



Vancouver Island Regional LC Championships

June 7-9, 2019

Sanctioned by Swim BC: #33926



HOST: Nanaimo Riptide Swim Team (NRST)

MEET MANAGER: Elisa and Jeremy Orton

meets@nanaimoriptides.com

MEET REFEREE: Glenn Greig

VENUE: Nanaimo Aquatic Centre

741 Third St, Nanaimo BC, V9R 7B2

Pool & Facilities:

8 x 50m competition pool

2 x 25m lanes in dive tank for warm up & warm down

Colorado electronic timing, touch pads & scoreboard

Coffee shop available on site.

Eligibility:

- 1) Registered members of clubs of the VIRSA. Clubs from outside the region may be considered (depending on number of entries) but will not be eligible for A finals.
- 2) All swimmers must be registered with Swim BC, Swimming Canada, or other FINA recognized club.
- 3) Swimmer age is based on the first day of competition.
- 4) Qualifying times for individual events are per the 2018-2019 VIR LC standards.
- 5) Entry times are to be submitted in LC meters established to a hundredth of a second. SC times converted by HyTek's Team Manager or Team Unify will be accepted.

Entries and Deadline:

- 1) **Entry Deadline: Meet entries must be uploaded no later than midnight Friday, May 31, 2019. Submit to www.swimming.ca/MeetList.aspx.**
- 2) **Entry Fees:** Must be received by Meet Management prior to VIR Championships Friday Prelims warm-ups.
 - Individual Events: \$10.50/event
 - Relays: \$10.50 /event
- 3) In addition, Swim BC requires a \$4.00/swimmer Provincial Team Fee.
- 4) Cheques payable to: **Nanaimo Riptide Swim Team**
- 5) **No Charge Scratch Deadline: Tuesday, June 4, 2019.** Email scratches to: meets@nanaimoriptides.com
- 6) Revised Psych Sheets will be posted on www.nanaimoriptides.com to reflect all entries and scratches as of this deadline.
- 7) Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.

Individual Events:

- 1) As of the entry deadline, a swimmer must have attained, after September 1, 2017, at least one qualifying time.
- 2) Swimmers with 1-5 qualifying times may enter a maximum of **SIX** events.

WARMUP and SESSION TIMES

Friday, June 7, 2019

Prelims	Warm-up	8:00am - 8:50am
	Start	9:00am - 1:30pm
Finals	Warm-up	4:00pm - 4:50pm
	Start	5:00pm - 8:00pm

Saturday June 8, 2019

Prelims	Warm-up	8:00am - 8:50am
	Start	9:00am - 1:30pm
Finals	Warm-up	4:00pm - 4:50pm
	Start	5:00pm - 8:00pm

Sunday June 9, 2019

Prelims	Warm-up	8:00am - 8:50am
	Start	9:00am - 1:30pm
Finals	Warm-up	3:30pm - 4:20pm
	Start	4:30pm - 7:30pm

- 3) To enter more than 6 events, swimmers must have VIR qualifying times in all events entered. Swimmers may enter a maximum of **NINE** individual events.
- 4) **De-qualifying times will be in effect for the 14&U and 15&O age groups (see time standards on page 4). Swimmers whose entry times in selected events is faster than these standards will be entered as Exhibition. They will NOT be eligible to advance to finals, receive awards, or score points.**
- 5) Qualifying time for Girls 1500 Free is VIR standard in the 800 Free. Qualifying time for Boys 800 Free is VIR standard in the 1500 free.
- 6) Age groups for individual events are: 10&U, 12&U, 14&U, 15&Over. Competitors may swim in any age group in which they meet the qualifying standard. Swimmers shall only swim in one age group for any given event. Meet Management must be notified of swimmers who will swim up an age group before the meet entry deadline.

Relay Events:

- 1) Clubs may enter a maximum of 3 relay teams per event. Only A and B teams will be eligible for scoring.
- 2) Swimmers participating in relay events only must be identified on the entries as "RELAY ONLY SWIMMERS".
- 3) There are no qualifying times for relays; however, entry times should be submitted for seeding purposes.
- 4) Club Relay teams (no Association teams) must include 8 swimmers: 1 girl + 1 boy from each of the 10&U, 12&U, 14&U, 15&O age groups. Swimmers may move up an age group ONLY if the club has no swimmers in the meet in that age group.
- 5) Relay name changes are to be submitted to the Clerk of Course 45 minutes before the start of finals.



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Meet Rules:

- 1) SNC current swimsuit policy will be in effect.
- 2) SNC warm-up procedures will be in effect.
- 3) No deck entries or time trials.
- 4) Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
- 5) Initial scratch deadline for Finals will be: **Friday** – 30 minutes after completion of 11&O 50 Free; **Saturday** – 30 minutes after completion of 11 & O 200 Breast; **Sunday** – 30 minutes after completion of 11 & O 100 Fly.

