

2019 BC School Sports Vancouver Island Aquatic Championships

Sunday, October 20, 2019
Nanaimo Aquatic Centre
741 Third Street, Nanaimo, BC V9R 7B2

MEET PACKAGE

Warm-up	8:30am – 10:30am (times and lane assignment to follow)
Officials/Timers Meeting	10:00am
Coaches Meeting	10:30am
Events	11:00 – 4:30pm
Course:	25 metres - 8 Lanes, 2 Cool Down Lanes Starting blocks and Colorado Electronic Timing System Timed Finals Meet

Note: This is an unsanctioned meet.

IMPORTANT DATES

October 2, 2019: BCSS Team registration deadline

October 16, 2019: BCSS Roster athlete registration deadline

Thursday, October 10, 2019: Zone Meet Entry deadline

Tuesday October 15, 12:00pm: Scratches due for Zone Meet

Monday, Nov. 4, 2019: Scratches due from Coaches to Zone Rep for Provincials

BC School Sports Team Sport Registration

It is the Athletic Director's responsibility to ensure their school is registered with BC School Sports (BCSS) and in Aquatics by the October 2, 2019 deadline. Roster registration for each athlete must be completed in STARS by October 16, 2019. BCSS will assess penalty fines for late registrations.

Zone Meet Entry Deadline: Thursday, October 10, 2019 at Midnight

All zone meet entries MUST use Hytek Meet Manager software.

- If a school is unable to use Hytek, they can pay a \$50 fee and their entries will be completed by a Commissioner appointed representative. Contact your Zone Rep.
- Download a free Lite version of Hytek Team Manager from <https://hytek.active.com/downloads.html>
- Swimmers must record a time at the Zone Meet in any one event to be eligible to swim at the Provincial Championship Meet.
- Email all Meet Entries to vihighschoolswimming@gmail.com by Thursday, October 10. Late entries will not be accepted.

Entry fees: \$30 per swimmer up to a maximum of 4 events, including relays & alternates
Cheques made payable to **School District 68 (Nanaimo Ladysmith)** due at Zone Meet.

Meet Officials

Meet Manager: Laurel Laturus
Meet Referee: Terry Ryan
Clerk of Course: Gillian Fehr
Recorder/Scorer: Michelle James
Colorado Timing: Sean dePol and Paul Miller

Volunteers are needed to run the meet! Parents, this is you!

- Timers
- Hospitality/food prep
- Stroke and Turn Officials: SwimBC and BCSSA officials are required.

Sign up online: <https://www.signupgenius.com/go/805054DAAAA29A1FF2-virhigh>

Timers/Officials meeting: 10:00am

Warm up

- Warm up lane assignments will be sent by email and posted at the meet
- Two warm up lanes will be available throughout the meet in the shallow end
- Coaches are to instruct and supervise their swimmers on how to enter the pool (no diving except in designated sprint lanes or when only going in one direction. Coach must be managing the lane).
- **Sprint Lanes** will open in Lanes 1 & 8 ten minutes before the close of each warm-up group.

Water bottles/Coffee mugs

Please bring your own water bottle and coffee mug to be environmentally responsible.

Classification of Swimmer Categories

All swimmers are limited to a total of four events including alternate entries.
This is an unsanctioned meet; no times recorded at this meet by SNC / SwimBC members may be used for Provincial or National Qualification or any Team selection.

All swimmers must be correctly classified in the appropriate category or they will be disqualified in their individual events and relays. Please ensure your swimmers are honest about their swimming background. A complaint could result in a severe impact on the swimmer's school's results.

A Category

- **Any swimmer with an SNC number who has competed in a Winter Swim Meet OR has swum with a year-round club as of September 1 of the previous year is classified as an A category swimmer.**
- Swim academy athletes must participate in the A category only.
- B swimmers can compete in any A Category due to no SNC sanction. No SNC number is required to swim in the A Category.
- International swimmers that have participated with a year-round club are considered A swimmers.

B Category

- As of January 1st of the championship year, a B Category swimmer trains and competes from May 1st to September 1st with no restrictions.
- From September 2nd to April 30th a B swimmer may train with their high school team and may participate in other speed swimming training such as winter maintenance, Triclub, private coaching. They may not compete in a Winter Swim Meet with an SNC number.
- Any swimmer in the A category who is registered in a B event will be disqualified from the Meet. This includes relay teams.
- B swimmers may swim in B or A category relays but may not swim in the same relay in both the A and B event. (Ex. 200 Free A Relay or 200 Free B Relay, but not both).
- B swimmers are permitted to swim in both A and B individual events of the same race.

C Category (Vancouver Island only: not available at Provincials)

- Novice swimmers who have had no experience with any club in the past may swim as C Category swimmers.
- Coaches: Enter C swimmers in the B events, but make sure to list them as C swimmers.
- At Regionals, C swimmers will be seeded and race with B swimmers; results will be separated for points purposes and put into a separate category. Ribbons are awarded for the C Category.
- In order to qualify for Provincials, C swimmers must place in the top 5 in the B event.

