

VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

June 11-13, 2010

Saanich Commonwealth Place

4636 Elk Lake Drive

Victoria, BC

Phone (250)475-7600

Sanctioned by Swim BC: #9662



Hosted by: Victoria Amateur Swim Club

POOL: 1-50 METER 8 LANE POOL. This will be a long course meet.
25 metre dive tank for warmup
Omega Timing System with Omega full colour video Board
Coffee Shop on site

Participating clubs: All Vancouver Island Region Swim Clubs

SESSION	WARM-UP	START	PROJECTED END
Friday June 11, 2010			
Heats	10:00 am	11:00 am	3:00 pm
Finals	5:00 pm	6:00 pm	9:00 pm
Saturday June 12, 2010			
Heats	8:00 am	9:00 am	2:00pm
Finals	4:00 pm	5:00 pm	8:30pm
Sunday June 13, 2010			
Heats	8:00 am	9:00 am	2:00pm
Finals	4:00 pm	5:00 pm	8:30pm

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 June 11, 2010.
3. Qualifying times for the 2010 VIR Long Course champs are as follows:
 - a. For 50, 100, 200m events: Swim BC "A" time
Note the limitations in part (d) under "FREE SWIMS" below
 - b. For 400m, 800m, 1500m events: Swim BC "AA" time
 - c. For 10&U events, VIR "A" times in 50m, 100m, events; VIR "AA" times in 200 IM, 200 and 400m Free.
Coaches please use your judgment to enter swimmers with 'regional' abilities.
4. There are no qualifying times for relays.
5. Entry times are to be submitted in long course meters established to a hundredth of a second. SC times converted to LC by HyTek's team manager will be accepted.
6. Official 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 September 1, 2009 and June 11th, 2010.
2. Swimmers may enter a maximum of NINE events.
3. FREE SWIMS:
 - a. AA swimmers may enter up to a maximum of SIX events without qualifying, in the 50, 100, or 200 metre events, using the following guidelines:
 - 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. Exceptions: Swimmers who qualify with a "AA" time for:

VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

June 11-13, 2010

Saanich Commonwealth Place

A 200 m event may choose one 400m event as one of their free swim(s)

A 400m event may choose either the 800m or 1500m event as one of their free swim(s).

An 800m or 1500m event may choose one 400m event as one of their free swim.

- c. To enter more than six events, the swimmer must have qualifying times in all events entered.
- d. **Swimmers with only "A" times may only enter events they qualify for (i.e., those in which they have an "A" time). NO free swims, and no swims 400 and above.**

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. Swimmers participating in relay events only must be identified on the entry printout as "RELAY SWIMMER ONLY". 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.
2. Entry times for relay teams should be submitted for seeding purposes.
3. If two relay teams are entered, one team may have 3 eligible athletes and 1 swimmer from a younger age group who may be designated relay only 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.
4. 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 if no swimmer in that age group. Clubs may enter "relay only" swimmers. Note that this is a CLUB relay; therefore, no associations teams.

Entries:

1. Meet entries must be uploaded prior to the entry deadline to the Swimming Canada swim meet website. Entries sent directly to the meet manager will not be accepted.
2. Entry scratches after the entry deadline will not be refunded except with a medical certificate.

Entry Fees:	Individual Events:	\$7.50 / event
	Relays:	\$9.00 / event
	SWIM BC Provincial Team Splash Fee*	\$4.00 / swimmer
	SCP Facility Enhancement Fee	\$5.00 / swimmer

Make cheques payable to **Victoria Amateur Swim Club**

Entry fee cheques must be presented upon arrival for Day 1 of the meet.

Entry Deadline:

All entries must be uploaded to the Swimming Canada website by midnight **June 1, 2010**.

