



BENNETT CUP
November 10-12, 2017
SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive Victoria, BC V8Z 3J2
Sanctioned by Swim BC: #21620

HOSTED BY: Island Swimming Club (ISC)

POOL: This is a single-ended, short course (SC) meet. The 25-metre dive tank will be available for warm-up/warm-down. ARES electronic timing system will be used. Café on site. Free Parking on site.

MEET MANAGER/ ENTRIES: Suzie Sylvester meetadmin@islandswimming.com

MEET REFEREE: Leon Politano (Level 5)

OFFICIALS COORDINATOR: Hope Milloy officials@islandswimming.com

HEAD COACH / CLUB CONTACT Dave Tontini Dave.Tontini@islandswimming.com

SESSION	WARM-UP	START	PROJECTED END
Friday November 10, 2017			
Prelims & Timed	8:00 – 8:50 am	9:00 am	1:00 pm
Finals	4:00 – 4:50	5:00 pm	8:00 pm
Saturday November 11, 2017**			
Prelims & Timed Finals	8:00 – 8:50 am	9:00 am	1:00 pm
Finals	4:00 – 4:50	5:00 pm	8:00 pm
Sunday November 12, 2017			
Timed Finals	8:00 – 8:50 am	9:00 am	1:00 pm

**** Remembrance Day Commemoration. There will be a break at 11 am for One Minute of Silence to honour and pay respect for all those who have sacrificed in the line of duty serving our Country.**

ENTRY DEADLINE November 5, Noon

SCRATCH DEADLINE November 6, Noon (no refunds past this date unless with medical note)

ELIGIBILITY:

1. Swimmers must be registered with Swim BC or other FINA-related organizations.
2. Age group is determined by age of swimmer on November 10, 2017.
3. Age groups for this meet are 11&U, 12&13, 14&15 and 16&O.
4. Qualifying time standards for all events are the Swim BC 2016-2017 Short Course A times included with this meet package.
5. Stroke 50m events (Backstroke, Breaststroke and Butterfly) do not have Swim BC A time standards. These events may be entered by any swimmer who qualify for any other event in the meet.
6. There are no entry time standards for relay events; however, times should be submitted for seeding purposes.
7. Para swimmers are eligible and do not have to meet the Swim BC 2016-17 time standards. This is not a para sanctioned meet.
8. Swimmers from Island Swimming who do not meet the qualifying standard for an event may be entered in events to fill empty lanes.



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ENTRY INFORMATION:

1. Entries must be uploaded through the Swimming Canada website at swimming.ca/en/events-results/live-upcoming-meets/ prior to the entry deadline of noon on November 5, 2017. American teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list.
2. Canadian Teams: Entry times must be SCM times only. Long Course (LCM) and converted entry times will not be accepted. NT entries will not be accepted. All times will be validated through the Swimming Canada site.
3. American teams: Entry times must be SCY times only. NT entries will not be accepted.
4. **ENTRY LIMITS:** The total number of swimmers attending the meet will be limited to **550**. Swimmers are limited to nine individual events. Meet Management reserves the right to limit entries in the 800 Free and 1500 Free events to ensure reasonable session lengths.
5. **ENTRY FEES:** \$8.00 per individual event; \$10.00 per relay event; \$9.00 surcharge per swimmer (includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 Swim BC Provincial Team Splash fee).
6. Entry fees are due at the beginning of the meet. Payment must be made to the Clerk of Course prior to swimmers entering the water. Cheques should be made payable to **Island Swimming Club**.
7. Entry fees for scratches received after noon November 6, 2017 will not be refunded unless a medical note is provided.
8. All scratches and changes to entries must be emailed to meetadmin@islandswimming.com
9. Deck entries may be accepted at the discretion of the Meet Manager and/or Clerk of Course to fill empty lanes. No new heats will be created.
10. **DECK ENTRY FEES:** \$12.00 per individual event; \$16.00 per relay event. Payment of deck entry fees must be made to the Clerk of Course prior to swimmer(s) entering the water.
11. Deck entries will be exhibition swims only. Deck entries for swimmers not already in the meet **must** include proof of current registration, which shows the swimmer's correct nine-digit Swimming Canada ID and date of birth.