Para Category

- A Para swimmer can compete in any BCSS event. A Para athlete must follow the classification as per Swimming Canada. He or she will be placed in order of finish by gender.

Championship Meet Rules

1. All competitors must be registered with BC School Sports and meet BCSS eligibility rules. Any swimmer who is not registered faces disqualification and/or school fines.
2. The meet will use the One Start Rule, and the relay rules.
3. Competitors must wear only one swimsuit. For boys, the suit shall not extend above the navel or below the knee. For girls, the suit shall not cover the neck, nor extend past the shoulder, nor extend below the knee. All swim suits shall be made from textile materials and have no zippers.
4. Each swimmer is limited to a total of 4 events. These events may be individual swims, relays or a combination. Listing as an alternate on a relay will count as one of the 4 events.
5. All entries must have times; No-time entries will not be accepted. The time is for seeding purposes. This ensures that swimmers swim against others with similar times. C swimmers will be seeded against B swimmers by entry time.
6. Swimmer's age must be included on their entry.
7. The meet is cardless; there is no Marshaling. Coaches are responsible for getting swimmers to the blocks. Swimmers who miss their event will not be allowed to re-swim the event.
8. Start will be a series of short whistle blasts followed by a long whistle at which time the swimmers will mount the blocks. The Referee will signal the starter by an outstretched

arm, following which the starter will instruct the swimmers to “take their marks” and will then cause a beep signal. The swimmers will start on the beep signal.

9. A-category swimmers may not compete in B events.
10. B-category swimmers may compete in A-Category events (both individual and relays).

Relay Rules

11. Any swimmer who swims at the zone meet is eligible to swim on a relay at the Provincial meet.
12. Mixed relay events must include 2 boys and 2 girls. Single gender schools are not permitted to combine for the purposes of creating a mixed relay.
13. No more than 2 teams from each school will be allowed to compete at Zones in each relay event.

ENTRY INSTRUCTIONS

- Enter swimmers for events under their own school, regardless of who coaches them
- A psych sheet and fee report will be sent by e-mail on Sunday October 13, 2019. Please review for any errors and advise of necessary corrections. Corrections and Scratches must be returned to vihighschoolswimming@gmail.com prior to Noon **Tuesday October 15, 12:00pm**. Corrections are for input errors only, and are not intended to change swimmers’ events after the psych sheet. Save and print your entries to bring to the meet.
- Once the meet is seeded, scratches will be taken, but the meet **WILL NOT BE RESEEDDED**.
- Following the Zone meet **ALL scratches** are due to the zone rep by **Monday, November 4, 2019, 5:00pm, even if swimmers/relays are not in an advancing position**. This includes any alternates who may move into spots. Alternates will not be allowed after the scratch deadline. Reminder: Schools are responsible for payment to the Aquatic Commission for swimmers who scratch after the Nov 6th Provincial scratch deadline.

TEAM REGISTRATION

The team's teacher sponsor or approved designate must check in with the Clerk of Course on the pool deck before Warm Ups. You will need to have the following for your swimmers to participate at the Zone Meet:

- 1) Fee Report and Entries– this will reflect the Entries submitted by the Thursday October 10, 2019 deadline – there are no refunds for scratches.
- 2) Payment – Please make all cheques payable to School District 68 (Nanaimo).
- 3) Sponsor Teacher/Coach Contact Information Form (page 8 of this meet package)

SCRATCHES: Coaches must inform the Clerk of the Course of any scratched swimmers. Scratches will be accepted up to 30 minutes prior to the start of the meet (Deadline 10:30am). Deck entries and changes are not permitted.

SWIMMER SUPERVISION

If a sponsor teacher/coach is not accompanying the swimmer(s), a designated parent or alternate needs to have a letter from the school authorizing them to make decisions on behalf of the school (eg. DQ protests, etc).

Please check in with the Clerk of Course on the pool deck before Warm Ups.

ADVANCING to Provincial Championships

November 15 & 16, 2019, Richmond, BC - Watermania

NEW: Due to new zone representation berthing (number of entries) based on a BC School Sports recommended numbers-based-allocation the

- Top 7 entries in each individual event qualify for the Provincial Championships.
- Top 7 relay teams per relay event advance, with the EXCEPTION that only two relays from the same school per event may advance to Provincials.

Remember to enter PARA swimmers in the B category events. After Zones they will be seeded in the appropriate Event number for Provincial Championships.

AWARDS AND SCORING

RIBBONS: Individual events awarded to 8th place

Relay events awarded to 3rd place

Ribbons will be made available to school coaches or a designate at the end of the meet. If you are unable to pick up before leaving the pool, they will be mailed to the school.

Points System for Scoring the Zone Championship Meet

Individual events

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8th
10	8	6	5	4	3	2	1

Relay events

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8th
20	16	12	10	8	6	4	2

PARA scoring is a reverse format and based on the number of swimmers in each event.

