



Sport-Specific Rules for Swimming
for the Township of Langley 2010 BC Summer Games
July 22-25, 2010

Sport: Swimming
Sanction: TBA

These sport-specific rules last updated: November 9, 2009

As a condition of entry into, or volunteering at, the BC Summer Games, it must be understood that participants and volunteers enter entirely at their own risk, and will not hold the BC Games Society, the Township of Langley 2010 BC Summer Games Society, the BC Government, the 2010 LegaciesNow Society, and/or the BC Games Society staff, their agents and/or volunteer workers responsible for injury, loss, or damage occurring during the 2010 BC Summer Games.

The Township of Langley 2010 BC Summer Games Society, the Government of BC, the 2010 LegaciesNow Society, and the BC Games Society do not assume responsibility for loss of wages or medical, dental, or hospital care for athletes, coaches, managers, chaperones, officials, or volunteers as a result of participating in the 2010 BC Summer Games.

Age: Under 15

Age Description: 12 - 14 years of age as of July 22, 2010.

Para-Swimming: 12-30 years of age as of July 22, 2010.

SO - minimum 13 years of age as of July 22, 2010.

Venue: Walnut Grove Community Centre

Eligibility Requirements: In addition to BC Games general eligibility rules that state athletes may attend only one BC Games, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Competitors must be registered with Swim BC. Any swimmer holding a 2009-2010 SNC Western Championship Standard, prior to June 1, 2010, will be ineligible to compete.

The minimum standard for entry into any individual event shall be the 2009-2010 Swim BC "AA" standards. In zones where the full complement of competitors cannot be filled then the Provincial Advisor will have the discretion of lessening the minimum time standards.

Swimmers will be limited to a maximum of seven (7) individual events plus relays.



Events Categories:

Time Final (TF) Events: 400 Freestyle, 800/1500 Freestyle, 400 IM
4x50 Free Relay, 4x50 Medley Relay

Heats & Finals Events: 50 Freestyle, 100 Freestyle, 200 Freestyle,
100 Backstroke, 200 Backstroke, 100 Breaststroke,
200 Breaststroke, 100 Butterfly, 200 Butterfly, 200IM

Relays: Teams must consist of the required number of competitors so that no competitor can swim more than once in the event. Competitors may only swim for their Zone Team. Competitors may not swim a stroke/distance in a relay that they are ineligible to swim as an individual. Each zone will have one designate that will count towards points, but may swim others as exhibition.

Rules: All current Swimming Canada / Swim BC technical rules will be in effect at the Games competition.

Medals: The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded and when there are two competitors or teams only a Gold medal will be awarded.

For more details about BC Games medals [click here](#).

Notwithstanding the above rule, Bronze, Silver and Gold medals will be distributed in the following events:

Boys and Girls 400 Freestyle, 800/1500 Freestyle, 400 IM, 4x50 Free Relay,
4x50 Medley Relay, 50 Freestyle, 100 Freestyle, 200 Freestyle,
100 Backstroke, 200 Backstroke, 100 Breaststroke,
200 Breaststroke, 100 Butterfly, 200 Butterfly, 200 IM.

Zone Team Composition: The sport is permitted 20 athletes per zone - 10 male & 10 female
Wildcards: No wildcards are permitted for the sport
Maximum Athletes: A total of 160 athletes are permitted for the sport.

Para-Swimming - the sport is permitted 16 athletes total

SO - the sport is permitted 24 athletes total

Coaches/Managers: 1 coach and 1 assistant coach/manager per zone (one of each gender).

Coaching Requirements: BC Games Society requires that all Head Coaches must be fully certified at NCCP Skills Coach or Level 2 NCCP from previous framework.



Please note that the role of coaches and managers at the BC Games includes traveling to and from the Host Community with your team/zone and residing with your team/zone in BC Games accommodation in a supervisory capacity. See BC Games [accommodation](#) rules and [Coaches' and Managers](#) information for further details.

Deadlines Set by Provincial Advisor:

April 13, 2010 – Preliminary list of swimmers and coaches selected from each Zone

June 8, 2010 – Final team lists from each Zone (Upload onto the BC Summer Games participant registration system and copy to the Provincial Advisor).

TBA – Last day to upload events to meet manager (After Provincials, current best times can be uploaded)

Zone Selections: The Provincial Organization states that all zone selections must be completed by June 8, 2010 and that all entries must be submitted to the Meet Manager using the Hy-tek Meet management system. Entry files may be revised and re-submitted with current best times no later than July 12, 2010.