EVENTS:

Individual Events

1. Age groups for this meet are 11&U, 12&13, 14&15 and 16&O.
2. Events with preliminary heats will be swum senior seeded, slowest to fastest. Results will be separated by age groups and finals for these events will be swum by age group.
3. For all events with preliminary heats, an "**A**" final will be offered for all age groups. For all events with preliminary heats having more than 24 entries a "**B**" final will be offered for the 12&13, 14&15 and 16&O age groups. If both "A" and "B" finals are offered, the "A" final will swim first.
4. Timed final events - except for 800 Free and 1500 Free.

Timed Finals

1. All events on Sunday will be Timed Finals.

800 and 1500 Free Event

1. The 800 and 1500 will be swum as timed finals, senior seeded and *fastest to slowest*.
2. Meet Management reserves the right to limit entries for the 800 and 1500 to the fastest 40 swimmers for each

event. The decision to limit entries will be made after the entry deadline of noon on November 5, 2017. Teams will be notified by email of any swimmers who do not qualify to swim these events and these swimmers will be allowed to enter another event.

3. The fastest heat of 800 and 1500 Free events will swim in the finals session on the day of the event.
4. Results will be separated into age groups.
5. Positive check-in is required by 9:00am on the day of the event for the 800 Free and 1500 Free.

Relay Events

1. Relays will be broken down into the meet age categories. And swum as Timed Finals.
2. Teams may enter as many relay teams as they want.
3. Names and ALL relay changes must be submitted to the Clerk of Course no later than 30 minutes after the start of warm up for the session in which that relay will be swum.
4. Session 1 – relay names and changes are due 60 minutes prior to the scheduled and posted start time of the *first* relay for that session, regardless of age or gender.



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SCRATCH RULES:

1. Scratches for Friday evening finals **must** be submitted to the Clerk of Course no later than 30 minutes after the completion of Event 18 on Friday morning.
2. Scratches for Saturday evening finals **must** be submitted to the Clerk of Course no later than 30 minutes after the completion of Event 38 on Saturday morning.
3. As a courtesy to other teams and swimmers, scratches for the next morning session should be submitted to the Clerk of Course by 6:00pm the evening before.
4. Please submit all scratches as they become known in order to fill empty lanes if needed.
5. No shows, step downs and incomplete individual swims during finals will result in a \$20 fine for the offending swimmer. Clubs must have all fines paid by the start of the next session. Unpaid fines will result in the offending Club not being able to swim until they are paid in full to the Clerk of Course.

MEET RULES:

1. Swimming Canada and Swim BC rules and sanctions will be in effect at this meet.
2. Swimming Canada Warm-Up Competition Safety Procedures will be in effect at this meet. The most current version of these procedures is included in this meet package.
3. Friday prelims will be single-ended. Saturday prelims and Sunday's session will be double ended, odd/even heats.
4. Technical bulletins and updates will be posted at Clerk of Course.
5. Session reports will be posted at Clerk of Course. Please note: these are a guideline only; exact times cannot be predicted.
6. Results will be posted on MeetMobile.
7. All participants are to respect the facility rules, including proper disposal of garbage.
8. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
9. Parents are not permitted on deck unless volunteering for that session.
10. ALL photographers must have permission from Meet Management to be on deck. ID may be required.
11. No glass containers on deck.
12. Flash photography will not be permitted at the start of each race.
13. Coaches and Volunteers please bring your own refillable water bottle. Water filling stations are available throughout the facility.

AWARDS

1. 1st -3rd place finishers will automatically be entered into a prize draw. 1st= 3 tickets, 2nd = 2 tickets and 3rd = 1 ticket. Prizes will be drawn at the conclusion of the finals sessions and the Sunday morning session. There will be one female and one male prize per draw session.
2. The Randy Bennett Memorial Awards for top female and male FINA points in the 400 IMs will be presented prior to the start of the 400 Free on Sunday.
3. Bell ringer heats will occur randomly throughout the morning sessions.

SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET



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Friday Session 1 Heats and Timed Finals:

Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10
11	4 x 100 Medley Relay 11&U TF	12
13	4 x 100 Medley Relay 12&13 TF	14
15	4 x 100 Medley Relay 14&15 TF	16
17	4 x 100 Medley Relay 16&O TF	18
19	800 Free TF (Fastest Heat to Swim with Finals)	

Friday Session 2 Finals

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

Girls	Event	Boys
21	4 x 50 Free Relay 11&U TF	22
23	4 x 50 Free Relay 12&13 TF	24
25	4 x 50 Free Relay 14&15 TF	26
27	4 x 50 Free Relay 16&O TF	28
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10
19	800 Free (Fastest Heat)	

Saturday Session 3 Heats & Timed Finals

Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
29	100 Back	30
31	200 Free	32
33	100 Breast	34
35	200 Fly	36
37	50 Free	38
	1500 Free TF (Fastest Heat to Swim with Finals)	40

Saturday Session 4 Finals

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

Girls	Event	Boys
41	4 x 50 Medley Relay 11&U TF	42
43	4 x 50 Medley Relay 12&13 TF	44
45	4 x 50 Medley Relay 14&15 TF	46
47	4 x 50 Medley Relay 16&O TF	48
29	100 Back	30
31	200 Free	32
33	100 Breast	34
35	200 Fly	36
37	50 Free	38
	1500 Free (Fastest Heat)	40

Sunday Session 5 Timed Finals:

Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
49	4 x 100 Free Relay 11&U TF	50
51	4 x 100 Free Relay 12&13 TF	52
53	4 x 100 Free Relay 14&15 TF	54
55	4 x 100 Free Relay 16&O TF	56
57	50 Fly TF	58
59	400 IM TF	60
61	50 Back TF	62
63	50 Breast TF	64
65	400 Free TF	66

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool **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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lanespace is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternatives in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

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

September 26, 2016

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Meet Qualifications – SC Single A
 2016 SC Time Standards

