



2023 Vancouver Island Regional Championships

January 27-29, 2023

Sanctioned by Swim BC: #38507

Meet Referee: Glenn Greig
Meet Managers: Chelsey Flood/Craig Pearse
MM email: meets@nanaimoriptides.com

Venue: Nanaimo Aquatic Centre
741 Third St, Nanaimo BC, V9R 7B2

Pool Features:

- 8 lane 25m competition pool
- Colorado electronic timing, touch pads and scoreboard
- A portion of the shallow end will be used for warm-up/cool-down

Safe Sport Statement:

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Eligibility:

1. All swimmers must be registered with a Swimming Canada / Swim BC or other World Aquatics affiliated organization.
2. Swimmer age is based on age as of January 28th, 2022
3. Qualifying times for individual events are per the 2018-22 VIR Time Standards.
4. Entry times are to be submitted in SC Meters established to the hundredth of a second. Converted LC Metre times will be accepted (-2%).

Meet Rules:

1. All Swimming Canada rules will be in effect.
2. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1; or
3. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
4. Swim BC competition warmup safety procedures will be in effect at this meet
5. All events will be swum as Timed Finals

Warm Up and Sessions Times		
Friday, January 27th, 2023		
Session 1 <i>11/12, 13/14, 15&O</i>	Warm Up	9:00 – 10:10am
	Competition	10:15 – 1:30pm
Session 2 <i>11/12, 13/14, 15&O</i>	Warm Up	2:00 – 3:10pm
	Competition	3:15 – 7:30pm
Saturday, January 28th, 2023		
Session 3 <i>10yrs & Under, 11/12yrs</i>	Warm Up	8:00 – 9:10am
	Competition	9:15 – 1:30pm
Session 4 <i>13/14, 15&O</i>	Warm Up	2:00 – 3:10pm
	Competition	3:15 – 7:30pm
Sunday, January 29th, 2023		
Session 5 <i>10yrs & Under, 11/12yrs</i>	Warm Up	8:00 – 9:10am
	Competition	9:15 – 1:30pm
Session 6 <i>13/14, 15&O</i>	Warm Up	2:00 – 3:10pm
	Competition	3:15 – 7:30pm

Entries:

1. Entries will be limited to 200 swimmers per session based on current COVID facility capacity
2. VIR Teams entering will be given priority
3. Anticipated numbers would be appreciated and can be sent to meets@nanaimoriptides.com
4. Entry Fee is:
 - \$11 per individual event
 - \$11 per relay event
 - \$5 per swimmer Swim BC Competition Surcharge
5. Entries must be uploaded to swimming.ca prior to the deadline. Entries emailed directly to the MM will not be accepted. **Entries Deadline: Sunday, January 22rd, 2023, midnight.**
6. **No Charge Scratch Deadline: Wednesday, January 25th, 2023, noon.** Swimmers who scratch from the meet for medical reasons must submit a medical certificate to receive refund of meet fees PRIOR to the conclusion of the competition. There will be no other refunds made after the scratch deadline.
7. Deck entries will be accepted as a first come, first served basis and only to fill empty lanes. No new heats will be created. Deck entries will be swum as exhibition only.



2023 Vancouver Island Regional Championships

January 27-29, 2023

Sanctioned by Swim BC: #38507

8. Please make cheques payable to **Nanaimo Riptides Swim Team (NRST)** or send your Email Money Transfer (EMT) to **admin@nanaimoriptides.com**

Individual Events:

1. As of the entry deadline, a swimmer must have attained, after September 1, 2019, at least one qualifying time.
2. Swimmers with 1 – 6 qualifying times may enter a maximum of SIX events.
3. To enter more than 6 events, swimmers must have qualifying times in all events entered.
4. Dequalifying times will be in effect for the 14&U and 15&O age groups (see time standards page 4) in Session 1 events only. Swimmers who are not dequalified will be given priority should entries exceed more than 48 swimmers.
5. Age Groups for individual events are:
 - 10 yrs & Under
 - 11 & 12 yrs
 - 13 & 14 yrs
 - 15 yrs & Over

Competitors may swim in any age group in which they meet the qualifying standard. Swimmers shall only swim in one age group for any given event. Meet Management must be notified prior to the entry deadline of any swimmers who will swim up any age group.

Awards & Scoring:

1. For individual events, medals shall be presented for places 1st – 3rd. Ribbons shall be presented for 4th through 8th.
2. For relays, ribbons shall be presented for places 1st – 3rd.
3. Awards will be given on a minus one rule. (e.g. 4 or more splashes = 3 awards ... 1 splash = no awards)
4. Individual and Relay events will be scored as follows: 50-30-20-15-14-13-12-11

Relay Events:

1. Clubs may enter a maximum of 3 relay teams per event. Only A & B teams are eligible for scoring
2. Swimmers participating in relay events only must be identified on entries as “RELAY ONLY SWIMMERS”

3. There are no qualifying times for relays, however entry times should be submitted for seeding purposes
4. Please submit names with your relay entries.
5. Relay name changes can be submitted to the Clerk of Course 45 minutes prior to the start of the session.

