

2011 VAN-ISLE REGION ZONE SWIM CHAMPIONSHIPS  
INFORMATION FOR COACHES  
OPEN EVENTS Sanctioned by SwimBC: #11932

**Zone Rep:** Shona Lindsay

**Email:** [sjlindsay@sd61.bc.ca](mailto:sjlindsay@sd61.bc.ca)

**Meet Manager:** Margaret Penning (SNC Sanction for Open category swimmers only)

1. **DATE:** Sunday, October 30<sup>th</sup>, 2011

2. **TIME:** Warm-up: 11am\* Safety Marshalls on Deck\*  
Coaches Meeting:11:30 Events 12-5pm

3. **PLACE:** Saanich Commonwealth Place  
4636 Elk Lake Dr., Victoria, BC Phone: 250-475-7600

#### 4. REGISTRATION

It is the responsibility of coaches to ensure that their school is registered with BC School Sports and in Aquatics by the deadline specified by BC School Sports and each athlete must be registered in their eligible category, by the Sport Deadline!

5. **MEET ENTRY DEADLINE:** Tuesday, October 18<sup>th</sup>, 2011. Swimmers may swim a MAXIMUM of 4 events including relays. Being listed as an alternate counts as an event.

#### 6. CLASSIFICATION OF COMPETITORS AND RULES

As outlined in the BC School Sports Handbook & Directory (Aquatics) and the aquatic's website.  
[www.bcschoolsports.ca/pages/news.php](http://www.bcschoolsports.ca/pages/news.php)

NOTE: "C" swimmer category is for swimmers who have **not** previously been registered with summer, winter, waterpolo or synchro swimming associations, or any club in another country: i.e. International students or transfers from another country or Province.

PARA EVENTS- for the Zone qualifier, enter the para swimmers in "B" category, only. The PARA swimmer must swim at the Zone qualifier to attend Provincials where they will be then entered in their PARA Events as outlined in the Provincial Meet Information. **DO NOT USE THE PARA EVENT #'s** for this meet. As in the past PARA swimmers can be entered on relays, again see the Provincial rules.

#### 7. MEET RULES:

- 7.1 Swim meet rules governing the meet will be SNC and SWIM BC rules.

**Note that this includes the current Swimming Canada / FINA swimsuit rules.**

NOTE: The Open Category is sanctioned by Swim BC for those swimmers providing valid SNC registration numbers only.

- 7.2 "NT (No time)" entries will NOT be allowed for seeding purposes. "C" swimmers will be seeded by entry times against "B" swimmers; therefore entry times are mandatory to ensure that they swim against swimmers with similar times. All swimmers must be entered with entry time, or the entries will not be accepted. **No entry time=no swim**

The meet secretary will not contact coaches who enter swimmers with no times.

- 7.3 The meet will run card less. Coaches are responsible for getting

swimmers to the blocks. Swimmers who miss their event will not be allowed to re-swim the event.

- 7.4 Start: The FINA one-start rule will be in effect.

Clarification / explanation will be provided at the Coaches meeting

- 7.5 Swimmer's age as of October 30, 2011, must be included on the entry grids.
- 7.6 **Once the meet is seeded, scratches will be taken, but the meet will not be re-seeded.**
- 7.7 **Scratches** must be submitted by email no later than **OCTOBER 25th**

**ENTRIES: Must be received by October 18, 2011 –Do Not Be Late**

**Please follow the Instructions below for New entry format!**

**Entry Instructions:**

1. Entries will be completed in an \*Excel spreadsheet, pre-formatted for your zone meet. \*Attachment.\*
2. Please complete each tab in the spreadsheet with your: team information, swimmer information, individual entries and relay entries. The only field that is optional is the Athlete ID. Instructions are on the first tab of the spreadsheet.
3. Completed spreadsheets should be e-mailed to [bchsswim@gmail.com](mailto:bchsswim@gmail.com) prior to the entry deadline of [October 18, 18:00].
4. A psych sheet and fee report will be circulated via e-mail [October 21].
5. Corrections must be returned to [bchsswim@gmail.com](mailto:bchsswim@gmail.com) prior to [October 25, 12:00]. Corrections are for input errors only, and are not intended for you to change swimmers events once you have seen the psych sheet. You must save, print off a copy of your entries and bring to the meet.
- 6 Following the Zone meet: **Provincial scratches** must be made by [November 1st, 18:00]

7. **ENTRY FEES:** \$23.00 per swimmer, this includes alternates. (\$5 of this \$23 is for the mandatory Facility Enhancement Fee at Commonwealth for each athlete).

