



**2009 TEAM AQUATIC SUPPLIES
BC AAA LONG COURSE CHAMPIONSHIPS
JULY 2-5, 2009 – VICTORIA, BC**



SANCTIONED BY SWIM BC: #7414

DATE JULY 2-5, 2009

HOST UVIC-PACIFIC COAST SWIMMING

**MEET MANAGERS Margaret Penning
Moyra Brackley
meets@pacificcoastswimming.com**

LOCATION

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

8 X 50m Competition Pool; diving pool available for warm-up and cool-down throughout the meet
Omega Timing System with video scoreboard

WARM UP AND START TIMES

Thursday, July 2, 2009

Heats	Warm-up	7:00-8:20am
	Start	8:30am
Finals	Warm-up	4:00-5:20pm*
	Start	5:30pm

Friday, July 3, 2009

Heats	Warm-up	7:00-8:20am
	Start	8:30am
Finals	Warm-up	4:00-5:20pm*
	Opening Ceremony	5:30pm
	Start	5:45pm

Saturday, July 4, 2009

Heats	Warm-up	7:00-8:20am
	Start	8:30am
Finals	Warm-up	4:00-5:20pm*
	Start	5:30pm

Sunday, July 5, 2009

Heats	Warm-up	7:00-8:20am
	Start	8:30am
Finals	Warm-up	2 hrs after heats
	Start	1 hr after warm-up

***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.

- As of the entry deadline, athletes must have attained at least ONE 2008-2009 BC "Summer AAA" long course or short course qualifying time.**
- All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club.
- Age groups for able-bodied swimmers will be 10&U (SwimStars), 11&U, 12&U, 13&U, 14&U, 15&U, OPEN in finals.
 - Most preliminaries** will be swum in only TWO age divisions in most events: 13&U and 14&U
 - In 400m Events, preliminaries will be swum "senior-seeded" across all ages (i.e. no age groups)

c. NOTE: Coaches must specify in their entries if they want their swimmer to compete in an older age / age group.

- Swimmer age is as of the first day of competition.
- Event by event, competitors may swim in any age or age group in which they have met the qualifying standard.
 - Swimmers cannot compete in the same event in more than one age/age group.

NON-QUALIFIED SWIMS

- 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 Free Swims
 - 2 qualifying standards – Up to 4 Free Swims
 - 3 qualifying standards – Up to 3 Free Swims
 - etc.
- Swimmers must have met the Swim BC "A" standard for all non-qualified swims.
- Entries for non-qualified swims must be noted in HyTek using the BONUS check box.**
- Depending on number of entries and timelines, non-qualified 400, 800, and 1500m entries may *not* be accepted.
- Where non-qualified 400m or 8/1500m entries are not accepted, clubs will be given a timeline under which they may submit alternative entries in 50, 100, or 200m events.
- To enter more than six events, the swimmer must have qualifying times in all events entered.
- Meet management reserves the right to challenge any entry time prior to or during the competition; it will be the responsibility of the club to prove entry times if requested.

ENTRIES

- Individual entries are limited to a maximum of nine per swimmer.
- Proof of time is required for all qualifying events. Please email proof of time report for your club to meets@pacificcoastswimming.com
- CUSTOM TIMES ARE NOT ACCEPTED.
- Entries must include relay names along with the relay entries. Relay swimmers may be changed at the meet.
- Entry fees are **\$7.50 per individual event** and **\$8.00 per relay event**.
- There is a \$4.00 per swimmer Swim BC Provincial Team Splash Fee for each swimmer entered in the meet.
- There is a \$5.00 per swimmer Saanich Commonwealth Place (SCP) Facility Fee for each swimmer entered in the meet.
- Please submit one cheque for all swimmers entered under the club acronym.
- Cheques payable to: **PCSPA** (Pacific Coast Swimming Parents' Association)
- Please include a contact name, phone number, and email address with entries.
- Entries must be uploaded to Swimming Canada www.meetlist.notlong.com website.

Entry files emailed to Meet Management will not be accepted.

ENTRY DEADLINE: MONDAY, JUNE 22, 2009



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SPECIAL MEET RULES

See also **ELIGIBILITY** above.