Also see [Entry Deadlines](#) for BC Games rules on zone selections.

The Hy-tek .hyv file will be available for download at <http://meetlist.notlong.com>.

Accommodation/Transportation:

Coaches/chaperones/team managers are required to travel on BC Summer Games transportation and stay in BC Games accommodation.

Swim BC states that all participants must stay in BC Games accommodation, regardless of where they reside.

If it is necessary, and by request only (contact the Provincial Advisor), individual swimmers can arrange their own transportation to the games. Once at the Games, the swimmer must use the accommodations provided by the BC Summer Games and also use the shuttle services provided by the BC Summer Games. Also see BC Games accommodation rules for further details.

Each individual Zone is required to arrive as a group at the Accreditation Centre before noon on Thursday July 22, 2010. Further notice will be provided to each Zone about arrival times based on information from the BC Summer Games representatives.



Registration Deadline: All registration must be completed using the BC Games Participant Online Registration Process no later than 4:00 pm on June 21, 2010.

See [Entry Deadlines](#) for registration procedures.

Officials: Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 11 able-bodied officials, 2 Para-Swimming officials and 2 SO officials.

See [Entry Deadlines](#) for registration procedures.



Event Order:

Day 1: Session 1

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	400 IM - Timed Final	2
3	100 Breast - Para	4
5	100 Breast - SO	6
7	50 Free - Heats	8
9	100 Breast - Heats	10
11	4 x 50 FR - Para	12
13	4 x 50 FR - SO	14
15	200 Back - Heats	16
17	200 Fly - Heats	18
19	200 Free - Heats	20

Day 1: Session 2

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	100 Back - Para	22
23	100 Back - SO	24
7F	50 Free	8F
9F	100 Breast	10F
25	100 IM - Para	26
27	100 IM - SO	28
15F	200 Back	16F
17F	200 Fly	18F
19F	200 Free	20F

Day 2: Session 3

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
29	400 Free - TF	30
31	50 Back - Para	32
33	50 Back - SO	34
35	100 Fly - Heats	36
37	200 Breast - Heats	38
39	100 Free - Para	40
41	100 Free - SO	42
43	200 IM - Heats	44
45	100 Back - Heats	46
47	100 Free - Heats	48

Day 2: Session 4

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
49	50 Free- Para	50
51	50 Free - SO	52
35F	100 Fly	36F
37F	200 Breast	38F
53	50 Breast - Para	54
55	50 Breast - SO	56
43F	200 IM	44F
45F	100 Back	46F
47F	100 Free	48F

Day 3: Session 5

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
57	200 Free - Para	58
59	200 Free - SO	60
61	800 Free - TF	62
63	1500 Free - TF	64
65	4 x 50 MR - TF	66
67	4 x 50 FR - TF	68
69	50 Fly - Para	70
71	50 Fly - SO	72



SUGGESTED 2010 BC SUMMER GAMES ATHLETE/COACH SELECTION PROCESS

- All Clubs in your region are required to submit eligible athletes with current season results from any sanctioned competition within the qualifying period of March 15 – June 07, 2010. Relay lead-off legs and time trials will not be considered for selection. All times will be converted from long course to short course at 2% for ranking.
- We would suggest that each Zone rep identify a coach to assist in the selection procedure
- FINA point charts to be used to allocate a points score to submitted times
- The 10 male and 10 female to be selected as follows:
 - Single highest Swim BC ranked swim in each category:

Sprint Free (50-100-200)
Distance Free (400-800/1500)
Backstroke (100-200)
Breaststroke (100-200)
Butterfly (100-200)
IM (200-400)
- The final four spots selection based on the next highest four Swim BC points scored swims with the caveat that only 3 swimmers may be selected in any one category.
- Swimmers scoring in more than 1 category, only the highest scored swim shall be considered.

Coach Selection

- The Coach of Record of the swimmer with the highest FINA point score shall be named that Zone's head coach (MUST be fully certified as NCCP Skills Coach or NCCP Level 2, by the first day of competition at the Games).
- In the event that this coach declines, then the coach of the next highest scoring swimmer will be selected.
- The Assistant Coach / Manager to be selected by the Head Coach of the Zone and the Zone Representative.



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