



# TYR®

# FastSwim 2013

Hosted by



December 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup>

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

Sanctioned by Swim BC : #15239

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



**TYR**



## Start times:

All finish times are estimated

Friday **Heats** 8:15am - 9:20 warm up  
9:30am start / 1:30pm finish

**Finals** 4:00pm - 5:00pm warm up  
5:10pm start / 7:30pm finish

Saturday **Heats** 8:15am - 9:20 warm up  
9:30am start / 2:30pm finish

**Finals** 4:00pm - 5:00pm warm up  
5:10pm start / 8:00pm finish

Sunday **Heats** 8:15am - 9:20 warm up  
9:30am start / 1:00pm finish

**Sunday finals** warm up will be 2 hrs after heats conclude. Finals will start 1 hour after warmups.



**TYR**



Riverport-Suits, Vancouver Airport & Vancouver Airport Express

## Order of Events

### Friday

200m IM  
50m Breast  
200m Fly  
100m Back  
Girls 400m Free  
Boys 200m Free  
800m free (11&U)

### Saturday

400m IM  
50m Fly  
100m Free  
200m Back  
100m Breast  
800m/1500m free (13&U/15&U)  
14&U &15&O Girls 4x50 M.R.  
(top 8 straight to finals)

### Sunday

50m Free  
200m Breast  
50m back  
Girls 200m Free  
Boys 400m Free  
100m Fly  
800m/1500m (Open)  
14&U &15&O Boys 4x50M.R.  
(top 8 straight to finals)

**Special meet rules and explanations are listed in the meet package as follows.**

### **SNC Rules Rule**

- The meet will be run under the most current SNC and Swim BC rules as per 2013-2014 SWIM BC Technical Guide.
- Current SNC Swim Suit policy will be in effect at this meet.
- The FINA one start rule and SNC warm up procedures will be in effect.
- 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.

### **Entry**

- This meet is open to swimmers with at least one qualifying time (see below) in the swim meet's designated age categories registered with Swim BC or other affiliated FINA organizations.
- Swimmer age is as of the first day of competition.
- Age groups will be 11&U, 13&U, 15&U and Open.
- 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- A swimmer with 1 to 5 qualifying times may enter in up to six events.
- A swimmer wishing to swim in more than six events must have met or exceeded the qualification standard for all events entered.
- Proof of times in Word format must accompany all meet entries.
- **NT's (except for relays) will not be accepted and will not be refunded.**
- The Richmond Rapids reserve the right to enter swimmers not meeting the qualifying standards.

### **Para Swimmers**

- Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time.
- 2013-2014 IPC Swimming Rules will govern all Para-Swimmer events.
- Classification numbers (e.g. s6sb6sm6) must be appended to athlete's surname in entries.

### **Heats**

- Preliminaries will be run with male & female pools (alternating deep & shallow per day).
- All heats will be senior seeded, slowest to fastest.
- Preliminary heats will be start overs, with the previous heat remaining in the pool.
- 400 Free and IM: Only the fastest 24 entries in each age category will swim the heats.
- Swimmers missing a preliminary heat will be considered a scratch and will not be entered in another heat in that event.

### **Finals & Awards**

- Finals will be run out of the deep end only.
- There will only be A Finals for all 11&U events.
- There will be A Finals for all 13&U, 15&U and Open 400 meter events.
- There will be A & B Finals for all 13&U, 15&U and Open events 50 to 200 meters with 16 or more swimmers entered in the event.
- Finalists in "A-final only" events will be considered to be Top 8 plus 2; Finalists in A/B Finals events are considered to be the top 16 plus 2.  
Failure to scratch a finalist or alternate will result in a scratch penalty as soon as the alternate is called. This penalty will adhere to Swim BC's scratch policy at heats/finals meets.
- Awards will be given for 1<sup>st</sup> through 8<sup>th</sup> for individual events.