SCRATCHES

1. There is no scratch penalty for missed swims during prelims; however, meet management would appreciate being informed of scratches as soon as they are known to help in running an efficient meet.
2. No-shows, step downs and unexcused incomplete swims will all be considered a late scratch during finals.
3. The scratch deadline and deadline for submitting swimmer names for all relays will be 10:30am each day for that day's relay events.
4. The initial scratch deadline for finals will be 30 minutes after the conclusion of the preliminaries session on that day, excluding any 800/1500, or "overflow" heats.
5. The last scratch deadline for finals will be 30 minutes prior to the end of finals warm-up; the clerk of course AND alternate's coach MUST be notified by the coach of the scratching swimmer prior to this deadline.
6. Late scratches from finals will be subject to the late scratch penalty of \$20, plus removal from all other events, including relays, on that day. This levy must be paid before any other members of that swimmer's team can compete.
7. 10&U SwimStars events will be exempt from these penalties.

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. SNC warm-up procedures apply. No diving into pool until sprint lanes are announced approximately 30 minutes prior to the conclusion of warm-ups.
4. Preliminary heats start at both ends of the pool; the heats will be divided so as to keep both ends on the same events as much as possible.
5. The fastest three heats in each event will be circle-seeded.
6. A non-scoring "B" final will be held only in OPEN (in essence, the 16&O) events with 40 or more qualified swims. In these events, the order of the finals will be the "B" finals, followed by the "A" finals.
7. The 400m finals will be swum with four swimmers from one age and four swimmers from a second age. For example, the 400m IM girls finals will consist of a race featuring four 11-year-olds (lanes 1-4) and four 12-year-olds (lanes 5-8); a race with four 13-year-olds and four 14-year-olds; and a third race with four 15-year-olds and four "open".
8. There will be no time trials run during the course of this meet.

10 & UNDER SWIMMING

1. By the entry deadline, 10 & under athletes must have a qualifying standard in either the 200IM or 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 fly, 100 back, 50 breast and 100 free events on Saturday will be run as heats and finals.

IPC PARA-SWIMMING (formerly "SWAD")

1. **Para-swimmers' complete classifications must be submitted with entries.** The classification must include all 3 designations: an S class, an SB class, and an SM class. Para-swimmers without a classification should contact Swim BC a minimum of one month prior to the entry deadline to ensure that classification can be arranged.
2. By the entry deadline, swimmers must have attained a Swim BC Para-swimming AAA qualifying time in a minimum of one event.
3. Para-swimming events are open age group – no age restrictions.
4. Para-swimmers may enter able-bodied events as per SWIM BC TECH Guide; coaches are asked to use their best discretion.
5. Para-swimmer events will be multi-disability. Winners will be determined by using the respective male and female Swimming Canada Performance Points Charts.
6. Dedicated Para-swimming events will be the 50 free, 100 free, 100 back, 100 breast, 50 fly and the 150 IM (S1 to S4)/200IM (S5 to S14).
7. Para-swimmers will compete in the able-bodied heats during preliminaries, seeded by time. There will be dedicated para-swimming finals in those dedicated events with EIGHT or more (combined male and female) entries.
8. All para-swimming events with fewer than eight entries (combined male and female) will be contested as a Para-swimmer-only timed final during the prelims session.

800 – 1500 Freestyle

1. The 800 & 1500 freestyle events will be swum as timed finals, with a positive check-in deadline 10:30am for that day's events.
2. The fastest heat of each 800 / 1500 event will be swum single-laned as the first event in finals with four swimmers from younger age and four from the older age (e.g. on Thursday, 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 (Friday) and 15&U/Open (Saturday).
 - a. Awards will be presented to 11&U, 12&U, 13&U, 14&U, 15&U, and Open age groups
3. The slower heats will be swum two-per-lane, with only those swimmers achieving the qualifying time, and being in the top 20 in their age, being assured of the opportunity to race.
 - a. Qualified swimmers not making the top 20 in their respective age may swim on a different day
4. Swim BC and Meet Management will post the psych sheets for 800/1500 events at least 48 hours prior to the start of the meet.
5. There will be a scratch deadline and positive check-in for 800/1500 required no later than 24 hours prior to the start of each 800/1500m event.



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RELAYS

1. Age groups for relays will be 12&U, 14&U, Open.
2. For all 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, but prior to any 800-1500 heats.
3. Teams must provide relay proof-of-times prior to the start of the meet for seeding purposes.
4. Teams may enter as many relay squads as they wish; however, only two squads may score. The scoring squads will be the "A" and "B" designated ones unless teams notify otherwise prior to the relay entry deadline.
5. There are no qualifying times for relays.
6. Only swimmers whose names appear on the meet entries shall compete in relay events.
7. Please specify relay team swimmer assignments with entries. Clubs will have the opportunity to change relay swimmers by 10:30 am for the relays that day.
8. 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 as well as the SCP \$5 facility fee.

STANDARDS

1. Able-body: BC AAA (Summer) Time Standards
2. Para-swimmers: See SwimBC website
3. 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. Para-swimming events will not count towards overall Team Scoring.
3. 10&U Events will not count towards overall Team Scoring.

