standards: up to 3 Free Swims
    - 4 qualifying standards: up to 2 Free Swims
    - 5 qualifying standards: 1 Free swim
  - b) Exception: Swimmers who qualify for:
    - a 200m event may choose one 400m event as one of their free swim(s)
    - a 400m event may choose either the 800m or the 1500m event as one of their free swim(s)
    - a 800m or 1500 event may choose one 400m event as one of their free swim(s)
  - c) To enter more than six events, the swimmer must have qualifying times in all events entered.

### Entries & Deadline:

- 1) **Entry Deadline:** Meet entries must be uploaded prior to **Wednesday, January 6<sup>th</sup>, 2010** to the Swimming Canada website [www.swimmeet.ca](http://www.swimmeet.ca). Entries sent directly to the Meet Manager will not be accepted.
- 2) **Entry Fees:** Must be received to Meet Management prior to the commencement of the VIR Championships. Individual Events: \$7.50/ event  
Relays: \$9.00 / event  
+ SWIM BC Provincial Team Fee \$4.00 / swimmer  
*Please note that you must add this fee to your Team Manager program, as the Meet Manager program will not allow us to make this adjustment.*

**Make cheques payable to:  
Duncan Stingrays Swim Team**

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## Special Meet Rules:

- 1) Swimmers are limited to nine (9) individual events plus relays.
- 2) All events for 10 and Under will be timed finals, mixed boys and girls, EXCEPT for the 200 IM and 200 Free which will be swum as heats and finals (top 8) for boys and for girls. For all events, separate awards will be given to boys and girls.
- 3) All individual events 200m or less for 11 and Over will be swum as "OPEN" (no age groups) circle-seeded. The 11&O events will then be broken down into age groups for finals with 11 & 12, 13 & 14, and 15 & Over.
- 4) The 10&Under Mixed 400 free and the 11&Over 800 and 1500 free events will be conducted as timed finals and may be limited to four (4) heats each.
  - a) The top eight in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times.
  - b) Every effort will be made to allow every entrant to compete in these events.
  - c) These events may be swum with two (2) swimmers per lane.
  - d) Swimmers would be seeded together by time but awarded by age group. These events will be swum from fastest to slowest alternating 800 and 1500.
  - e) There will be positive check-in for the 10&U 400 fr and the 11&O 800m and 1500m events.
- 5) The 11& Over 400 m events may be limited to seven (7) heats consisting of the swimmers with the top 8 entry times in each age group, plus the 32 next fastest entries.
  - a) These events will be run as Timed Finals (senior seeded) with the top 8 swimmers (girls heat and boys heat regardless of age) swimming in the evening final.
  - b) Positive check in required for top 8 swimmers.
- 6) If necessary, any entries in excess of heats permitted in 4 and 5 above will be notified and entry fees will be refunded.
- 7) With the exception of 800 and 1500 events, all events will be swum from slowest to fastest.
- 8) Meet Management reserves the right to swim two events at the same time when each has less than one full heat of 8 entries.
- 9) There will be consolation finals ONLY in 15 & Over events that have in excess of 24 splashes.
- 10) Deck entries and exhibition swims are not permitted.
- 11) SNC Rules apply for items not already covered.
- 12) Meet Management reserves the right to alter event and session times to run the meet efficiently as possible.
- 13) A Coaches meeting will be held 10 minutes before session starts on Fri, Jan 15, 2010 and as needed.
- 14) Teams will be assigned seating areas in the bleachers. These areas are for swimmers and coaches only. Please inform your parents to bring their own seating and that deck space will be limited.

## Scratches:

- 1) Please email known scratches to **Steve Ridenour** at [meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com). Scratches received prior to Jan 11, 2010 will not be charged.
- 2) Entry scratches after the entry deadline will not be refunded except with a medical certificate.
- 3) The scratch deadline for finals is:
  - a) Friday: 30 minutes from the conclusion of the Mixed 10 and under 400 Free (event 11)
  - b) Saturday and Sunday: 30 minutes from the conclusion of heats of that same day.

## Paraswimming Information

- 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) The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events. Ranking will be from highest to lowest point score.
- 8) Swimmers will compete in dedicated Para Swimming Timed Final 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.
- 9) Events will run as multi-disability and mixed gender. Winners will be determined by multi-disability competition using the most recent SNC Performance Points Charts to determine awards for the Para Swimming Events.
- 10) Finals: Events with 9 or more splashes, will go to finals. Events with 8 or fewer swimmers will be swum as timed finals.
- 11) Awards: All Para Swimming events (both timed finals and finals) will be given at finals after the same AB event. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. Medals will be given on a minus one rule: 4 or more swimmer = 3 medals, 3 swimmers = 2 awards, 2 swimmers = 1 award, 1 swimmer = no medals.
- 12) Para Swimming dedicated events will count towards over all Team Scoring.

## Relay Events:

- 1) A club may enter a maximum of three (3) relay teams per relay event. Only two (2) teams will be eligible for scoring.
- 2) Swimmers participating in relay events only must be identified on the entry printout as "RELAY SWIMMER ONLY".
- 3) If association clubs are entering this meet as members of their respective clubs, then they must compete on their club relay teams, not as members of association relay teams.
- 4) Entry times for relay teams should be submitted for seeding purposes.
- 5) If two relay teams are entered, Team may have 3 eligible athletes and 1 swimmer from a younger age group who may be designated relay swimmer. The second relay team may have 1 or 2 swimmers in the event from a younger age group who may be designated relay only swimmer as meet entry grids shall compete in relay events.
- 6) Club Relay Championship will have two swimmers for each age group – one male and one female from Mixed 10 & U, 11/12, 13/14, 15&O; swimmers can move up an age group only if their club has no swimmers entered in the meet in that age group. Clubs may enter "relay only" swimmers. **Note that this is a CLUB relay; therefore, no associations teams.**

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## Awards:

### **Individual:**

- 1) Medals shall be presented for places first, second and third for 14&U age categories only.
- 2) Ribbons shall be presented for places fourth through eighth (14&U) first through eighth (15&O).