8. **PAYMENT:** Cheque made **payable to Mount Douglas Secondary School** to be **mailed to**

Mount Douglas Secondary School  
attention: Shona Lindsay  
3970 Gordon Head Road, Victoria B.C. V8N 3X3

**Please include a completed "Coach/Sponsor Contact Sheet" with your cheque.** The ExNet roster needs to be emailed ([sjlindsay@sd61.bc.ca](mailto:sjlindsay@sd61.bc.ca)), faxed: 250-477-0277 attn. Shona Lindsay, or mailed with your cheque on or before October 18<sup>th</sup>. **Payment** needs to **reflect the entries submitted by the deadline** (October 18<sup>th</sup>) and reach us prior to October 25<sup>th</sup>. **There will be no refunds for scratches.** If we are not in receipt of your payment on the day of the meet you will be asked to make a personal payment, before your swimmers can go on deck.

**NO CASH =NO SPLASH!**

11. **SCRATCHES/DECK ENTRIES:**

Before the meet begins, coaches must inform the clerk of the course of any scratched swimmers. **Deck entries and changes are not permitted.**

## 12. TEACHER SPONSOR

Each team must be accompanied at all times by a teacher sponsor. This requirement may be fulfilled by the principal of a school sending a letter with another team, designating a teacher/sponsor/chaperone from within the same school district as being responsible. No teacher/sponsor/chaperone: **No letter=No swimming.**

## 13: Advancing to Provincial Championships: November 18<sup>th</sup> & 19<sup>th</sup>, in Richmond, BC.

The top 5 entries in each individual event for swimming qualify for the Provincial Championships. The top 5 relays per relay event also advance with the **EXCEPTION** that only two relays may advance to Provincials from the **same school.**

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

## 14. AWARDS AND SCORING

**RIBBONS:** to 8<sup>th</sup> place, in individual events: to 3<sup>rd</sup> place in relay events.

Individual points 10 8 6 5 4 3 2 1

Relay points 20 16 12 10 8 6 4 2

**TROPHIES: 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

NOTE : Please Bring all trophies to the meet.

## **BOB SMIRL TROPHY:**

Nominations should be mailed with your contact form. Nominations will be accepted the day of the meet, provided they are handed in at the registration desk, before 12 noon.

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

The quality that a candidate for this trophy should have demonstrated that he/she has made a commitment to this idea over several years.

The Trophy will be awarded to a Vancouver Island student for outstanding contributions to the sport of swimming showing qualities of Leadership, Sportpersonship and Athletic Ability.

**VAN-ISLE ZONE SWIMMING CHAMPIONSHIPS**  
**ORDER OF EVENTS**

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

# COACH/ SPONSOR CONTACT INFORMATION

**Please return this form along with your meet fees (\$23.00 per swimmer) and your BCSS ExNET –Roster for Aquatics, to:**

Mount Douglas Secondary School  
attention: Shona Lindsay  
3970 Gordon Head Road, Victoria B.C. V8N 3X3

SCHOOL: \_\_\_\_\_ code \_\_\_\_\_

SCHOOL PHONE #: \_\_\_\_\_

SCHOOL FAX #: \_\_\_\_\_

COACH/SPONSOR: \_\_\_\_\_

Schools Coached \_\_\_\_\_

EMAIL: \_\_\_\_\_

Phone W&H: \_\_\_\_\_

Are you a community coach \_\_\_\_\_ student \_\_\_\_\_ other \_\_\_\_\_

# of swimmers attending \_\_\_\_\_

#of spectators attending \_\_\_\_\_

# of practice times per week offered \_\_\_\_\_

# of volunteers for timing \_\_\_\_\_ Stroke and Turn \_\_\_\_\_

**Please print clearly and return this form with your meet fees (\$25.00 per swimmer entered).  
Cheques made payable to: Mount Douglas Secondary School.**

**NOTE:** Each swimmer must be entered under his/her own school regardless of who coaches them.