Girls

Boys

SHORT COURSE				SHORT COURSE			
11 & U	AAA	AA	A	11 & U	AAA	AA	A
50 Free	:32.40	:34.35	:37.44	50 Free	:32.51	:34.46	:37.56
100 Free	1:11.67	1:15.97	1:22.80	100 Free	1:11.61	1:15.91	1:22.74
200 Free	2:38.09	2:47.58	3:02.66	200 Free	2:36.31	2:45.69	3:00.61
400 Free	5:36.76	5:56.97	6:29.09	400 Free	5:31.69	5:51.59	6:23.23
800 Free	11:48.41	12:30.92	13:38.50	800 Free	11:29.85	12:11.24	13:17.05
100 Back	1:22.70	1:27.66	1:35.55	100 Back	1:22.21	1:27.14	1:34.98
200 Back	2:59.02	3:09.76	3:26.84	200 Back	2:55.70	3:06.24	3:23.00
100 Breast	1:34.76	1:40.45	1:49.49	100 Breast	1:32.44	1:37.98	1:46.80
200 Breast	3:23.64	3:35.86	3:55.29	200 Breast	3:16.80	3:28.61	3:47.38
100 Fly	1:26.96	1:32.17	1:40.47	100 Fly	1:25.78	1:30.93	1:39.11
200 Fly	3:22.38	3:34.52	3:53.83	200 Fly	3:20.84	3:32.89	3:52.06
200 IM	2:58.99	3:09.72	3:26.80	200 IM	2:56.39	3:06.97	3:23.80
400 IM	6:23.57	6:46.58	7:23.18	400 IM	6:23.49	6:46.50	7:23.08
SHORT COURSE				SHORT COURSE			
12 & 13	AAA	AA	A	12-13	AAA	AA	A
50 Free	:28.71	31.10	33.89	50 Free	:29.49	:31.26	:34.08
100 Free	1:02.86	1:09.03	1:15.24	100 Free	1:04.08	1:08.96	1:15.17
200 Free	2:17.50	2:31.83	2:45.50	200 Free	2:19.14	2:31.64	2:45.28
400 Free	4:56.17	5:25.25	5:54.52	400 Free	4:56.25	5:22.53	5:51.56
1500 Free	20:09.72	21:22.31	23:17.72	800 Free	10:21.19	11:05.03	12:04.88
100 Back	1:12.56	1:19.35	1:26.49	100 Back	1:12.98	1:19.60	1:26.76
200 Back	2:37.47	2:48.17	3:03.30	200 Back	2:36.18	2:48.89	3:04.09
100 Breast	1:22.81	1:31.64	1:39.89	100 Breast	1:23.20	1:30.00	1:38.10
200 Breast	2:59.30	3:14.20	3:31.67	200 Breast	2:59.48	3:13.98	3:31.44
100 Fly	1:14.04	1:18.48	1:25.55	100 Fly	1:13.30	1:18.17	1:25.21
200 Fly	2:53.71	3:04.13	3:20.71	200 Fly	2:47.83	3:03.05	3:19.53
200 IM	2:36.99	2:52.19	3:07.68	200 IM	2:37.07	2:49.47	3:04.72
400 IM	5:40.80	6:09.15	6:42.37	400 IM	5:38.09	6:01.44	6:33.97
SHORT COURSE				SHORT COURSE			
14 & 15	AAA	AA	A	14-15	AAA	AA	A
50 Free	:26.07	:27.64	:30.12	50 Free	:28.19	:29.88	:32.57
100 Free	:56.92	1:00.33	1:05.76	100 Free	1:01.17	1:04.84	1:10.67
200 Free	2:04.72	2:12.21	2:24.11	200 Free	2:13.29	2:21.29	2:34.00
400 Free	4:28.37	4:44.47	5:10.07	400 Free	4:42.96	4:59.94	5:26.93
1500 Free	18:11.98	19:17.50	21:01.67	800 Free	9:47.30	10:22.54	11:18.57
100 Back	1:05.48	1:09.41	1:15.65	100 Back	1:09.64	1:13.82	1:20.47
200 Back	2:22.06	2:30.58	2:44.13	200 Back	2:30.62	2:39.66	2:54.03
100 Breast	1:14.26	1:18.72	1:25.81	100 Breast	1:19.80	1:24.59	1:32.20
200 Breast	2:43.42	2:53.23	3:08.82	200 Breast	2:51.97	3:02.29	3:18.69
100 Fly	1:04.10	1:07.94	1:14.06	100 Fly	1:08.94	1:13.07	1:19.65
200 Fly	2:29.52	2:38.49	2:52.76	200 Fly	2:36.90	2:46.31	3:01.28
200 IM	2:22.68	2:31.24	2:44.86	200 IM	2:30.27	2:39.28	2:53.62
400 IM	5:07.79	5:20.35	5:49.18	400 IM	5:22.06	5:41.38	6:12.10
SHORT COURSE				SHORT COURSE			
16 & O/Sr.	AAA	AA	A	16 & O/Sr.	AAA	AA	A
50 Free	:25.63	:27.17	:29.62	50 Free	:28.14	:29.82	:32.51
100 Free	:55.91	:59.26	1:04.59	100 Free	1:00.54	1:04.18	1:09.95
200 Free	2:02.56	2:09.91	2:21.60	200 Free	2:11.77	2:19.68	2:32.25
400 Free	4:19.82	4:35.41	5:00.19	400 Free	4:38.09	4:54.78	5:21.31
1500 Free	17:33.44	18:36.65	20:17.15	800 Free	9:44.98	10:20.08	11:15.88
100 Back	1:03.75	1:07.57	1:13.65	100 Back	1:09.03	1:13.17	1:19.75
200 Back	2:18.63	2:26.94	2:40.17	200 Back	2:28.75	2:37.68	2:51.87
100 Breast	1:12.16	1:16.49	1:23.37	100 Breast	1:18.96	1:23.70	1:31.23
200 Breast	2:37.54	2:46.99	3:02.02	200 Breast	2:51.26	3:01.54	3:17.87
100 Fly	1:01.15	1:04.82	1:10.65	100 Fly	1:08.54	1:12.65	1:19.19
200 Fly	2:21.67	2:30.17	2:43.69	200 Fly	2:35.77	2:45.11	2:59.97
200 IM	2:17.30	2:25.54	2:38.63	200 IM	2:29.00	2:37.94	2:52.15
400 IM	4:55.42	5:13.14	5:41.33	400 IM	5:18.14	5:37.23	6:07.58

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