



2023 Vancouver Island Regional Long-Course Championships

June 9th - 11th, 2023

Sanctioned by Swim BC (#39427)

Host: Pacific Coast Swimming

Meet Manager(s): Mike Sanborn (VIRLC2023@gmail.com)

Mac Macdonald (lairdmac@gmail.com)

Meet Referee: Jeff Stevens

Volunteer Coordinator: Angus Ross

(volunteerPCS@gmail.com)

Venue: Saanich Commonwealth Place (SCP), 4636 Elk Lake Drive, Victoria, BC, V8Z 5M1

Pool & Facilities:

- 8 x 50m competition pool
- 4 x 25m lanes in dive tank for warm up & warm down
- Quantum-Omega electronic timing, touch pads & scoreboard
- Coffee shop available on site.

1. Eligibility

- Registered members of clubs of the VIR. Clubs from outside the region may be considered (depending on number of entries) but will not be eligible for A finals.
- All swimmers must be registered with Swim BC, Swimming Canada, or other World Aquatics recognized club.
- Swimmer age is based on the first day of competition.
- Qualifying times for individual events are per the 2022 VIR LC standards (Updated May, 2022).
- Entry times are to be submitted in LC meters established to a hundredth of a second. SC times converted by HyTek's Team Manager or Team Unify will be accepted.

2. Entries & Deadline

- Meet entries must be uploaded no later than midnight **Wednesday May 31st, 2023**. Submit entry files to www.swimming.ca/MeetList.aspx. Entries submitted directly to the meet manager will not be accepted.
- Entry fees must be received by meet management by **9:00 am, Friday June 9th**.
 - Individual Events: \$12.00/event
 - Relay Events: \$16.00/event
 - In addition, Swim BC requires a \$5.00 per swimmer Competition Surcharge, and SCP requires a \$5.00 per swimmer facility improvement surcharge.
 - Please make cheques payable to Pacific Coast Swimmers' and Parents' Association (PCSPA)
- No Charge scratch deadline is **Tuesday June 6th, 2023**. Email scratches to: VIRLC2023@gmail.com
- Scratches after the No Charge Scratch Deadline will not be refunded unless a medical note is provided.
- Initial scratch deadlines for Finals will be **30 minutes following** the completion of the Preliminary events (excluding timed-final events).

- Swimmers that achieve their **first** qualifying time after the entry deadline at the Duncan Jamboree (June 2nd to 4th 2023) may be added without penalty if entries are received by Tuesday June 6th, 2023.
- No deck entries or time trials.

Table 1: Warm-Up and Session Times

Friday June 9th, 2023		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	4:00 pm - 4:50 pm
	Start	5:00 pm - 8:00 pm
Saturday June 10th, 2023		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	4:00 pm - 4:50 pm
	Start	5:00 pm - 8:00 pm
Sunday June 11th, 2023		
Prelims.	Warm-Up	8:00 am - 8:50 am
	Start	9:00 am - 1:30 pm
Finals	Warm-Up	3:30 pm - 4:20 pm
	Start	4:30 pm - 7:30pm

Table 2: Key Dates and Deadlines

Trigger	Deadline
Entries	Wednesday May 31, 2023
No-Charge Scratch	Tuesday, June 6, 2023
Fee Payment	9:00 am Friday June 9th, 2023
Positive Check-in (800 & 1500 Free)	9:00 am Friday June 9th, 2023
Finals Scratch	30 min. following the completion of the Preliminary events (excluding timed-final events).
Relay Names	30 min. following the completion of the Preliminary events.

3. Meet Rules

- All Swimming Canada Rules will be in effect.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics (formerly FINA) FR 2.3 and SW 4.1.
- Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
- Parents are not permitted on deck unless volunteering for that session.
- ALL photographers must have applied for and received permission from meet management prior to the start of the 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 club's use only. Requests for photographers can be sent to the

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Meet Manager. Flash photography will not be permitted at the start of each race.

