

FastSwim Classic 2019

Hosted by



arena®



December 13th, 14th & 15th

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

Sanctioned by Swim BC: #34536

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



Start times:
All finish times are estimated

Heats 7:00-7:40am & 7:40-8:20 warm up (**Blocked**)
8:30am start / 1:30pm finish

Finals 3:00 – 3:35pm warm up
3:45pm start / 7:30pm finish

Sunday Finals: **TBA**



Time Standards and Schedule of Events

Shallow Pool		Deep Pool						
GIRLS	BOYS	GIRLS			BOYS			
12&U	12&U	FRIDAY	13&U	14-15	16&O	13&U	14-15	16&O
5:51.59		400 FR: Girls	5:16.05	4:59.94	4:54.78			
	2:47.58	200 FR: Boys				2:28.48	2:12.21	2:09.91
-	-	50 BR	-	-	-	-	-	-
3:32.89	3:34.52	200 FLY	2:59.23	2:46.31	2:45.11	3:00.27	2:38.49	2:30.17
1:27.14	1:27.66	100 BK	1:18.00	1:13.82	1:13.17	1:17.46	1:09.41	1:07.57
3:06.97	3:09.72	200 IM	2:46.05	2:39.28	2:37.94	2:48.45	2:31.24	2:25.54
		800 FR: Mixed Open (both pools)	10:03 (800m) or 19:22 (1500m)			9:40 (800m) or 18:38 (1500m)		
		1500 FR: Mixed Open (both pools)	(swimmer may enter 800m or 1500m with either of these QT)					
		12&U 200 Free Relay (start of Finals)						
12&U	12&U	SATURDAY	13&U	14-15	16&O	13&U	14-15	16&O
1:37.98	1:40.45	100 BR	1:28.12	1:24.59	1:23.70	1:29.48	1:18.72	1:16.49
3:06.24	3:09.76	200 BK	2:45.31	2:39.66	2:37.68	2:44.48	2:30.58	2:26.94
-	-	50 FLY	-	-	-	-	-	-
1:15.91	1:15.97	100 FR	1:07.35	1:04.84	1:04.18	1:07.39	1:00.33	:59.26
6:46.50	6:46.58	400 IM	5:54.13	5:41.38	5:37.23	6:01.46	5:20.35	5:13.14
	12:30.92	800 FR: Boys 12&U						
		1500 FR: Boys 13-15 (both pools)				20:56.40	19:17.50	
		14&U 200 Free Relay (start of Finals)						
12&U	12&U	SUNDAY	13&U	14-15	16&O	13&U	14-15	16&O
1:30.93	1:32.17	100 FLY	1:16.36	1:13.07	1:12.65	1:16.55	1:07.94	1:04.82
-	-	50 BK	-	-	-	-	-	-
3:28.61	3:35.86	200 BR	3:10.06	3:02.29	3:01.54	3:10.19	2:53.23	2:46.99
34.46	34.35	50 FR	30.38	29.88	29.82	30.29	27.64	27.17
2:45.69		200 FR: Girls	2:28.36	2:21.29	2:19.68			
	5:56.97	400 FR: Boys				5:18.45	4:44.47	4:35.41
12:11.24		800 FR: Girls 12&U						
		800 FR: Girls 13-15 (both pools)	10:51.44	10:22.54				
		Open 200 Free Relay (start of Finals)						

Meet Rules

- The meet will be run under the most current Swimming Canada rules.
- Swimming Canada competition warm up safety procedures will be in effect.
- Starts in both pools will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- 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.

Entries

- This meet is open to swimmers who have achieved ONE posted qualifying time in their designated age category.
- Athletes with 1 QT will receive 3 bonus swims, athletes with 2 times will receive 2 bonus swims, athletes with 3 times will receive 1 bonus swim.
- A swimmer may enter as many additional events as they like, as long as they have met the qualifying time.
- **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.
- 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 12&U, 13&U, 14&15 and 16&O.
- **Athletes 12 years of age and under who meet the 13&U qualification may compete as 13&U for the entire meet.** Bonus swims are calculated based on the number of 13&U QTs.
- 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- If timelines require, the number of heats in the 400, 800, 1500 Free and/or 400 IM may be limited. If restrictions are necessary, the heats will be filled by the top 8 swimmers in each age group, plus as many additional swimmers, by seed time, as can be accommodated. Teams will be notified via e-mail if their swimmers are not in the event, and another event may be selected before the scratch deadline. Any openings created by scratches from these events may be filled by deck entry at the meet, on a first-come-first-served basis.

Relays

- It is the intention of the meet management to have relays at the meet. If individual swim numbers are oversubscribed, relays may not be held. Relays will be timed finals and will be **swum at the beginning of finals.**
- Relay entries must be submitted with the swimmers' names.
- All changes to relay names and order must be submitted **by the scratch deadline for Finals, 30 minutes after the conclusion of preliminaries.** There will be no name or order changes permitted after the scratch deadline.