Example: 8 swimmers (20-18-16-15-14-13-12-11)

4 swimmers (14-13-12-11)

1 swimmer (11)

TROPHIES: Several perpetual trophies have been lost. Please check your school trophy case and bring any swimming trophies to the Clerk of the Course.

PERPETUALS: Overall Winner Total points "A"+ "B"+ "C"
Most "A"+ "B" Individual points
Top "A" Team - Individual Events
Top "B" Team - Individual Events
Top "C" Team - Individual Events

PLAQUES: Team Team Excellence (Most points per team member)
Most Relay Points
Most "A" relay points
Most "B" relay points

BOB SMIRL AQUATIC AWARD (\$300.00) - Vancouver Island region

Bob Smirl was a dedicated swimmer (backstroker), who made a lifelong commitment to developing and promoting swimming in the community.

The Bob Smirl Aquatic Award will be made to a graduating student for outstanding contributions to the sport of swimming, who exhibits qualities of Leadership, Sportsmanship and Athletic Ability.

Nominations detailing the student's merits should be sent to vihighschoolswimming@gmail.com. The Nominations deadline is Thursday October 10, 2019.

The winner will be announced on October 20 during the Vancouver Island zone meet.

PROVINCIAL BURSARIES

- ❖ Six bursaries in the amount of \$250 each will be awarded this year at Provincials.
- ❖ Three will be presented to both female and male swimmers.
- ❖ Eligible swimmers must be a Canadian citizen competing in speed swimming at the Provincial Championships and be in Grade 12.
- ❖ Winners will be selected by a random draw at the AGM.
- ❖ **Sponsor Teachers/coaches:** nominate your students by Friday, November 1, 2019 using the link <https://forms.gle/K8imN7Zkhv6ih1yz5> No late entries will be permitted.
- ❖ Winners will be announced on Saturday morning, November 16 prior to the start of Finals.

**VANCOUVER ISLAND ZONE SWIMMING CHAMPIONSHIPS
ORDER OF EVENTS**

Event #	Event	Category	Event #	Event	Category
1	200 Medley Relay	Girls B	24	100 Freestyle	PARA
2	200 Medley Relay	Boys B	25	100 Freestyle	Girls B
3	200 Medley Relay	Girls A	26	100 Freestyle	Boys B
4	200 Medley Relay	Boys A	27	100 Freestyle	Girls A
			28	100 Freestyle	Boys A
5	50 Freestyle	PARA			
6	50 Freestyle	Girls B	29	200 Mixed Medley Relay	B
7	50 Freestyle	Boys B	30	200 Mixed Medley Relay	Open
8	50 Freestyle	Girls A			
9	50 Freestyle	Boys A	31	50 Butterfly	PARA
			32	50 Butterfly	Girls B
10	50 Backstroke	PARA	33	50 Butterfly	Boys B
11	50 Backstroke	Girls B	34	100 Butterfly	Girls A
12	50 Backstroke	Boys B	35	100 Butterfly	Boys A
13	100 Backstroke	Girls A			
14	100 Backstroke	Boys A	36	200 Mixed Free Relay	B
			37	200 Mixed Free Relay	Open
15	400 Free Relay	Girls B			
16	400 Free Relay	Boys B	38	100 I.M.	PARA
17	400 Free Relay	Girls A	39	100 I.M.	Girls B
18	400 Free Relay	Boys A	40	100 I.M.	Boys B
			41	200 I.M.	Girls A
19	50 Breaststroke	PARA	42	200 I.M.	Boys A
20	50 Breaststroke	Girls B			
21	50 Breaststroke	Boys B	43	200 Free Relay	Girls B
22	100 Breaststroke	Girls A	44	200 Free Relay	Boys B
23	100 Breaststroke	Boys A	45	200 Free Relay	Girls A
			46	200 Free Relay	Boys A

COACH/ SPONSOR CONTACT INFORMATION

Complete and bring with your school's meet fees: **\$30** per swimmer (Maximum 4 events)
 Cheques made payable to **School District 68** (Nanaimo Ladysmith).

SCHOOL		CODE	
SCHOOL PHONE		SCHOOL FAX	
NAME COACH/SPONSOR			
SCHOOLS COACHED			
EMAIL		PHONE WORK	
PHONE CELL		PHONE HOME	
Are you a:	Teacher Sponsor <input type="checkbox"/>	Student Coach <input type="checkbox"/>	
	Community Coach <input type="checkbox"/>	Other <input type="checkbox"/>	
# Swimmers attending:			
# Spectators attending:			
# of volunteers for:	TIMING:	STROKE & TURN:	

VOLUNTEERS

Swim meets need lots of volunteers! Please send this link to your swimmers' parents:

<https://www.signupgenius.com/go/805054DAAA29A1FF2-virhigh>

SIGN UP sheets will also be posted on the office window in the hallway across from the Café in Nanaimo Aquatic Centre on meet day.

Every school must have a minimum of 2 timers and one Official working at any one time during the meet.