



ISLAND LONG COURSE INVITATIONAL

May 13 - 15, 2011

SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive

Victoria, BC

Sanctioned by SWIM BC #11034



HOSTED BY: Victoria Amateur Swim Club (VASC)

POOL: One 50 METER 8 LANE POOL. The 8-lane 25-meter dive tank will be used for warm-up / cool-down. Omega Timing System with Omega full colour video board. Coffee shop on site.

SESSION	WARM-UP	START	PROJECTED END
Friday May 13, 2011			
Heats	9:15 a.m.	10:15 a.m.	3:30 p.m.
Finals	5 p.m.	6 p.m.	8 p.m.
Saturday May 14, 2011			
Heats	8 a.m.	9 a.m.	2:30 p.m.
Finals	5 p.m.	6 p.m.	8 p.m.
Sunday May 15, 2011			
Timed Finals	8 a.m.	9 a.m.	1 p.m.

ELIGIBILITY:

1. Open to SWIM BC (or FINA related) registered swimmers. Age is determined by age of swimmer as of May 13, 2011.
2. Qualifying time standards are the Swim BC AA long course times for each event. The time standards chart can be found at: <http://swimbc.ca/time-standards/>
3. Backstroke, Breaststroke, and Butterfly 50 metre events do not have Swim BC AA time standards. These events may be entered by a swimmer who qualifies for any other events in the meet.
4. There are no entry standards for relay events.
5. Swimmers from Island Swimming who do not meet the qualifying standards may be entered to fill the meet up to 450 swimmers.
6. Swimmers from other clubs who do not meet qualifying standards, may be entered in up to six events, excluding 400/800/1500m events, between the initial entry deadline (May2) and the final scratch deadline (May10), if spaces are available up to 450 swimmers. Please send an email to ismeetmanager@gmail.com with names and events for swimmers you would like to enter on this basis and you will be notified after the initial entry deadline regarding if room is available.

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ENTRY INFORMATION:

1. FEES: \$6.50 per individual. \$8.00 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 the **Victoria Amateur Swim Club**
2. Entries must be submitted with a time through the SNC website at <https://www.swimming.ca/meetlist.aspx>. Please email an entry report for cross-checking to ismeetmanager@gmail.com. Non-Canadian

entries may be submitted directly to the Meet Manager at ismeetmanager@gmail.com

3. Scratches received after the final scratch deadline will be charged, unless a medical note is provided.
4. Deck entries may be accepted at the discretion of the meet manager and/or Clerk of Course. Deck entries **must** include the swimmers correct nine-digit SNC ID and date of birth for swimmers not already in the meet.

ENTRY DEADLINES:

Initial entry deadline	May 2, 2011 at noon
Initial psych sheets posted: www.islandswimming.com	May 6, 2011
Email scratches or changes to: ismeetmanager@gmail.com	May 6 - May 10 at noon
Final scratch deadline – final fee reports will be based on entries as of this deadline	May 10, 2011 at noon
Revised psych sheets posted: www.islandswimming.com	May 11

AWARDS:

1st, 2nd, and 3rd place winners of the individual events and 1st place for relays will be eligible for prize draws.

opportunities. A double-ended format may be used depending on the number of entries.

MEET RULES:

1. The meet will follow SWIM BC RULES and SNC RULES.
2. Friday and Saturday's events are heats and finals except for the relays. All events will be swum together during heats, but separated according to age groups (12 & U, 13/14, 15 & Over) in finals.
3. All relays are timed finals swum at the beginning of Friday and Saturday finals.
4. Sunday's events are timed finals.
5. Meet Management reserves the right to adjust the meet format and awards after entries are received to ensure that the competition offers appropriate session lengths and competitive

Distance Events:

6. The 800 and 1500 freestyle events will be conducted as senior seeded timed finals, swum fastest to slowest. The events are limited to the fastest eight swimmers of each age group and gender, six heats per event. Meet Management reserves the right to add overflow heats to the end of Sunday's heats if enough entries warrant it. Positive check-in is required for the 800 and 1500 events on the day of the swim.
7. The 400, 800 and 1500 freestyle events may be swum TWO swimmers per lane, at the Meet Manager's discretion upon approval from the meet referee.

