



ISLAND SWIMMING MEDLEY CHALLENGE
May 22-24, 2015
SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive
Victoria, BC

HOSTED BY: Island Swimming

SANCTIONED BY SwimBC: #17562

POOL: One 50 METER 8 LANE POOL. The 8-lane 25-meter dive tank will be used for warm-up / cool-down. Cafe on site.

SESSION	WARM-UP	START	PROJECTED END
Friday May 22, 2015			
Preliminaries AM	7:30-8:20 AM	8:30 AM	1:15 PM
Finals PM	4:00-4:50 PM	5:00 PM	7:30 PM
Saturday May 23, 2015			
Preliminaries AM	7:30-8:20 AM	8:30 AM	1:45 PM
Finals PM	4:00-4:50 PM	5:00 PM	7:30 PM
Sunday May 24, 2015			
Preliminaries AM	7:30-8:20 AM	8:30 AM	1:45 PM
Finals PM	2 hours after Prelims	1 hour later	Approximately 7:00 PM

- **Island Swimming is offering prizes for all age groups** – details of prize structure are on Page 2 of this meet package
- Island Swimming will host a barbecue (hamburger or hot dog and drink) for all swimmers, coaches and officials on Saturday, May 23, 2015, between Heats and Finals.

ELIGIBILITY:

1. Open to SNC, USS (or FINA recognized) registered swimmers.
2. Age group is determined by age of swimmer as of May 22, 2015.
3. The Meet is open to all swimmers who have achieved Swim BC SC or LC "A" times. Swimmers may enter as many events as they like, but must have a minimum Swim BC SC or LC "A" time in all events entered, except the stroke 50's. No NTs allowed. A limited number of Island swimmers may enter the meet below the qualifying standards. The SwimBC Time Standards are attached at the end of this Meet Package.
4. Para-swimmers are welcome. IPC athletes' classification must be designated with entries.

GENERAL:

1. All SNC, Swim BC and VIR rules and sanctions apply.
2. The FINA one-start rule, and SNC warm-up procedures will be in effect.
3. Current SNC swimsuit policy will be observed.
4. **Age groups individual events:** 11&U, 12-13, 14-15 and 16&O.

5. **Age groups relay events:** 12&U, 13&14, and 15&O. Clubs are allowed a maximum of 2 relay teams per event. Please submit entry times with relays.
6. Entries will be limited to **400 swimmers** to ensure reasonable session lengths. Entries will be accepted on a first-come, first-serve basis. The 400th swimmer's team will be the last team entered. Teams will be notified if entries cannot be accepted.
7. All events will be senior seeded in preliminaries, with heats for finals broken into age groups, except those events being swum as timed finals.
8. 800 and 1500 Free may be swum two per lane. Positive check-in is within 90 minutes after the start of Prelims. All 800/1500 heats will be swum during prelims as senior seeded, fastest to slowest, timed finals. Meet management reserves the right to limit the number of heats due to time constraints.
9. In all 50m, 100m, 200m events there will be an A final for the top 8 swimmers. If there are more than 24 entries per event at the start of the meet there will be a B final for swimmers ranked 9-16 in that event.
10. The 400m events will have an A final only and the 11&Under age group will be timed finals held during morning sessions.



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11. All relays will be swum as timed finals as the last event during the finals sessions on Friday and Saturday.
12. The initial scratch deadline for finals is 30 minutes after the conclusion of heats on the day the event is swum; in accordance with the SwimBC scratch policy. The final (no penalty) scratch deadline for finals will be 30 minutes prior to the start of the finals session. Scratch rules apply to all swimmers qualified for "A" or "B" finals, plus alternates, as listed on the official posting of results.
13. Relay entries must be submitted 90 minutes after the start of the preliminary session on the day of the event.
2. Entries must be submitted with a time through the SNC website at <https://www.swimming.ca/meetlist.aspx>. Please do not convert entry times, Meet Management will do this through the entry process. Non-Canadian entries may be submitted directly to the Meet Manager at meetmanager@islandswimming.com. American teams: please use the current conversion standards.
3. Scratches received after the final scratch deadline will be charged \$20.00 to be paid to the Clerk of Course, unless a medical note is provided.
4. Deck entries will be permitted to fill empty lanes, no new heats will be created. Deck entries will be charged at \$20.00 per event and must be paid to the Clerk of Course at the time of entry. Deck entered swimmers will only be allowed to compete with "exhibition" status and will not advance to finals in the events for which they have been deck entered. All deck entries **must** include the swimmer's correct SNC ID and DOB for those swimmers not already in the meet.

ENTRY INFORMATION:

1. FEES: \$8.00 per individual. \$10.00 per relay event. \$9.00 surcharge per swimmer includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 Provincial Team Splash fee per swimmer. Fees are due at the beginning of the meet via a cheque made payable to **Island Swimming Club**.

CONTACT INFORMATION:

Meet Manager: Sheila Boire, meetmanager@islandswimming.com

Coach Liaison – Brent Forsyth, 778-679-7441, brent@islandswimming.com

Director of Officials: Brian Bikadi, officials@islandswimming.com All volunteers from other clubs are welcome!

ENTRY DEADLINES:

Initial entry deadline	May 14, 2015, 11:59 PM
Initial psych sheets posted: www.islandswimming.com	May 19, 2015
Email scratches or changes to: meetmanager@islandswimming.com	May 19, 2015
Revised psych sheets posted: www.islandswimming.com	May 20, 2015
Final scratch deadline – final fee reports will be based on entries as of this deadline: meetmanager@islandswimming.com	May 21, 2015 at noon

Scratch Rules:

- The "No Charge Scratch" deadline is **noon on Thursday, May 21, 2015 at noon**.
- To scratch a swimmer or relay team from an event during the meet, the scratch must be made by the deadlines outlined in the table above.