Para Swimming Information:

1. This meet does not have WPS sanctioning
2. Para Swimming events are Open Age Group and will run as multi disability. There are no minimum qualifying standards for Para Swimmers
3. Para Swimmer entries must include each swimmer’s complete classification with all 3 designations (if appropriate)
4. Eligible classes include S1 – S10, S11 – 12, and S14
5. Para Swimmers will be judged used the most current version of the WPS Swimming Rules
6. Para Swimmers will race able-bodied events and awarded separately. Coaches are asked to select appropriate events per your Swimmer’s classification.
7. Para Swimmers will be awarded separate from the able-bodied events.

Officials:

The VIR Championships are offered as a cooperative effort with officials participating from all clubs. Each participating club is expected to provide officials for all meet sessions.

Shortly following the Entries Deadline, each participating Team will be assigned designated officiating roles at an approximate ratio of 1:10 (officials: swimmers). Please ensure your volunteers have signed the Risk of Acknowledgement form and have completed the appropriate clinics for the positions.

NRST will gladly entertain your Senior Officials. Please ask them to sign up on the 2023 VIR Signup website <https://www.nanaimoriptides.com/event/nrst-vir> noting their club affiliation and contact information when registering or email the names of your volunteers to: nrstofficials@nanaimoriptides.com

All officials should report to the officials briefing room 45 minutes prior to the start of the session for which they are volunteering in.



2023 Vancouver Island Regional Championships

January 27-29, 2023

Sanctioned by Swim BC: #38507

FRIDAY January 27, 2023

Session 1			Session 2		
Warm Up 9:00 – 10:10am Competition 10:15 – 1:30pm			Warm Up 2:00 – 3:10pm Competition 3:15 – 7:30pm		
101	800 Freestyle*	102	201	4 x 50 Freestyle Relay (14&U, 15&O)	202
103	1500 Freestyle*	104	203	100 Freestyle	204
<i>* Dequalifying times will be in effect for the 14&U and 15&O age groups (see time standards pg4). Should entries exceed 48 swimmers, swimmers who are not dequalified will be given priority.</i>			205	200 Backstroke	206
			207	50 Butterfly	208
			209	200 Individual Medley	210
			211	50 Breaststroke	212

SATURDAY, January 28, 2023

Session 3			Session 4		
Warm Up 8:00 – 9:10am Competition 9:15 – 1:30pm			Warm Up 2:00 – 3:10pm Competition 3:15 – 7:30pm		
301	4 x 50 Medley Relay	302	401	4 x 100 Freestyle Relay	402
303	100 Freestyle (10&U)	304			
305	200 Freestyle	306	403	200 Freestyle	404
307	100 Butterfly (10&U)	308			
309	100 Butterfly	310	405	100 Butterfly	406
311	50 Breaststroke (10&U)	312			
313	200 Breaststroke	314	407	200 Breaststroke	408
315	50 Backstroke (10&U)	316			
317	50 Backstroke	318	409	50 Backstroke	410
319	200 Individual Medley (10&U)	320			
321	400 Individual Medley	322	411	400 Individual Medley	412
323	4 x 100 Freestyle Relay (12&U only)	324	413	4 x 50 Medley Relay	414

SUNDAY January 29, 2023

Session 5			Session 6		
Warm Up 8:00 – 9:10am Competition 9:15 – 1:30pm			Warm Up 2:00 – 3:10pm Competition 3:15 – 7:30pm		
501	4 x 100 Medley Relay (12&U only)	502	601	4 x 100 Medley Relay	602
503	50 Butterfly (10&U)	504			
505	200 Butterfly	506	603	200 Butterfly	604
507	50 Freestyle (10&U)	508			
509	50 Freestyle	510	605	50 Freestyle	606
511	100 Breaststroke (10&U)	512			
513	100 Breaststroke	514	607	100 Breaststroke	608
515	100 Backstroke (10&U)	516			
517	100 Backstroke	518	609	100 Backstroke	610
519	200 Freestyle (10&U)	520			
521	400 Freestyle	522	611	400 Freestyle	612
523	4 x 50 Freestyle Relay	524			