- f) All participants are to respect the facility rules including: no food on deck, no deck changing and no outside shoes on deck.
- g) Teams are expected to keep their respective areas clean, including at the conclusion of each session.
- h) Coaches and volunteers: please bring your own refillable water bottle (no glass containers). Water filling stations are available throughout the facility.

4. Awards

- a) Individual Events: Medals shall be presented for places 1st - 3rd. Ribbons shall be presented for 4th through 8th.
- b) Relays: Medals shall be presented to the 1st place team. Ribbons shall be presented to 2nd & 3rd place.

5. Scoring

- a) Individual and Relay events will be scored as follows: 50-30-20-15-14-13-12-11
- b) Consolation finals will not be scored.

6. Individual Events

- a) As of the entry deadline, a swimmer must have attained, after September 1, 2021, at least one qualifying time.
- b) No-Time (NT) entries will not be accepted under any circumstance.
- c) Swimmers with 1-6 qualifying times may enter a maximum of 6 events. To enter 7-9 events, swimmers must have qualifying times in all events entered. Swimmers may enter a maximum of 9 individual events.
- d) Swimmers are limited to 1 distance (800m or 1500m Free) event.
- e) Qualifying time for Girls 1500 Free is VIR standard in the 800 Free. Qualifying time for Boys 800 Free is VIR standard in the 1500 Free. A swimmer who has attained a qualifying time in either distance event may swim either the 800 or 1500 Free.
- f) Positive check-in deadline for 800m and 1500m events is **9:00 am, Friday June 9th, 2023.**
- g) Age groups for individual events are: 10&U, 12&U, 14&U, 15&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 of swimmers who will swim up an age group before the meet entry deadline.

6.1. 10&Under Events

- a) All 10&U individual 100m events will be heats & finals events. They will be swum mixed gender and circle-seeded during prelims, with separate gender finals.

- b) All other 10&U individual events will be swum as timed finals, mixed gender, slow to fastest.

6.2. 11&Over Events

- a) All individual 11&O events 200m or less will be circle-seeded, swum slowest to fastest, in open age groups. Finals will swim in age groups: 12&U, 14&U and 15&O.
- b) There will be a Consolation Final for all events with 32 or more entries. Consolation Finals will be swum after the A finals.
- c) 400m events (400 Free and 400 IM) will be limited to 56 entries (7 heats) consisting of the fastest 8 entry times regardless of age, plus the top 16 entry times in each age category. Empty lanes (i.e. for age groups with less than 16 swimmers) will be filled with the next fastest entry time regardless of age.
The events will be run as timed finals with the fastest heat in each age group swimming in the Finals session. All other swimmers will be seeded slowest to fastest regardless of age and swim in the Preliminaries session.
- d) The 11&O 800 Free and 1500 Free events will be Timed Finals and will be limited to a maximum of 4 heats each. The top eight in each age group will be guaranteed a swim, with extra entries going to the next fastest entry times regardless of age. The fastest heat of male 11&O 800 Free and the fastest heat of female 11 & O 1500 Free will swim during finals regardless of age. Swimmers will be seeded by time but awarded by age group. These events may be swum with 2 swimmers per lane. These events will be swum fastest to slowest alternating girls' and boys' heats, if feasible.
- e) Any entries in excess of heats permitted above will be notified and entry fees will be refunded.

7. Relay Events

- a) Clubs may enter a maximum of 3 relay teams per event. Only A and B teams will be eligible for scoring.
- b) Swimmers participating in relay events only must be identified on the entries as "RELAY ONLY SWIMMERS".
- c) There are no qualifying times for relays; however, entry times must be submitted for seeding purposes.
- d) Club Relay teams (no Association teams) must include 8 swimmers: 1 girl + 1 boy from each of the 10&U, 12&U, 14&U, 15&O age groups. Swimmers may move up an age group ONLY if the club has no swimmers in the meet in that age group.
- e) Relay name changes are to be submitted to the Clerk of Course no later than **30 minutes following** the completion of the preliminary events.