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PARA-SWIMMING MEET RULES:

1. All Para Swimmers (S1-S13) must be licensed by Para Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and Classification information is available at <https://www.swimming.ca/ParaswimmingClassification>
2. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
3. The Para Swimmers will be judged using the most current version of the Para Swimming Rules.
4. Classes eligible for competition are S1-S10; S11-13 and S14.
5. Para Swimming events are Open Age Group – no age restrictions.
6. All Para Swimmer entries must include the swimmer's classification numbers (i.e. S4SB3SM5).
7. Swimmers will compete in dedicated, multi-disability, single gender Para Swimming events. Swimmers may enter the able bodied events, but coaches are asked to limit entries to those events which correspond with their swimmers classification as per Swimming Canada events.
8. Winners will be determined by multi-disability competition using the most recent SNC Performance Points Charts will be used to determine awards for the Para Swimming Events.
9. Events with 5 - 9 splashes will go to finals, with the top 4 advancing. Events with 9 or more splashes will go to finals, with the top 8 advancing

SCRATCH RULES:

The "No Charge Scratch" deadline is **noon on Tuesday, May 10th.**

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 below. The Swim BC scratch rules for finals and associated penalties will be applied

Day	Session	Scratch Deadline
Friday, May 13	Preliminary Session	Scratches due by 9:15 a.m. Positive check-in for 800 metre by 10:15 a.m.
	Finals Session	Initial scratch deadline is 30 minutes after the conclusion of preliminary event 16, 200 IM. Latest scratch deadline without penalty is 30 minutes prior to start of finals.
Saturday, May 14	Preliminary Session	Scratches due 60 minutes after start of finals on Friday, May 13. Positive check-in for 1500 events by 9 a.m.
	Finals Session	Initial scratch deadline is 30 minutes after the conclusion of preliminary event 40, 50 Free; Latest scratch deadline, without penalty, is 30 minutes prior to start of finals.
Sunday May 15	Preliminary Session	Scratches due 60 minutes after start of finals on Saturday, May 14. Positive check-in for overflow distance events by 9 a.m.

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SCHEDULE OF EVENTS

Friday Preliminaries: Warm-up 9:15 AM, Start 10:15 AM

Girls	Event	Boys
1	200 Breast	2
3	ParaSwim100 Free	4
5	100 Free	6
7	200 Fly	8
9	ParaSwim50 Back	10
11	100 Back	12
13	ParaSwim200 Free	14
15	200 IM	16
17	800 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	18

Friday Finals: Warm-up 5 PM, Start: 6 PM

Girls	Event	Boys
19	12 and Under 400 Free Relay	20
21	13/14 400 Free Relay	22
23	15 and Over 400 Free Relay	24
1	200 Breast	2
3	ParaSwim100 Free (if >4 splashes in prelims)	4
5	100 Free	6
7	200 Fly	8
9	ParaSwim50 Back (if >4 splashes in prelims)	10
11	100 Back	12
13	ParaSwim200 Free (if >4 splashes in prelims)	14
15	200 IM	16

Saturday Preliminaries: Warm-up 8 AM, Start 9 AM

Girls	Event	Boys
25	100 Fly	26
27	ParaSwim50 Free	28
29	200 Free	30
31	ParaSwim100 Breast	32
33	100 Breast	34
35	ParaSwim50 Fly	36
37	200 Back	38
39	50 Free	40
41	1500 Free (Top 8 per Gender for 12&U, 13/14, and 15&O)	42

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Saturday Finals: Warm-up 5 PM, Start 6 PM

Girls	Event	Boys
43	12 and Under 400 Medley Relay	44
45	13/14 400 Medley Relay	46
47	15 and Over 400 Medley Relay	48
25	100 Fly	26
27	ParaSwim50 Free (if >4 splashes in prelims)	28
29	200 Free	30
31	ParaSwim100 Breast (if >4 splashes in prelims)	32
33	100 Breast	34
35	ParaSwim50 Fly (if >4 splashes in prelims)	36
37	200 Back	38
39	50 Free	40

Sunday Timed Finals: Warm-up 8 AM, Start 9 AM

(all events are timed finals)

Girls	Event	Boys
49	50 Fly	50
51	400 Free	52
53	50 Back	54
55	50 Breast	56
57	400 IM	58
17	800 Free (possible overflow heats after Friday)	18
41	1500 Free (possible overflow heats after Saturday)	42

Marshalls will be present during warm-ups.

Qualifying time standards are Long Course AA times for each event, based on the age of the swimmer on the first day of the meet. Any swimmer that qualifies to attend the meet may enter the 50 Fly, 50 Back, or 50 Breast as there are no AA time standards for these events. The time standards chart can be found at: <http://swimbc.ca/time-standards/>

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LOCAL HOTEL ACCOMODATION

Accent Inn
3233 Maple Street
Victoria, B.C. V8X 4Y9
Phone: 250-475-7500
Toll free 1 -800-663-0298
Fax: 250-475-7599
Ask for their "SPORTS RATE"

Howard Johnson
4670 Elk Lake Drive
Victoria, B.C. V8Z 5M2
Phone: 250-704-4656
Toll free: 1 -800-300-4656 (Ask about team rates)
Fax: 250-704-4655

Limited billeting may be provided to teams visiting from outside of British Columbia.
Please contact Aaron Dahl (aaron@islandswimming.com or (250) 217-5761)
prior to April 18, 2011 to request billeting assistance.