2023 Vancouver Island Regional Championships

January 27-29, 2023

Sanctioned by Swim BC: #38507

Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Female	10&Under		11-12yrs		13-14yrs		15&Over		14&Under		15&Over		
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
50 Freestyle	00:48.00	00:49.00	00:37.00	00:38.00	00:33.00	00:34.00	00:31.00	00:32.00	00:27.34	00:27.90	00:26.51	00:27.04	50 Freestyle
100 Freestyle	01:46.00	01:48.00	01:19.00	01:21.00	01:11.00	01:13.00	01:07.00	01:09.00	00:59.14	01:00.35	00:57.19	00:58.33	100 Freestyle
200 Freestyle	03:42.00	03:46.00	02:54.00	02:58.00	02:38.00	02:42.00	02:26.00	02:30.00	02:08.07	02:10.68	02:03.86	02:06.34	200 Freestyle
400 Freestyle			06:00.00	06:08.00	05:28.00	05:36.00	05:04.00	05:12.00	04:32.38	04:37.94	04:22.43	04:27.68	400 Freestyle
800 Freestyle			12:30.00	12:46.00	11:28.00	11:44.00	10:38.00	10:54.00	09:24.23	09:35.74	09:02.03	09:12.87	800 Freestyle
1500 Freestyle													1500 Freestyle
50 Backstroke	00:55.00	00:56.00											50 Backstroke
100 Backstroke	01:58.00	02:00.00	01:32.00	01:34.00	01:22.00	01:24.00	01:16.00	01:18.00	01:06.57	01:07.93	01:03.52	01:04.79	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:56.00	03:00.00	02:44.00	02:48.00	02:23.79	02:26.72	02:18.32	02:21.09	200 Backstroke
50 Breaststroke	01:00.00	01:01.00											50 Breaststroke
100 Breaststroke	02:10.00	02:12.00	01:42.00	01:44.00	01:34.00	01:36.00	01:27.00	01:29.00	01:16.32	01:17.88	01:11.99	01:13.43	100 Breaststroke
200 Breaststroke			03:36.00	03:40.00	03:20.00	03:24.00	03:06.00	03:10.00	02:44.68	02:48.04	02:36.44	02:39.57	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:06.00	02:08.00	01:34.00	01:36.00	01:22.00	01:24.00	01:16.00	01:18.00	01:04.86	01:06.18	01:02.59	01:03.84	100 Butterfly
200 Butterfly			03:24.00	03:28.00	03:00.00	03:04.00	02:48.00	02:52.00	02:26.94	02:29.94	02:21.19	02:24.01	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:12.00	03:16.00	02:56.00	03:00.00	02:46.00	02:50.00	02:25.91	02:28.79	02:20.27	02:23.08	200 Individual Medley
400 Individual Medley			06:40.00	06:48.00	06:08.00	06:16.00	05:48.00	05:56.00	05:09.45	05:15.77	04:58.24	05:04.20	400 Individual Medley

Vancouver Island Region (VIR) Time Standards									VIR dequalifying standards				
Male	10&Under		11-12yrs		13-14yrs		15&Over		14&Under		15&Over		
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	
50 Freestyle	00:48.00	00:49.00	00:37.00	00:38.00	00:33.00	00:34.00	00:30.00	00:31.00	00:25.76	00:26.29	00:23.19	00:23.65	50 Freestyle
100 Freestyle	01:46.00	01:48.00	01:19.00	01:21.00	01:11.00	01:13.00	01:05.00	01:07.00	00:56.11	00:57.26	00:00.58	00:51.59	100 Freestyle
200 Freestyle	03:42.00	03:46.00	02:54.00	02:58.00	02:38.00	02:42.00	02:22.00	02:26.00	02:03.07	02:05.58	01:50.61	01:52.82	200 Freestyle
400 Freestyle			06:00.00	06:08.00	05:28.00	05:36.00	04:56.00	05:04.00	04:23.36	04:28.73	03:56.53	04:01.26	400 Freestyle
800 Freestyle			12:30.00	12:46.00									800 Freestyle
1500 Freestyle					22:30.00	23:00.00	21:00.00	21:30.00	17:39.14	18:00.75	15:54.21	16:13.29	1500 Freestyle
50 Backstroke	00:55.00	00:56.00											50 Backstroke
100 Backstroke	01:58.00	02:00.00	01:32.00	01:34.00	01:22.00	01:24.00	01:14.00	01:16.00	01:03.88	01:05.18	00:56.07	00:57.19	100 Backstroke
200 Backstroke			03:16.00	03:20.00	02:56.00	03:00.00	02:40.00	02:44.00	02:19.06	02:21.90	02:02.42	02:04.87	200 Backstroke
50 Breaststroke	01:00.00	01:01.00											50 Breaststroke
100 Breaststroke	02:10.00	02:12.00	01:42.00	01:44.00	01:34.00	01:36.00	01:25.00	01:27.00	01:12.28	01:13.75	01:03.05	01:04.31	100 Breaststroke
200 Breaststroke			03:36.00	03:40.00	03:20.00	03:24.00	03:02.00	03:06.00	02:38.21	02:41.44	02:17.47	02:20.22	200 Breaststroke
50 Butterfly	00:57.00	00:58.00											50 Butterfly
100 Butterfly	02:06.00	02:08.00	01:34.00	01:36.00	01:22.00	01:24.00	01:14.00	01:16.00	01:01.55	01:02.81	00:55.37	00:56.48	100 Butterfly
200 Butterfly			03:24.00	03:28.00	03:00.00	03:04.00	02:44.00	02:48.00	02:20.66	02:23.53	02:03.10	02:05.56	200 Butterfly
100 Individual Medley	01:56.00												100 Individual Medley
200 Individual Medley	04:10.00	04:14.00	03:12.00	03:16.00	02:56.00	03:00.00	02:42.00	02:46.00	02:19.47	02:22.32	02:04.49	02:06.98	200 Individual Medley
400 Individual Medley			06:40.00	06:48.00	06:08.00	06:16.00	05:40.00	05:48.00	04:59.70	05:05.82	04:26.27	04:32.05	400 Individual Medley



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.



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.”