Awards:

- 1) For individual events, medals shall be presented for places 1st – 3rd. Ribbons shall be presented for 4th through 8th.
- 2) For relays, medals shall be presented to the 1st place team only. Ribbons shall be presented to 2nd & 3rd place teams.
- 3) Para Swimming Awards will be given for 1st, 2nd, and 3rd on a minus one rule: 4+ swimmers = 3 awards...1 swimmer = no awards.

Scoring:

Individual and Relay events will be scored as follows:

50-30-20-15-14-13-12-11.

Consolation finals will not be scored.

10 & Under Events:

- 1) All 10&U individual 100m events will be heats & finals events. They will be swum mixed gender and circle-seeded during prelims, with separate gender finals.
- 2) All other 10&U individual events will be swum as timed finals, mixed gender, senior seeded (slow to fastest).

11 & Over Events:

- 1) All individual 11&O events 200m or less will be circle-seeded, swum slowest to fastest, in open age groups. Finals will swim in age groups: 12&U, 14&U and 15&O.
- 2) There will be a Consolation Final for all events with 32 or more entries. Consolation Finals will be swum after the A finals.
- 3) 400m events may be limited to 7 heats – the fastest 8 entry times regardless of age plus the top 16 entry times in each age category. These events will be run as Timed Finals (senior seeded, slowest to fastest) with the fastest heat in each age group swimming in the evening final. Positive check-in required for the top 8 swimmers by 10 am on the day of the event.
- 4) The 11&O 800F and 1500F events will be Timed Finals and may be limited to 4 heats each. The top eight in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age. **The fastest heat of male 11 & O 800 Free and the fastest heat of female 11 & O 1500**

Free will swim during finals regardless of age. Swimmers will be seeded by time but awarded by age group. These events may be swum with 2 swimmers per lane. These events will be swum fastest to slowest alternating girls' and boys' heats, if feasible. Positive check-in required by 10 am on the day of the event.

- 5) Any entries in excess of heats permitted above will be notified and entry fees will be refunded.

Para Swimming Information:

- 1) This meet does NOT have WPS sanctioning.
- 2) Para Swimmer entries must include each swimmer's complete classification with all 3 designations: an S class, an SB class, and an SM class.
- 3) Para Swimmers must be licenced by WPS Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet.
- 4) Eligible classes include S1-S10, S11-13 and S14.
- 5) Para Swimming events are Open Age Group and will run as multi-disability. There are no minimum qualifying standards for Para Swimmers.
- 6) Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
- 7) Para Swimmers may enter able-bodied events as per SwimBC policy. Coaches are asked to limit additional events to those that correspond with their swimmers' classification as per SNC events.
- 8) Events with 8 or fewer splashes per gender will swim as Timed Finals in the preliminary sessions; events with 9 or more splashes will have prelims and finals.
- 9) Event winners will be determined using SNC Performance Points Chart.

Officials:

The 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 ask your officials to sign up on the Nanaimo Riptide Swim Team website (www.nanaimoriptides.com) under the VIR LC Championships Meet heading (noting their Club affiliation when registering) or email the names of your volunteers to: meets@nanaimoriptides.com **All officials should report to the officials briefing room 45 minutes prior to the start of the session for which they are volunteering.**

EVENT ORDER



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Female	Friday June 7 Prelims	Male
101	10 & U 100 Breast	102
201	Para 100 Breast	202
1	11 & O 100 Breast	2
103	10 & U 100 Fly	104
3	11 & O 200 Fly	4
105	10 & U 50 Back (TF)	106
203	Para 50 Back	204
5	11 & O 50 Back	6
107	10 & U 200 IM (TF)	108
7	11 & O 200 IM	8
205	Para 50 Free	206
9	11 & O 50 Free	10
11	11 & O 800 Free (TF)	12
13	11 & O 1500 Free (TF)	14

Female	Friday June 7 Finals	Male
301	4x50 Free Relay	302
	11 & O 800 Free (Fastest Heat)	12
13	11 & O 1500 Free (Fastest Heat)	
101	10 & U 100 Breast	102
201	Para 100 Breast	202
1	11 & O 100 Breast	2
103	10 & U 100 Fly	104
3	11 & O 200 Fly	4
203	Para 50 Back	204
5	11 & O 50 Back	6
7	11 & O 200 IM	8
205	Para 50 Free	206
9	11 & O 50 Free	10

Female	Saturday June 8 Prelims	Male
207	Para 200 IM	208
15	11 & O 400 IM (TF)	16
109	10 & U 100 Back	110
209	Para 100 Back	210
17	11 & O 100 Back	18
111	10 & U 100 Free	112
19	11 & O 200 Free	20
113	10 & U 50 Fly (TF)	114
211	Para 50 Fly	212
21	11 & O 50 Fly	22
23	11 & O 200 Breast	24