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. Para-swimming medals will be awarded as soon as possible after the scoring of the IPC events.
4. Swim Stars awards will be presented for 10&U for the Top 8 fastest cumulative times across all six dedicated 10&U SwimStars events. These will be the only SwimStars awards.
5. 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 meets@pacificcoastswimming.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. Swim BC and meet management reserve the right to make alterations to the meet to enhance the quality of the competition.

BC OPEN WATER CHAMPIONSHIPS

The BC Open Water Championships will take place on Monday, July 6, 2009– the day after BC AAA Championships – at Elk Lake, roughly a five-minute drive from Saanich Commonwealth Place.

The BC Open Water Championships will feature three separate events:

- 1.5km – 12&Under
- 3.0km – 14&Under
- 5.0km – Senior/Open

Complete meet information on this event is available at www.meetlist.notlong.com.



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THURSDAY, July 2, 2009

THURSDAY	HEATS	FINALS
Warm up	7:00-8:20am	4:00-5:20pm
Start	8:30am	5:30pm

GIRLS	BOYS	AGE GROUP	EVENT
1	2	13 & U	100 Free
3	4	Open	100 Free
201	202	IPC*	100 Free
5	6	Open	400 IM
203	204	IPC*	100 Back
7	8	13 & U	100 Back
9	10	Open	100 Back
11	12	12 & U	200 Free Relay (TF)***
13	14	14 & U	200 Free Relay (TF)***
15	16	Open	200 Free Relay (TF)***
17	18	12 & U	800/1500 Free**

*IPC = International Paralympic Committee para-swimming events

**Timed Final: The fastest heat will swim at the start of finals

*** Fastest relay heats swim at the conclusion of finals

FRIDAY, July 3, 2009

FRIDAY	HEATS	FINALS
Warm up	7:00-8:20am	4:00-5:20pm
Start	8:30am	5:45pm

GIRLS	BOYS	AGE GROUP	EVENT
19	20	13&U	50 Free
21	22	Open	50 Free
205	206	IPC*	50 Free
23	24	13&U	200 Fly
25	26	Open	200 Fly
207	208	IPC*	200 IM
209	210	IPC*	150 IM
27	28	13&U	200 IM
29	30	Open	200 IM
31	-	12 & U	Female 800 Free Relay (TF)***
33	-	14 & U	Female 800 Free Relay (TF)***
35	-	Open	Female 800 Free Relay (TF)***
37	38	14 & U	800/1500 Free**

*IPC = International Paralympic Committee para-swimming events.

**Timed Final: The fastest heat will swim at the start of finals

*** Fastest relay heats swim at the conclusion of finals

SATURDAY, July 4, 2009

	HEATS	FINALS
Warm up	7:00-8:20am	4:00-5:20pm
Start	8:30am	5:30pm

GIRLS	BOYS	AGE GROUP	EVENT
101	102	10 & U	100 Free H/F
39	40	13&U	200 Free
41	42	Open	200 Free
211	212	IPC*	50 Fly
103	104	10 & U	50 Breast H/F
43	44	13 & U	100 Breast
45	46	Open	100 Breast
213	214	IPC*	100 Breast
105	106	10 & U	50 Fly H/F
47	48	13&U	200 Back
49	50	Open	200 Back
107	108	10 & U	100 Back H/F
-	32	12 & U	Male 800 Free Relay (TF)***
-	34	14 & U	Male 800 Free Relay (TF)***
-	36	Open	Male 800 Free Relay (TF)***
51	52	Open	800/1500**

*IPC = International Paralympic Committee para-swimming events

**Timed Final: The fastest heat will swim at the start of finals

*** Fastest relay heats swim at the conclusion of finals

SUNDAY, July 5, 2009

	HEATS	FINALS
Warm up	7:00-8:20am	2 Hrs after conclusion of heats
Start	8:30am	1 Hr following start of warm-up

GIRLS	BOYS	AGE GROUP	EVENT
109	110	10&U	200 IM Timed Final*
53	54	13 & U	100 Fly
55	56	Open	100 Fly
111	112	10&U	400 Free Timed Final*
57	58	13&U	200 Breast
59	60	Open	200 Breast
61	62	Open	400 Free
63	64	12 & U	200 Medley Relay (TF)***
65	66	14 & U	200 Medley Relay (TF)***
67	68	Open	200 Medley Relay (TF)***

* 10&U Time Final during prelims; SwimStars awards will be presented shortly after 10&U 400 Free is completed.

*** Fastest relay heats swim at the conclusion of finals