### **Distance (800 / 1500 Free)**

- Only the fastest 16 entries per age group will be accepted. Teams will be notified via e-mail if their swimmers are not in the 800 or 1500. Each heat will be swum as a timed final.
- A positive check is required by 10:00 am on the day of the event. The events may then be re seeded. Failure to check in will result in a scratch and an alternate will be selected.
- **Clubs entering Distance event swimmers must supply at least one timer for that session.**

## Relays

- It is the intention of the meet management to have relays at the meet. If individual swim numbers are oversubscribed, then relays may not be held. Relays will be timed finals with the fastest heat **swum at the end of finals**. Relay cards will be due by 10:00 am Friday and Saturday.

## Scratches

- Scratches for preliminaries must be emailed to the Meet Secretary by the posted scratch deadline.
- Scratches for finals must be given to the Clerk of the Course 30 minutes after the conclusion of preliminaries
- Last chance scratch deadline for finals is 30 minutes before the start of the finals session. Coaches are responsible for notifying the alternate's coach, the clerk of course, and the referee of the scratch prior to this deadline.

## Officials

- Each club attending the meet will be required to provide officials for all sessions at the meet. **Please submit attached officials form with names of people available to work if needed during the preliminary sessions.**
- Each attending club must provide their club's Official's Coordinator contact information to the Fastswim Official's Coordinator.

## Registration

- Entry deadline **December 5<sup>th</sup>, 2013 at 6:00pm**
- **Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website ([www.meetlist.notlong.com](http://www.meetlist.notlong.com)).** Entries sent directly to the meet manager **will not** be accepted.
- The meet will not exceed 500 swimmers. Teams will be entered into the meet based on the date of 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"**.
- Associations must submit one cheque only. No individual cheques will be accepted from members of the association.
- If couriering, please mark package "no signature required."

## Fees

Individual events	\$ 9.00/entry
SwimBC Splash Fee	\$ 4.00/swimmer
Relays	\$ 10.00/entry
Deck entries	\$ 15.00 (Deck entries are for time only and are not eligible for awards or finals)
Relay deck entry	\$ 20.00

## Meet Management

- Meet Manager: [meetmanager@richmondrapids.com](mailto:meetmanager@richmondrapids.com)
- Head Coach: Rob Pettifer [rapidrob@richmondrapids.com](mailto:rapidrob@richmondrapids.com)
- Official's Coordinator: [officials@richmondrapids.com](mailto:officials@richmondrapids.com)
- Meet Secretary: Carrie Murray [secretary@richmondrapids.com](mailto:secretary@richmondrapids.com)

## 2013/2014 Fastswim Time Standards

### 11 & Under Boys

34.24	50 Free
1:16.30	100 Free
2:46.88	200 Free
5:55.18	400 Free
12:32.90	800 Free
1:28.08	100 Back
3:08.58	200 Back
1:40.08	100 Breast
3:35.03	200 Breast
1:34.27	100 Fly
3:39.27	200 Fly
3:09.55	200 IM
6:44.22	400 IM
44.00	50m fly
41.50	50m Back
47.00	50m Breast

### 11 & Under Girls

33.97	50 Free
1:14.46	100 Free
2:44.43	200 Free
5:45.35	400 Free
12:11.44	800 Free
1:25.68	100 Back
3:01.62	200 Back
1:35.46	100 Breast
3:24.20	200 Breast
1:31.27	100 Fly
3:33.73	200 Fly
3:04.30	200 IM
6:41.13	400 IM
42.00	50m fly
40.00	50m Back
46.00	50m Breast

### 13 & Under Boys

30.04	50 Free
1:06.09	100 Free
2:23.95	200 Free
5:09.21	400 Free
20:58.23	800 Free
1:16.35	100 Back
2:43.49	200 Back
1:26.25	100 Breast
3:06.78	200 Breast
1:17.73	100 Fly
3:03.09	200 Fly
2:44.00	200 IM
5:55.00	400 IM
37.00	50m fly
36.00	50m Back
41.00	50m Breast

### 13 & Under Girls

30.61	50 Free
1:06.97	100 Free
2:25.40	200 Free
5:06.63	400 Free
10:41.69	800 Free
1:16.19	100 Back
2:43.58	200 Back
1:25.90	100 Breast
3:05.15	200 Breast
1:16.92	100 Fly
2:55.55	200 Fly
2:44.09	200 IM
5:50.38	400 IM
36.00	50m fly
36.00	50m Back
40.00	50m Breast