AWARDS:

Prizes will be awarded to the top 3 swimmers (boy and girl) in each age group (11&U, 12&13, 14&15, 16&O) who have the lowest aggregate time for the four 100m individual events and their 400 IM.



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Schedule of Events

Friday AM: Warm-up 7:30 AM, Start at 8:30 AM

Girls	Event	Boys
1	Girls 200 Fly	
	Boys 100 Fly	2
3	Girls 100 Breast	
	Boys 200 Breast	4
5	Girls 100 Free	
	Boys 200 Free	6
7	Girls 12&O 400 IM	
107	Girls 11&U 400 IM (timed final)	
	Boys 50 Back	8
9	Girls 50 Back	
10	Mixed 1500 Free (timed final, senior seed, fast to slow, possible double end)	10

Friday PM: Warm up 4:00 PM, Start: 5:00 PM

Girls	Event	Boys
11	12&U 200 Medley Relay	12
13	13&14 200 Medley Relay	14
15	15&O 200 Medley Relay	16
1	Girls 200 Fly	
	Boys 100 Fly	2
3	Girls 100 Breast	
	Boys 200 Breast	4
5	Girls 100 Free	
	Boys 200 Free	6
7	Girls 12&O 400 IM	
	Boys 50 Back	8
9	Girls 50 Back	

Saturday AM: Warm-up 7:00 AM, Start at 8:30 AM

Girls	Event	Boys
17	Girls 100 Fly	
	Boys 200 Fly	18
19	Girls 200 Back	
	Boys 100 Back	20
21	Girls 200 Free	
	Boys 100 Free	22
23	Girls 50 Breast	
	Boys 50 Breast	24
	Boys 12&O 400 IM	26
	Boys 11&U 400 IM (timed final)	126
25	Mixed 800 Free (timed final, senior seed, fast to slow, possible double end)	25



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Saturday PM: Warm up 4:00 PM, Start: 5:00 PM

Girls	Event	Boys
27	12&U 200 Free Relay	28
29	13&14 Free Relay	30
31	15&O Free Relay	32
17	Girls 100 Fly	
	Boys 200 Fly	18
19	Girls 200 Back	
	Boys 100 Back	20
21	Girls 200 Free	
	Boys 100 Free	22
23	Girls 50 Breast	
	Boys 50 Breast	24
	Boys 12&O 400 IM	26

Sunday AM: Warm up 7:00 AM, Start 8:30 AM

Girls	Event	Boys
33	Girls 50 Fly	
	Boys 50 Fly	34
35	Girls 12&O 400 Free	
135	Girls 11&U 400 Free (timed final)	
	Boys 12&O 400 Free	36
	Boys 11&U 400 Free (timed final)	136
37	Girls 100 Back	
	Boys 200 Back	38
39	Girls 50 Free	
	Boys 50 Free	40
41	Girls 200 Breast	
	Boys 100 Breast	42
43	Girls 200 IM	
	Boys 200 IM	44

Sunday PM: Warm up 2 hours after Heats finish, Start 1 hour after start of Warm up

Girls	Event	Boys
33	Girls 50 Fly	
	Boys 50 Fly	34
35	Girls 12&O 400 Free	
	Boys 12&O 400 Free	36
37	Girls 100 Back	
	Boys 200 Back	38
39	Girls 50 Free	
	Boys 50 Free	40
41	Girls 200 Breast	
	Boys 100 Breast	42
43	Girls 200 IM	
	Boys 200 IM	44

Marshalls will be present during warm-ups



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November 25, 2014



SWIMMING CANADA
COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

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 tank and when applicable, similarly situated in designated warm-up tanks 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.

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 WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."



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Hotel Information



Howard Johnson®
Hotel & Suites
Welcomes

**Island Medley Challenge
 Swim Meet**



May 22-24, 2015

<u>Room Types</u>	<u>Room Rate</u>
Standard Room 1 or 2 queen beds	\$114
Poolside Room with 2 queen beds	\$134
One Bedroom Suite	\$134
Junior Suite (Pet Friendly)	\$114
Full-Kitchen Suite (Pet Friendly)	\$154

Rates are quoted in Canadian Funds and do not include applicable taxes.
 Please specify at time of booking if bringing a pet, \$15.00/night pet fee applies.
 Rooms suited from single to quad occupancy.

We offer complimentary parking and wireless internet!
 In room amenities include mini fridge, microwave, and coffee maker.

Phone 1-866-300-4656 and ask for the swim meet rate.
 Please quote your **group code: SMI8** when making your booking.
 We look forward to seeing you soon!

4670 Elk Lake Dr - Victoria BC - V8Z 5M2 - Tel 250.704.4656 - Fax 250.704.4655 - Email suites@hojovictoria.ca



**TEAM UP WITH
 ACCENT INNS**

**ISLAND SWIMMING
 TOURNAMENT RATES 2014/2015**

Accent Inn - Victoria	
Oct 1/14 - Feb 28/15	\$82 s/d/t/q
Mar 1/15 - May 31/15	\$92 s/d/t/q
June 1 - June 20/15	\$112 s/d/t/q

Subject to availability and taxes. Rates are in Canadian Funds.
 Kitchen Units - \$10 surcharge
 3 1/2 Star Canadian Select

AMENITIES INCLUDE:

* Free Continental Breakfast	* Free Local Calls & Voice Mail
* Complimentary In Room Coffee & Tea	* Guest Coin Laundry
* Free Wireless Internet	* Free Parking for Cars & Buses

Call or email Donna Price at: 1-800-663-0298 dprice@accentinns.com
 Ask for the Island Swimming Rates or the Hotel direct at: 250-475-7500
mstevens@accentinns.com

3233 Maple St, Victoria BC V8X 4Y9

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