

# FastSwim Classic 2015

Hosted by



arena®



December 11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup>

Watermania  
Richmond B.C.  
14300 Entertainment Blvd.  
Richmond B.C. Canada  
604- 275 -7946

Sanctioned by Swim BC: #18674

"We would like to thank the Province of British Columbia for their assistance."



Start times:  
All **finish** times are estimated

Friday	<b>Heats</b>	6:30am - 8:00 warm up <b>(Blocked)</b> 8:20am start / 12:30pm finish
	<b>Finals</b>	4:00pm - 5:00pm warm up 5:15pm start / 7:30pm finish
Saturday	<b>Heats</b>	6:30am - 8:00 warm up <b>(Blocked)</b> 8:15am start / 2:30pm finish
	<b>Finals</b>	4:00pm - 5:00pm warm up 5:15pm start / 8:00pm finish
Sunday	<b>Heats</b>	6:30am - 8:00 warm up <b>(Blocked)</b> 8:15am start / 1:00pm finish
	<b>Finals</b>	<b>TBA</b>



### Schedule of Events

FRIDAY	SATURDAY	SUNDAY
200 IM	50 Fly	50 Back
50 Breast	100 Free	200 Breast
200 Fly	200 Back	50 Free
100 Back	100 Breast	200 Free (Girls)
400 Free (Girls)	400 IM	400 Free (Boys)
200 Free (Boys)	800/1500 (12-13, 14-15)	100 Fly
800 Free (11&U)		800/1500 (16&O)
Relays: 11&U Boys and Girls	Relays: 12-13, 14-15, 16&O Girls	Relays: 12-13, 14-15, 16&O Boys

Special meet rules and explanations are listed in the meet package as follows.

### Swimming Canada Rules

- The meet will be run under the most current Swimming Canada and Swim BC rules as per 2015-2016 SWIM BC Technical Guide.
- Current Swimming Canada Swim Suit policy will be in effect at this meet.
- The FINA one start rule and Swimming Canada competition warm up safety procedures will be in effect.
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times, both during the competition and between sessions while at the Watermania facility.

### Officials

- Attire for this meet will be the new Swimming Canada colours: red polo with black pants/skirt/shorts and black footwear. Visiting officials are welcome; please register at [officials@richmondrapids.com](mailto:officials@richmondrapids.com)

### Entry

- This meet is open to swimmers with at least One 2015-2016 Swim BC "AAA" qualifying time in their designated age categories.
- Swimmers must be "AA" Qualified to enter the 400m IM or 400,800,1500m Free
- Swimmers must be registered with Swim BC or other affiliated FINA organizations.
- Swimmer age is as of the first day of competition.
- Age groups will be 11&U, 12&13, 14&15 and 16&O.
- 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- A swimmer with 1 qualifying time may enter in a total of six events.
- A swimmer wishing to swim in more than six events must have met or exceeded the AAA standard for those events, in their age category.
- **NT's (except for relays & Stroke 50's) will not be accepted and will not be refunded.**
- The Richmond Rapids reserve the right to enter swimmers not meeting the qualifying standards.

### Para Swimmers

- Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time.
- 2015-2016 IPC Swimming Rules will govern all Para-Swimmer events.
- Classification numbers must accompany entries. (i.e. s6sb6sm6).

### Heats

- Preliminaries will be run with male & female pools (alternating deep & shallow per day).
- All heats will be senior seeded, slowest to fastest.
- Preliminary heats will be start overs, with the previous heat remaining in the pool.
- 400 Free and IM: **Only the fastest 12** in each age category will be accepted. Teams will be notified via e-mail if their swimmers are not in the 400 Free or 400 IM.
- Swimmers missing a preliminary heat will be considered a scratch and will not be entered in another heat in that event.

### Finals & Awards

- Any swim offs will take place at the beginning of finals
- Finals will be run out of the deep end only.
- Finals heats will not be reseeded based on scratches made during finals Warmup
- There will be only 'A' Finals for all 11&U events.
- There will be only 'A' Finals for all 12&13 14&15 and 16&O 400 meter events.
- There will be 'A' & 'B' Finals for all 12&13, 14&15 and 16&O events 50 to 200 meters with 24 or more swimmers entered in the event.
- Finalists are considered to be the top 16 plus 2 (top 8 plus 2 for events with only 'A' finals). Failure to scratch a finalist or alternate will result in a scratch penalty if the alternate is called. This penalty will adhere to Swim BC's scratch policy at heats/finals meets.
- Awards will be given for 1<sup>st</sup> through 8<sup>th</sup> for individual events.

### Distance (800 / 1500 Free)

- Only the fastest 12 entries per age group will be accepted. Teams will be notified via e-mail if their swimmers are not in the 800 or 1500.
  - i. Distance events will be swum as timed finals, with heats running fastest to slowest.
  - ii. Swimmers not in the top 12 will be notified and will be allowed to choose another event
- A positive check is required by 10:00 am on the day of the event. The events may then be re-seeded. Failure to check in will result in a scratch and an alternate will be selected.

### Relays

- It is the intention of the meet management to have relays at the meet. If individual swim numbers are oversubscribed, then relays may not be held. Relays will be timed finals and will be **swum at the beginning of finals**. Relay cards will be due in by **10:00am**.

### Scratches

- Scratches for preliminaries must be emailed to the Meet Secretary by the posted scratch deadline.
- Scratches for finals must be given to the Clerk of the Course 30 minutes after the conclusion of preliminaries for re-seeding.
- Last chance scratch deadline for finals is 30 minutes before the start of the finals session. Coaches are responsible for finding the alternate, and must notify the clerk of the course and the referee of the intent to scratch.

### Registration

- Entry deadline **December 3<sup>rd</sup>, 2015 at 1:00pm**
- **Scratch deadline December 7<sup>th</sup> at 6:00pm**
- **Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website ([www.meetlist.notlong.com](http://www.meetlist.notlong.com))**. Entries sent directly to the meet manager **will not** be accepted.
- The meet will not exceed **550 swimmers**. Teams will be entered into the meet based on the date of their original entry file is sent. Coaches will be notified if their entries have not been accepted.
- Cheques should be made payable to the **“Richmond Rapids Swim Club”**.
- Associations must submit one cheque only. No individual cheques will be accepted from members of the association.

### Fees

Individual events	\$ 9.00
Swim B.C.	\$ 4.00 Provincial Team Splash Fee
Relays	\$ 10.00
Deck entries	\$ 20.00 (Deck entries are for time only and are not eligible for awards or finals)
Relay deck entry	\$ 20.00

### Meet Management

- Meet Manager: [swim@richmondrapids.com](mailto:swim@richmondrapids.com)
- Head Coach: Rob Pettifer [rapidrob@richmondrapids.com](mailto:rapidrob@richmondrapids.com)
- Officials Coordinator: Bruce McIver [officials@richmondrapids.com](mailto:officials@richmondrapids.com)
- Meet Secretary: Adrian Fung [secretary@richmondrapids.com](mailto:secretary@richmondrapids.com)



## Riverport/Richmond

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- Located in the Riverport Entertainment Complex (home to Watermania)
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Holiday Inn Express & Suites, Riverport · 10688 No. 6 Road · Richmond, British Columbia · V6W 1E7

Hotel Contact info—Always ask for the **Fastswim Rate**

**Holiday Inn Express and Suits Riverport** (walking distance to the pool)

10688 NO. 6 ROAD Richmond, BC, Canada V6W 1E7

Hotel Front Desk: 1-604-241-1830

Hotel Fax: 1-604-241-1840

Team booking contact: 604-248-8201



## **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."**

*November 25, 2014*