### **Relays:**

- 1) Medals shall be presented to the first place team for ages 14yrs & Under
- 2) Ribbons shall be presented to second and third place team (14&U) first through third (15&O)

### **Team:**

- 1) The Vancouver Island Championship trophy for small teams shall be presented to the winning team with 20 or fewer swimmers.
- 2) The Vancouver Island Championship for the medium teams shall be presented to the winning team with 21 to 49 swimmers.
- 3) The Vancouver Island Championship trophy for large team shall be presented to the winning team with more than 50 swimmers.

## Scoring:

Scoring will be as per SNC Rules

## Officials:

VIR championships are offered as a cooperative effort with officials participating from all clubs. **Each participating club is expected to provide officials for all meet sessions.**

**Please email the names of your volunteers willing to serve as officials to contact:**

Steve Ridenour

[meetmanager@duncanstingrays.com](mailto:meetmanager@duncanstingrays.com)

250-743-3242

**by January 13, 2009.**

All officials should report to the official's room at the beginning of warm-ups.

Friday – January 15th, 2010 Heats Warmup: 11:30 am		
1	11 and Over 50 Free	2
3	11 and Over 100 Breast	4
5	Mixed IPC 100 Breast <sup>^</sup>	
7	11 and Over 200 IM	8
9	Mixed IPC 50 Fly <sup>^</sup>	
11	Mixed 10 and Under 400 Free TF	
13	11 and Over 800 Free TF <sup>**</sup>	13
15	11 and Over 1500 Free TF <sup>**</sup>	15
30 MINUTE BREAK		
	50 Free Finals <sup>*</sup>	
	100 Breast Finals <sup>*</sup>	
	200 IM Finals <sup>*</sup>	

*\* Finals will be by age groups: 11 & 12, 13 & 14, and 15 & over. Consolation finals will be held ONLY in 15 & Over events that have 24 or more splashes.*

*\*\* These events will be swum from fastest to slowest alternating 800 and 1500 events.*

*<sup>^</sup> May be included in finals for IPC events with 9 or more swimmers in preliminary heat(s).*

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Saturday – January 16 <sup>th</sup> , 2010 Heats warmup: 8:00 am		
17	Mixed 10 and Under 100 Free	
19	11 and Over 400 IM	20
21	Mixed 10 and Under 100 Back	
23	Mixed IPC 100 Back	
25	11 and Over 100 Back	26
27	Mixed 10 and Under 50 Breast	
29	11 and Over 200 Breast	30
31	Mixed 10 and Under 100 Fly	
33	Mixed IPC 100 Free	
35	11 and Over 100 Fly	36
37	Mixed 10 and Under 200 IM	38
39	Mixed IPC 150/200 IM	
41	11 and Over 200 Free	42

Sunday – January 17 <sup>th</sup> , 2010 Heats warmup: 8:00 am		
53	Mixed 10 and Under 200 Free Relay	
55	Mixed IPC 50 Free	
57	11 and Over 400 Free	58
59	Mixed 10 and Under 200 Free <b>(This will be swum between the 11&amp;O girls and boys 400 free)</b>	
61	Mixed 10 and Under 50 Back	
63	Mixed IPC 50 Back	
65	11 and Over 200 Back	66
67	Mixed 10 and Under 50 Fly	
69	11 and Over 200 Fly	70
71	Mixed 10 and Under 50 Free	
73	11 and Over 100 Free	74
75	Mixed 10 and Under 100 Breast	

Saturday – January 16 <sup>th</sup> , 2010 FINALS warmup: 2 hours post heats		
43	<b>8 x 50 Club Relay Championship<sup>^</sup></b>	
45	Mixed 10 and Under 200 M.R.	
47	11 and 12 200 M.R.	48
49	13 and 14 200 M.R.	50
51	15 and Over 200 M.R.	52
37	10 and Under 200 IM FINALS	38
	11 and Over 400 IM FINALS**	
	11 and Over 100 Back FINALS *	
	11 and Over 200 Breast FINALS*	
	11 and Over 100 Fly FINALS*	
	11 and Over 200 Free FINALS*	

Sunday – January 17 <sup>th</sup> , 2010 FINALS warmup: 2 hours post heats		
77	11 and 12 200 Freestyle Relay	78
79	13 and 14 200 Freestyle Relay	80
81	15 and Over 200 Freestyle Relay	82
	10 and Under 200 Free FINALS	
	11 and Over 400 Free FINALS**	
	11 and Over 200 Back FINALS*	
	11 and Over 200 Fly FINALS*	
	11 and Over 100 Free FINALS*	

**<sup>^</sup>Remember that this is a CLUB relay, no association teams.**

*Finals- Para Swimming events with 9 or more swimmers in preliminary heat(s)- order TBD*

*\*Finals will be by age groups: 11 & 12, 13 & 14, and 15 & Over. Consolation finals will be held ONLY in 15&O events that have 24 or more splashes.*

*\*\* The 11&Over 400m Freestyle and 400m Individual Medley are Timed Finals events where the fastest 8 female and fastest 8 male swimmers entered regardless of age will race in the evening finals.*