



ISC BENNETT CUP

November 11-13, 2022



We acknowledge that the District of Saanich lies within the territories of the lək' wəŋən peoples represented by the Songhees and Esquimalt Nations and the W̱ SÁNEĆ peoples represented by the W̱ JOŁEŁP (Tsartlip), BOKÉĆEN (Pauquachin), S̱ÁUTW̱ (Tsaywout), W̱ SIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

*Hosted by Island Swimming Club November 11-13, 2022
Saanich Commonwealth Pool Victoria, BC*

Age Groups:

- 12&U; 13&14; 15&O

Timed Final Events:

- 50m Back, Breast, Fly
- 800m & 1500m Free
- 400m IM & Free
- Relay events

Prelims/Final Events:

- 50m, 100m, 200m Free
- 100m & 200m Back, Breast, Fly
- 200m IM

Qualification Requirements:

- Minimum 1 time standard for the 2022-2023 VIR time standards. See link [here](#).



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Sanctioned by SWIM BC: #38138

DATE: Nov. 11-13, 2022
HOST: Island Swimming Club
MEET REFEREE: Jeff Stevens
VENUE: Saanich Commonwealth Place
4636 Elk Lake Dr, Victoria, BC

One 25-meter, 8-lane pool. A portion of the dive tank or shallow end will be available for warm-up/cool-down.

CLUB CONTACTS:

- **Head Coach:** Lucien Zucchi
Luien.Zucchi@islandswimming.com
- **Meet Managers:** Mathias Hulten
meetmanager@islandswimming.com
- **Officials Coordinators:** Karen Medler
officials@islandswimming.com
- **Meet Administrator:** Riley Janes
riley.janes@islandswimming.com

ELIGIBILITY:

1. All swimmers must be registered properly with Swimming Canada/Swim BC, or other FINA-affiliated organization.
2. Age group is determined by the age of the swimmer as of November 11, 2022.
3. Qualifying time standards for events follow the 2022-2023 VIR Standards
4. Any event that does not have a qualifying time standard can be swum by any swimmer who qualifies for any other event in the meet.
5. Island Swimming reserves the right to enter ISC swimmers into events regardless of qualifying times.
6. Meet management reserves the right to limit the number of heats in any event to maintain reasonable timelines.

MEET RULES:

1. All Swimming Canada rules will be in effect.
2. All starts will be conducted from starting platforms (Blocks) as per FINA FR 2.3 and SW 4.1
3. Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
4. Age Groups for all events (including Relays): 12&U, 13-14, 15&O.
5. Technical bulletins and updates will be posted at Clerk of Course.
6. Parents are not permitted on deck unless volunteering for that session.
7. Spectators are welcome, we will not be live streaming unless circumstances change

8. **ALL photographers** must have applied for and received permission from meet management prior to start of meet to be on deck. Photographers must be representing a participating club and have the support of the club to be on deck, taking photos for the clubs use only. Requests for photographers can be sent to Meet Manager. Flash photography will not be permitted at the start of each race.
9. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
10. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
11. Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

ENTRY INFORMATION:

1. Fees will be \$10 per individual event and \$12.00 per relay event.
2. There will be an additional \$10.00 surcharge for each swimmer which includes the \$5.00 SCP Facility Enhancement fee plus a \$5.00 Swim BC Competition Surcharge.
3. **Entry deadline is November 2 at Noon.**
4. **Scratch deadline is November 5** (no refunds past this date unless with medical note).
5. All scratches and changes to entries must be emailed to riley.janes@islandswimming.com
6. Entry fees are due by the beginning of the meet to the Clerk of Course by cheque made payable to Island Swimming Club, by e-transfer to adminoffice@islandswimming.com (please make the password swimming) or by credit card payment.
7. Swimmers may enter a maximum of 8 individual events.
8. The total number of swimmers attending the meet will be limited to 350 swimmers to ensure reasonable session lengths.
9. Management reserves the right to limit the number of heats in any event to maintain reasonable timelines and teams will be notified if entries cannot be accepted after the entry deadline.
10. All entries must have an SCM entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted.
11. Entries with entry times must be submitted through the Swimming Canada website by the entry deadline.
12. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes, but no new heats will be created.
13. Deck entries will be charged \$20.00 per event and must be paid to the Clerk of Course at the time of entry. Deck entered swimmers will only be allowed to compete with "Exhibition" status and will not advance to Finals.
14. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in SNC registration system, date of birth, and SNC registration number.