8. Para Swimming Information

- a) This meet does not have WPS sanctioning.



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- b) Para Swimmer entries must include each swimmer's complete classification with all 3 designations: an S class, an SB class, and an SM class.
- c) Para Swimmers must be licensed by WPS Swimming and have a minimum Level 2 Classification designation to be eligible to compete in the meet.
- d) Eligible classes include S1-S10, S11-13 and S14.
- e) Para Swimming events are Open Age Group and will run as multi-disability. There are no minimum qualifying standards for Para Swimmers.
- f) Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
- g) Para Swimmers may enter able-bodied events as per Swim BC policy. Coaches are asked to limit additional events to those that correspond with their swimmers' classification as per SNC events.
- h) Events with 8 or fewer splashes per gender will swim as Timed Finals in the preliminary sessions; events with 9 or more splashes will have prelims and finals.
- i) Event winners will be determined using SNC Performance Points Chart.

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

10. Safe Sport

Swimming Canada believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. 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.

All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures, including but not limited, to the Code of Conduct and Professional Ethics, the Equity, Diversity and Inclusion Policy, and the Harassment Policy. For more information regarding the Swimming Canada Safe Sport Program please visit www.swimming.ca/safe-sport

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to also discourage deck changing and help keep the sport safe for everyone involved.

9. Officials

The VIR Championships are offered as a cooperative effort with officials participating from all clubs. Each participating club is expected to provide a minimum number of officials for each of the meet sessions as indicated below.

Club Participation Requirements

Club	Staffing Minimum Requirements per Session
Comox	1 Timer
CRKW	1 Timer
DST	1 Timer
RAC	1 Timer
ISC	2 Timers + 2 Judge
UVPCS	8 Timers + 7 Judges
NRST	2 Timers + 1 Judge
TSUN	1 Timer

Please ask your officials to sign up on the PCS Team website www.pacificcoastswimming.com noting their Club affiliation when registering, or email the names of your volunteers to volunteerPCS@gmail.com. All officials should report to the

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Event Order

Female	Friday June 9th Prelims	Male
101	10 & Under 100 Breast	102
201	Para 100 Breast	202
1	11 & Over 100 Breast	2
103	10 & Under 100 Fly	104
3	11 & Over 200 Fly	4
105	10 & Under 50 Back (TF)	106
203	Para 50 Back	204
5	11 & Over 50 Back	6
107	10 & Under 200 IM (TF)	108
7	11 & Over 200 IM	8
205	Para 50 Free	206
9	11 & Over 50 Free	10
11	11 & Over 800 Free (TF)	12
13	11 & Over 1500 Free (TF)	14

Female	Friday June 9th Finals	Male
301	4 x 50 Free Relay	302
	11 & Over 800 Free (Fastest Heat)	12
13	11 & Over 1500 Free (Fastest Heat)	
101	10 & Under 100 Breast	102
1	11 & Over 100 Breast	2
103	10 & Under 100 Fly	104
3	11 & Over 200 Fly	4
5	11 & Over 50 Back	6
7	11 & Over 200 IM	8
9	11 & Over 50 Free	10

Female	Saturday June 10th Prelims	Male
207	Para 200 IM	208
15	11 & Over 400 IM (TF)	16
109	10 & Under 100 Back	110
209	Para 100 Back	210
17	11 & Over 100 Back	18
111	10 & Under 100 Free	112
19	11 & Over 200 Free	20
113	10 & Under 50 Fly (TF)	114
211	Para 50 Fly	212
21	11 & Over 50 Fly	22
23	11 & Over 200 Breast	24