Para Swimmers

- Para-swimmers who are registered with a FINA or WPS affiliate are welcome. Classification numbers must accompany entries. (i.e. s6sb6sm6). WPS Swimming Guidelines will apply.
- All prelims will be integrated, seeded according to entry time. Please contact meet management for any lane placement or other accommodation needed.
- **Para Finals:** These events will have a dedicated Final for Para swimmers:

• 50 Back	• 100 Back	• 200 Back
• 100 Free	• 200 Free	• 400 Free

- **To enter the Para final, please choose the Multiclass event (500 numbers).** The swimmer will be moved into the General event for prelims, then back to the Para event for finals.
- Para swimmers may choose to be eligible for the General final, instead of the Para final, in any of these events. **To enter the General event, choose the Girls or Boys event (100 or 200 numbers)**
- Awards are calculated based on Swimming Canada's 2019 Domestic Paralympic Points.
- Male and female Para finals may run in a combined heat. Para finals will run between the Girls' and the Boys' final of the corresponding General event.

Distance (800 / 1500 Free)

- **A positive check in is required by 9:00 am** on the day of the event. Failure to check in will result in a scratch.
- The events will be seeded after positive check in. Empty lanes remaining after seeding may be filled by deck entry on a first-come-first-served basis.
- Mixed Open Events (Friday): Swimmers who have achieved the 800m standard for their gender may swim the 1500m event, and vice versa. Provincial and National records are not recognized in a mixed gender heat.
- Distance events will run after the end of preliminaries.
- Heats will be swum as a timed final, fastest to slowest, with no circle-seeded heats
- Events may be held in either the deep pool or the shallow pool and may have heats running concurrently in both pools. Please check the heat sheet carefully for the order and location of heats.

Heats:

- Due to changes in pool depth regulations, the starting blocks in the shallow end will be mounted on the narrow bulkhead mid-pool, with an adjustment to the number of timers per lane. Consequently, Provincial or National records will not be recognized during Prelims in the shallow pool.
- Each day, preliminaries for 12&U boys and girls will run in the shallow pool. Preliminaries for 13&U, 14-15, 16&O boys and girls will run in the deep pool.
- Preliminary heats in each pool will be senior seeded slowest to fastest, for all age groups combined. The fastest three heats will be circle-seeded except 400m events, where fastest two heats will be circle-seeded.
- Preliminary heats will be start overs, with the previous heat remaining in the pool, except in backstroke, where swimmers will clear the pool between heats.
- Swimmers missing a preliminary heat will be considered a scratch and will not be entered in another heat.
- Where possible, swim-offs will run before the end of the session in which the tie occurred.

Finals & Awards

- Finals for all age groups will run out of the deep end.
- A & B Finals will be held for all events 50 to 200 meters in age groups with 24 or more swimmers entered as of the scratch deadline. 400-meter events and age groups with fewer than 24 entries will have only A Finals.
- A Finals will swim before B Finals.
- Awards will be given for 1st through 8th for individual events.

Scratches

--Please note new scratch procedures based on Swim BC policy--

Preliminaries:

- Scratches received after the posted scratch deadline will not be refunded (except with a doctor's note). Scratches received before 8:00am help the session run smoothly and leave lanes available for Deck Entry.
- There is **no scratch penalty** for prelims or for timed finals (relays, 800/1500 Free)

Finals:

- Scratches for finals must be given to the Clerk of the Course no later than **30 minutes after the conclusion of preliminaries (not including Distance events)**. **There is no 'Last Chance Scratch Deadline'** before the beginning of Finals. Email scratches are not accepted for Finals.
- **Scratch Penalties:** In accordance with SwimBC policy for Heats and Finals meets,
 - **Qualified finalists and alternates as listed on the official signed results (Top 18 finishers, or top 10 for events with only A Finals)** will be subject to a **\$20 late scratch penalty** for scratches after the deadline, no-shows, step downs, or unexcused incomplete swims. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - **Swimmers below the qualifying position** will be drawn up to fill available spots resulting from scratches. There is **no scratch penalty** for these swimmers. Courtesy scratches for swimmers close to qualifying will be accepted up to the deadline, in order to make the spot available for another swimmer.

Registration

Entry deadline Wednesday, December 4th 2019 at 11:00pm

Scratch deadline Sunday, December 7th 2019 at 11:00pm

Deck entry deadline 8:00 am on the day of the event (9:00 am for 800/1500 Free)

- **Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list.**
- Team entries may be restricted to preserve timelines. Teams will be entered into the meet based on the date 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**. One cheque per team.

Fees

Individual events and Relays	\$ 10.00 per event
Swim B.C. Splash Fee	\$ 4.00 per swimmer
Facility Improvement Fee	\$ 4.00 per swimmer
Deck entries	\$ 20.00 (For time only; not eligible for awards or finals)
Relay deck entry	\$ 40.00

Meet Management

Meet Secretary / Entries: Dawna McIver: secretary@richmondrapids.com
Meet Manager: Karen de Costa
Meet Referee: Piero Porreca
Head Coach: Rob Pettifer: rapidrob@richmondrapids.com
Officials Coordinator: officials@richmondrapids.com



Riverport/Richmond

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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 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 lane space 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 alternates 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."