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INDIVIDUAL EVENTS:

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Fastest 3 heats will be circle seeded. Finals for these events will be swum by age group.
2. For events with finals, a "B" final will be offered for events with more than 24 entries (per age group). A final will swim first.
3. 1500m Free, 800m Free, 400m IM, 400m Free, 50m Back, 50m Breast, 50m Fly and relays will be swum as timed final events.
4. Excluding the 800 & 1500 Free, events without finals will be swim senior seeded slowest to fastest.
5. Backstroke ledges will be used for all sessions.

800 AND 1500 FREE:

1. The 1500m and 800m Free will be swum senior seeded, fastest to slowest
2. All swimmers may choose either the 800, or the 1500m event and cannot enter both.
3. Meet management reserves the right to limit entries for both the 800m Free and the 1500m Free to the fastest swimmers (by age and gender). The top 8 entrants in these events from each age/gender group (12&U, 13-14, 15&O) are guaranteed entry (the event will still be swum senior seeded, fastest to slowest).
4. Once all entries are known, meet management will notify any teams by email of any swimmers who do not qualify to swim these events and these swimmers will be allowed to enter an alternate event.
5. Results will be separated into age groups.
6. Meet Management reserves the right to double lane both the 800 and 1500 Free.
7. Positive Check-in by 9:00am on the day of the event is required for the 800m Free and the 1500m Free events.

RELAY EVENTS:

1. All relay events are Timed Finals
2. Teams may enter as many relay groups per event as they wish. Meet management may restrict the number of relays entered per team in order to maintain appropriate session timelines however a minimum of three relay teams (regardless of age) will be allowed for each team for each relay event.
3. Names and all relay changes must be submitted to the clerk of the course no later than 30 minutes after the finish of the AM session on the day which that relay will be swum and 30 minutes after conclusion of Saturday PM session for the Sunday AM session.

SCRATCHES:

1. **Scratches received prior to November 5th** will not incur Meet Fees.
2. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
3. The following rules apply for all finalists (A and B) plus alternates as listed on the official posting of prelims results.
 - a. For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
 - b. For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
 - c. For finals, email scratches will not be accepted

AWARDS AND PRIZES:

1. 1st -3rd place Finals finishers will automatically be entered into a prize draw. 1st= 3 tickets, 2nd = 2 tickets, and 3rd = 1. There will be one female and one male prize package drawn during the final session on Sunday.
2. The Randy Bennett Memorial Awards for top female and male in the 400 IMs for each age group will be presented prior to the start of the 400 Free on Sunday.
- 3 All prelims heat winners in the 200 Br will win a Prize.



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Schedule of Events

Friday November 11: Session #1		
Warm Up:	8:00 AM – 8:50 AM	
Start:	9:00 AM – 1:30PM	
Girls	Event	Boys
1	200 Back (Prelim)	2
3	100 Fly (Prelim)	4
5	200 IM (Prelim)	6
7	100 Free (Prelim)	8
9	200 Breast (Prelim)	10
11	800m Free (TF)	12

Friday November 11: Session #2 - Finals		
Warm Up:	4:00 – 4:50 PM	
Start:	5:00 PM – 8:00PM	
Girls	Event	Boys
13	4 x 50 Free Relay (TF)	14
1	200 Back (F)	2
3	100 Fly (F)	4
5	200 IM (F)	6
7	100 Free (F)	8
9	200 Breast (F)	10

Saturday November 12: Session #3		
Warm Up:	8:00 AM – 8:50 AM	
Start:	9:00 AM – 1:30 PM	
Girls	Event	Boys
15	100 Back (Prelim)	16
17	200 Free (Prelim)	18
19	100 Breast (Prelim)	20
21	200 Fly (Prelim)	22
23	50 Free (Prelim)	24
25	1500 Free (TF)	26

Saturday November 12: Session #4 – Finals		
Warm Up:	4:00 PM – 4:50 PM	
Start:	4:55 PM – 8:00 PM	
Girls	Event	Boys
27	4 x 50 Medley Relay (TF)	28
15	100 Back (F)	16
17	200 Free (F)	18
19	100 Breast (F)	20
21	200 Fly (F)	22
23	50 Free (F)	24

Sunday November 13: Session #5 TIMED FINALS		
Warm Up:	8:00 AM - 8:50 AM	
Start:	9:00 AM - 1:00 PM	
Girls	Event	Boys
29	4 x 50 Mixed Medley Relay (TF)	
31	50 Fly (TF)	32
33	400 IM (TF)	34
35	50 Back (TF)	36
37	50 Breast (TF)	38
39	400 Free(TF)	40



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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."