Female	Saturday June 8 Finals	Male
303	10 & U 4X50 Medley Relay	304
207	Para 200 IM	208
15	11 & O 400 IM (Fastest Heats by Age Grp)	16
109	10 & U 100 Back	110
209	Para 100 Back	210
17	11 & O 100 Back	18
111	10 & U 100 Free	112
19	11 & O 200 Free	20
305	8x50 Free Club Relay	305
211	Para 50 Fly	212
21	11 & O 50 Fly	22
23	11 & O 200 Breast	24

Female	Sunday June 9 Prelims	Male
115	10 & U 200 Free (TF)	116
213	Para 100 Free	214
25	11 & O 100 Free	26
117	10 & U 50 Breast (TF)	118
215	Para 50 Breast	216
27	11 & O 50 Breast	28
119	10 & U 50 Free (TF)	120
29	11 & O 200 Back	30
31	11 & O 100 Fly	32
33	11 & O 400 Free (TF)	34

Female	Sunday June 9 Finals	Male
306	11 & O 4X50 Medley Relay	307
213	Para 100 Free	214
25	11 & O 100 Free	26
215	Para 50 Breast	216
27	11 & O 50 Breast	28
29	11 & O 200 Back	30
31	11 & O 100 Fly	32
33	11 & O 400 Free (Fastest Heats by Age Grp)	34