Special Meet Rules:

1. Swimmers are limited to nine (9) individual events plus relays.
2. Swimmers wishing to swim up in age group must let meet management know in advance.
3. All events for 10 & Under will be timed finals, , EXCEPT for the 200 IM and 200 Free, which will be swum as heats and finals (top 8) for boys and girls. The 200m for 10&under will be run between events 27 & 28.
4. All individual events for 11 & Over will be swum as "OPEN" (no age groups), then broken down into age groups for finals, as 11/12, 13/14, and 15 & Over.
5. The 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 regardless of age.
 - b. These events will be swum from fastest to slowest alternating 800 and 1500 swims.
 - c. These events may be swum with two (2) swimmers per lane.

VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

June 11-13, 2010

Saanich Commonwealth Place

- d. Swimmers would be seeded together by time but awarded by age group.
- e. There will be positive check-in for 800 and 1500 events.
6. The 400m events, 11& over events may be limited to seven (7) heats for each gender, 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.
 - b. The top 8 swimmers in each gender, regardless of age, will swim during finals. All other swimmers will swim in the preliminary session, senior seeded.
 - c. Positive check in for 400 meter events will take place prior to 8:30 am on the day of the event. Any swimmers who are not checked in for these events will be scratched.
7. If necessary, any entries in excess of heats permitted in 5 and 6 above will be notified and entry fees will be refunded or the opportunity to enter alternate events provided.
8. With the exception of 800 and 1500 events, all events will be swum from slowest to fastest.
9. Meet Management reserves the right to swim two events at the same time when each has less than one full heat of 8 entries.
10. For 15&O events, there will be consolation finals only in events that have 24 or more splashes that meet the event qualifying standard.
11. There will be NO consolation finals for 14 & under events.
12. Deck entries and exhibition swims are not permitted.
13. All applicable FINA/SNC/Swim BC Rules apply for items not already covered.
14. Meet Management reserves the right to alter event and session times and/or to combine heats and events to run the meet as efficiently as possible.
15. A coaches meeting will be held 10 minutes before the session starts on Friday, June 11, 2010, and as needed on Saturday and Sunday.
16. There will be a positive check-in for timed final events and finals with a consolation final.

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.

Awards:

Individual:

- a. Medals will be presented for places first, second and third for 12 & unders.
- b. Ribbons will be presented for first, second and third places for 13 & over and for fourth through eighth for all age groups.

Relays:

- a. Medals will be presented to the first place team for the 12 & Unders.
- b. Ribbons will be presented to the first place team for 13&Over age groups.

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.

VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

June 11-13, 2010

Saanich Commonwealth Place

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 may be swum mixed gender together. 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 1st, 2nd, and 3rd. 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.

Scoring:

Scoring will be as follows

Individual Events 50-30-20-15-14-13-12-11

Relay Events 50-30-20-15-14-13-12-11

Consolation Finals will not be scored.

Officials:

VIR Championships are offered as a cooperative effort with officials participating from all clubs.

Each participating club is required to provide officials for all meet sessions. Please email the names of your volunteers willing to serve as officials by June 1 to: **Karen Bradley at**

ktbradley@shaw.ca

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

Scratches:

1. Please email scratches to Rosemary Lawrence entries@islandswimming.com by June 8, 2010. Scratches received prior to June 8th will not be charged.
3. The scratch deadline for finals is:
Friday: 30 minutes from the conclusion of the 10 and under 400 Free (event #202)
Saturday and Sunday: 30 minutes from the conclusion of heats of that same day.