### 15 & Under Boys

27.11	50 Free
59.37	100 Free
2:09.50	200 Free
4:36.57	400 Free
18:41.43	800 Free
1:08.11	100 Back
2:26.88	200 Back
1:17.63	100 Breast
2:46.22	200 Breast
1:07.33	100 Fly
2:35.73	200 Fly
2:28.09	200 IM
5:16.03	400 IM
32.00	50m fly
32.50	50m Back
37.00	50m Breast

### 15 & Under Girls

29.39	50 Free
1:03.07	100 Free
2:18.17	200 Free
4:52.42	400 Free
10:08.87	800 Free
1:12.64	100 Back
2:35.96	200 Back
1:22.64	100 Breast
2:57.61	200 Breast
1:12.13	100 Fly
2:44.37	200 Fly
2:36.18	200 IM
5:33.63	400 IM
34.00	50m fly
34.50	50m Back
39.00	50m Breast

### Open Boys

26.71	50 Free
58.21	100 Free
2:08.10	200 Free
4:30.90	400 Free
18:11.34	800 Free
1:06.03	100 Back
2:23.47	200 Back
1:15.18	100 Breast
2:44.27	200 Breast
1:04.25	100 Fly
2:28.87	200 Fly
2:22.32	200 IM
5:07.16	400 IM
30.50	50m fly
31.50	50m Back
35.50	50m Breast

### Open Girls

29.24	50 Free
1:03.04	100 Free
2:17.05	200 Free
4:48.57	400 Free
10:08.87	800 Free
1:11.79	100 Back
2:34.64	200 Back
1:22.24	100 Breast
2:57.61	200 Breast
1:11.71	100 Fly
2:43.39	200 Fly
2:35.86	200 IM
5:31.88	400 IM
34.00	50m fly
34.00	50m Back
39.00	50m Breast

**Fastswim Visiting Club Officials Forms**

**Club :**

**Friday Preliminaries**

Timer 1

Timer 2

Stroke & Turn

**Friday Finals**

Timer 1

Timer 2

Stroke & Turn

**Saturday Preliminaries**

Timer 1

Timer 2

Stroke & Turn

**Saturday Finals**

Timer 1

Timer 2

Stroke & Turn

**Sunday Preliminaries**

Timer 1

Timer 2

Stroke & Turn

**Sunday Finals**

Timer 1

Timer 2

Stroke & Turn



## Riverport/Richmond

We pride ourselves on being the **newest**, and **best** choice whenever visiting Richmond, British Columbia with special rates for the

Please contact the hotel for the special FastSwim rate



- Located in the Riverport Entertainment Complex (home to Watermania)
- Complimentary Express Start Buffet Breakfast
- Complimentary Daily Parking
- Indoor Heated Swimming Pool, Whirlpool & Fitness Centre
- Complimentary Airport Shuttle
- On-site Guest Laundry Facilities
- Complimentary Business Center
- Complimentary High-Speed Internet Access
- Over 1200 Square Feet of Meeting Space



Hotel (604) 241 1830 • Sales (604) 248 8201 • Email: [sales@hierichmond.com](mailto:sales@hierichmond.com) • Website: [www.hierichmond.com](http://www.hierichmond.com)  
Holiday Inn Express & Suites, Riverport • 10688 No. 6 Road • Richmond, British Columbia • V6W 1E7



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

**Holiday Inn Vancouver Airport-Richmond**

10720 Cambie Road, Richmond, BC, Canada V6X 1K8

Toll-Free: 1-888-831-3388

Team booking contact: 604-207-3173

**Holiday Inn Express Vancouver Airport**

9351 Bridgeport Road, Richmond, BC, Canada V6X 1S3

Toll-Free: 1-877-273-8080

Team Booking Contact:

Shafik Chernovsky

Group Sales Manager

Direct Dial: 604-207-3173





## SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009



During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

*"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed."* (CSW 2.13.1.5)

### GENERAL WARM-UP RULES:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

### SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### EQUIPMENT:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005  
01/10/2009 APP D-1

Revision 6

Providing boys and girls the best opportunity to achieve excellence in the sport of competitive swimming.