2018-19 VIR Time Standards



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	2018 - 2019 VIR Standards: Female SCM					2018 - 2019 VIR Standards: Female LCM					Dequalifying Times (Heats swim only, not eligible for finals)				
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O		14&U SCM 15&O SCM		14&U LCM 15&O LCM		
50 fr	:42.99	:34.99	:31.99	:30.99	50 fr	:43.99	:35.99	:31.99	:31.99	50 fr	0:27.34	0:26.51	50 fr	0:27.90	0:27.04
100 fr	1:34.09	1:15.99	1:08.99	1:06.99	100 fr	1:37.99	1:17.99	1:10.99	1:07.99	100 fr	0:59.14	0:57.19	100 fr	1:00.35	0:58.33
200 fr	3:28.99	2:45.99	2:31.99	2:24.99	200 fr	3:33.99	2:49.99	2:34.99	2:26.99	200 fr	2:08.07	2:03.86	200 fr	2:10.68	2:06.34
400 fr		5:51.99	5:22.99	5:07.99	400 fr		5:58.99	5:29.99	5:08.99	400 fr	4:32.38	4:22.43	400 fr	4:37.94	4:27.68
800 fr		12:11.99	11:05.99	10:38.99	800 fr		12:26.99	11:18.99	10:48.99	800 fr	9:24.23	9:02.03	800 fr	9:35.74	9:12.87
50 bk	:50.99				50 bk	:51.99				50 bk			50 bk		
100 bk	1:49.99	1:27.99	1:19.99	1:15.99	100 bk	1:51.99	1:28.99	1:21.99	1:16.99	100 bk	1:06.57	1:03.52	100 bk	1:07.93	1:04.79
200 bk		3:06.99	2:48.99	2:43.99	200 bk		3:10.99	2:52.99	2:44.99	200 bk	2:23.79	2:18.32	200 bk	2:26.72	2:21.09
50 br	:58.99				50 br	:59.99				50 br			50 br		
100 br	2:04.99	1:37.99	1:30.99	1:26.99	100 br	2:06.99	1:39.99	1:31.99	1:27.99	100 br	1:16.32	1:11.99	100 br	1:17.88	1:13.43
200 br		3:28.99	3:13.99	3:06.99	200 br		3:32.99	3:17.99	3:09.99	200 br	2:44.68	2:36.44	200 br	2:48.04	2:39.57
50 fly	:50.99				50 fly	:51.99				50 fly			50 fly		
100 fly	1:54.99	1:30.99	1:18.99	1:14.99	100 fly	1:57.99	1:32.99	1:19.99	1:15.99	100 fly	1:04.86	1:02.59	100 fly	1:06.18	1:03.84
200 fly		3:32.99	3:03.99	2:50.99	200 fly		3:37.99	3:06.99	2:52.99	200 fly	2:26.94	2:21.19	200 fly	2:29.94	2:24.01
200 IM	3:56.99	3:06.99	2:49.99	2:43.99	200 IM	4:00.99	3:10.99	2:52.99	2:45.99	200 IM	2:25.81	2:20.27	200 IM	2:28.79	2:23.08
400 IM		6:46.99	6:01.99	5:49.99	400 IM		6:54.99	6:08.99	5:52.99	400 IM	5:09.45	4:58.24	400 IM	5:15.77	5:04.20
	2018 - 2019 VIR Standards: Male SCM					2018 - 2019 VIR Standards: Male LCM					Dequalifying Times (Heats swim only, not eligible for finals)				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O		14&U SCM 15&O SCM		14&U LCM 15&O LCM		
50 fr	:42.99	:37.99	:33.99	:30.99	50 fr	:43.99	:38.99	:34.99	:30.99	50 fr	0:25.76	0:23.19	50 fr	0:26.29	0:23.65
100 fr	1:35.99	1:22.99	1:15.99	1:05.99	100 fr	1:37.99	1:24.99	1:16.99	1:07.99	100 fr	0:56.11	0:50.58	100 fr	0:57.26	0:51.59
200 fr	3:28.99	3:02.99	2:45.99	2:25.99	200 fr	3:33.99	3:06.99	2:48.99	2:27.99	200 fr	2:03.07	1:50.61	200 fr	2:05.58	1:52.82
400 fr		6:29.99	5:54.99	5:10.99	400 fr		6:37.99	6:01.99	5:16.99	400 fr	4:23.36	3:56.53	400 fr	4:28.73	4:01.26
800 fr		13:38.99			800 fr		13:55.99			800 fr			800 fr		
1500 fr			23:17.99	21:01.99	1500 fr			23:46.99	21:27.99	1500 fr	17:39.14	15:54.21	1500 fr	18:00.75	16:13.29
50 bk	:50.99				50 bk	:51.99				50 bk			50 bk		
100 bk	1:49.99	1:35.99	1:26.99	1:15.99	100 bk	1:51.99	1:37.99	1:28.99	1:17.99	100 bk	1:03.88	0:56.07	100 bk	1:05.18	0:57.19
200 bk		3:26.99	3:03.99	2:44.99	200 bk		3:31.99	3:07.99	2:47.99	200 bk	2:19.06	2:02.42	200 bk	2:21.90	2:04.87
50 br	:58.99				50 br	:59.99				50 br			50 br		
100 br	2:04.99	1:49.99	1:39.99	1:25.99	100 br	2:06.99	1:51.99	1:41.99	1:27.99	100 br	1:12.28	1:03.05	100 br	1:13.75	1:04.31
200 br		3:55.99	3:31.99	3:08.99	200 br		4:00.99	3:35.99	3:12.99	200 br	2:38.21	2:17.47	200 br	2:41.44	2:20.22
50 fly	:50.99				50 fly	:51.99				50 fly			50 fly		
100 fly	1:54.99	1:40.99	1:25.99	1:14.99	100 fly	1:57.99	1:42.99	1:27.99	1:15.99	100 fly	1:01.55	0:55.37	100 fly	1:02.81	0:56.48
200 fly		3:53.99	3:20.99	2:52.99	200 fly		3:58.99	3:24.99	2:56.99	200 fly	2:20.66	2:03.10	200 fly	2:23.53	2:05.56
200 IM	3:56.99	3:26.99	3:07.99	2:44.99	200 IM	4:00.99	3:31.99	3:11.99	2:48.99	200 IM	2:19.47	2:04.49	200 IM	2:22.32	2:06.98
400 IM		7:23.99	6:42.99	5:49.99	400 IM		7:32.99	6:50.99	5:56.99	400 IM	4:59.70	4:26.72	400 IM	5:05.82	4:32.05

Officials: The 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 as follows:

Club	Prelims (Shallow)	Prelims (Deep)	Finals (Deep)
COMOX	2 Timers - Lane 1		1 Timer - Lane 1
CRKW	2 Timers - Lane 2		1 Timer - Lane 1
DST	2 Timers - Lane 3		1 Timer - Lane 2
RAC/TYEE	2 Timers - Lane 4		1 Timer - Lane 2
ISC	4 Timers - Lanes 5-6		2 Timers - Lane 3
UVIC/PCS	4 Timers - Lanes 7-8		2 Timers - Lane 4
NRST		16 Timers - Lanes 1-8	8 Timers - Lanes 5-8
TSUN/LCSC	2 Timers Relief		1 Timer Relief



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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 lane space 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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Proud Supporter of the 2019 April and June Nanaimo Riptides Swim Meet



The Coast Bastion Hotel is situated in the heart of charming Nanaimo, our full-service property has everything you need from all new renovated guest rooms, onsite restaurant and exceptional room service.

Conveniently located near the ferry terminal and seawall, we are also within walking distance to an array of dining, shopping and entertainment options.



Call our reservation line at **800-663-1144** to secure a room at the discounted
2019 Nanaimo Riptides Rate by quoting:

For April - "Nanaimo Riptides" or "CBI-GFC19300" Rates starting at \$139.00

For June - "Nanaimo Riptides" or "CBI-GFC19301" Rates starting at \$149.00