Meet manager:

Rosemary Lawrence

E-mail: entries@islandswimming.com

VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

June 11-13, 2010

Saanich Commonwealth Place

Schedule of Events – REVISED SCHEDULE as of June 7, 2010

Friday – June 11

Warm-ups - 10:00 am Start time - 11:00 am Estimated finish: 3:00pm

Girls	Event	Boys
1	11 and Over 50 Free	2
3	11 and Over 100 Breast	4
101	IPC 100 Breast^; 102 swimming with 101	102
5	11 and Over 200 IM	6
103	IPC 50 Fly^ 104 swimming with 103	104
201	10 and Under 400 Free TF	202
7	11 and Over 800 Free TF*	8
9	11 and Over 1500 Free TF*	10

Friday – FINALS

Warm-ups - 5:00pm Start time – 6:00pm Estimated finish: 9:00pm

50 Free FINALS**
100 Breast FINALS **
200 IM FINALS **

**Note 11 & over
Medley relays moved
to Saturday**

Saturday – June 12

Warm-ups – 8:00 am Start time – 9:00 am Estimated finish: 2:00pm

Girls	Event	Boys
203	10 and Under 200 Medley Relay – COMBINED BOYS AND GIRLS	
205	10 and Under 100 Free TF	206
11	11 and Over 400 IM TF	12
207	10 and Under 100 Back TF	208
105	IPC 100 Back; 106 swimming with 105	106
13	11 and Over 100 Back	14
209	10 and Under 50 Breast TF	210
15	11 and Over 200 Breast	16
211	10 and Under 100 Fly TF	212
107	IPC 100 Free; 108 swimming with 107	108
17	11 and Over 100 Fly	18
213	10 and Under 200 IM	214
109	IPC 150/200 IM; 110 swimming with 109	110
19	11 and Over 200 Free	20

Saturday – FINALS

Warm-ups - 4:00pm Start time – 5:00pm Estimated finish: 8:30pm

Girls	Event	Boys
300	8 x 50 Club Relay Championship***	300
21	11 / 12 200 Medley Relay	22
23	13 / 14 200 Medley Relay	24
25	15 & Over 200 Medley Relay	26
	11 and Over 400 IM Timed Final (fastest heat)	
	11 and Over 100 Back FINALS **	
	11 and Over 200 Breast FINALS**	
	11 and Over 100 Fly FINALS**	
	11 and Over 200 Free FINALS**	

**Note 11 & over
Medley relay
events are on
Saturday
AFTER Club
relay**

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

**Finals will be by age groups: 11/12, 13/14, and 15 & over.

^ May be included in finals for SWAD events with 9 or more swimmers in preliminary heat(s).

***Remember that this is a CLUB relay, no association teams.

VANCOUVER ISLAND REGIONAL LONG COURSE CHAMPIONSHIP

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Sunday – June 13

Warm-ups - 8:00 am Start time - 9:00 am Estimated finish: 2:00pm

215	10 and Under 200 Free Relay COMBINED BOYS AND GIRLS	
111	IPC 50 Free 112 swimming with 111	112
27	11 and Over 400 Free TF	28
217	10 and Under 200 Free (To be swum between the girls and boys 400 Free – Event 27 and 28)	218
219	10 and Under 50 Back TF	220
113	IPC 50 Back 114 swimming with 113	114
29	11 and Over 200 Back	30
221	10 and Under 50 Fly TF	222
31	11 and Over 200 Fly	32
223	10 and Under 50 Free TF	224
33	11 and Over 100 Free	34
225	10 and Under 100 Breast TF	226

Sunday – FINALS

WARMUP- 4:00pm START – 5:00pm Estimated finish: 8:30 pm

35	11 / 12 200 Freestyle Relay	36
37	13 / 14 200 Freestyle Relay	38
39	15 & Over 200 Freestyle Relay	40
10 and Under 200 Free FINALS***		
11 and Over 400 Free Timed Final (fastest heat)		
11 and Over 200 Back FINALS*		
11 and Over 200 Fly FINALS*		
11 and Over 200 Fly FINALS*		
11 and Over 100 Free FINALS*		
Finals- SWAD events with 9 or more swimmers in preliminary heat(s)- order tbd.		

*** To be swum between the Girls and Boys 400 Free

*Finals will be by age groups: 11/12, 13/14, and 15 & over.

^ May be included in finals for SWAD events with 9 or more swimmers in preliminary heat(s).

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