Female	Saturday June 10th Finals	Male
303	10 & Under 4 x 50 Medley Relay	304
15	11 & O 400 IM **	16
109	10 & Under 100 Back	110
17	11 & O 100 Back	18
111	10 & U 100 Free	112
19	11 & O 200 Free	20
305	8 x 50 Free Club Relay	305
21	11 & O 50 Fly	22
23	11 & O 200 Breast	24

Female	Sunday June 11th Prelims	Male
115	10 & U 200 Free (TF)	116
213	Para 100 Free	214
25	11 & O 100 Free	26
117	10 & U 50 Breast (TF)	118
215	Para 50 Breast	216
27	11 & O 50 Breast	28
119	10 & U 50 Free (TF)	120
29	11 & O 200 Back	30
31	11 & O 100 Fly	32
33	11 & O 400 Free (TF)	34

Female	Sunday June 11th Finals	Male
306	11 & O 4 x 50 Medley Relay	307
25	11 & O 100 Free	26
27	11 & O 50 Breast	28
29	11 & O 200 Back	30
31	11 & O 100 Fly	32
33	11 & O 400 Free **	34

** = Fastest heats by age group.

< = Finals scratch deadline 30 minutes following completion of this event.

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2022 VIR Time Standards

2022 VIR Standards: Female SCM					2022 VIR Standards: Female LCM					
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O	
50 fr	:48.00	:37.00	:33.00	:31.00	50 fr	:49.00	:38.00	:34.00	:32.00	50 fr
100 fr	1:46.00	1:19.00	1:11.00	1:07.00	100 fr	1:48.00	1:21.00	1:13.00	1:09.00	100 fr
200 fr	3:42.00	2:54.00	2:38.00	2:26.00	200 fr	3:46.00	2:58.00	2:42.00	2:30.00	200 fr
400 fr		6:00.00	5:28.00	5:04.00	400 fr		6:08.00	5:36.00	5:12.00	400 fr
800 fr		12:30.00	11:28.00	10:38.00	800 fr		12:46.00	11:44.00	10:54.00	800 fr
50 bk	:55.00				50 bk	:56.00				50 bk
100 bk	1:58.00	1:32.00	1:22.00	1:16.00	100 bk	2:00.00	1:34.00	1:24.00	1:18.00	100 bk
200 bk		3:16.00	2:56.00	2:44.00	200 bk		3:20.00	3:00.00	2:48.00	200 bk
50 br	1:00.00				50 br	1:01.00				50 br
100 br	2:10.00	1:42.00	1:34.00	1:27.00	100 br	2:12.00	1:44.00	1:36.00	1:29.00	100 br
200 br		3:36.00	3:20.00	3:06.00	200 br		3:40.00	3:24.00	3:10.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:06.00	1:34.00	1:22.00	1:16.00	100 fly	2:08.00	1:36.00	1:24.00	1:18.00	100 fly
200 fly		3:24.00	3:00.00	2:48.00	200 fly		3:28.00	3:04.00	2:52.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:12.00	2:56.00	2:46.00	200 IM	4:14.00	3:16.00	3:00.00	2:50.00	200 IM
400 IM		6:40.00	6:08.00	5:48.00	400 IM		6:48.00	6:16.00	5:56.00	400 IM
2022 VIR Standards: Male SCM					2022 VIR Standards: Male LCM					
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:48.00	:37.00	:33.00	:30.00	50 fr	:49.00	:38.00	:34.00	:31.00	50 fr
100 fr	1:46.00	1:19.00	1:11.00	1:05.00	100 fr	1:48.00	1:21.00	1:13.00	1:07.00	100 fr
200 fr	3:42.00	2:54.00	2:38.00	2:22.00	200 fr	3:46.00	2:58.00	2:42.00	2:26.00	200 fr
400 fr		6:00.00	5:28.00	4:56.00	400 fr		6:08.00	5:36.00	5:04.00	400 fr
800 fr		12:30.00			800 fr		12:46.00			800 fr
1500 fr			22:30.00	21:00.00	1500 fr				21:30.00	1500 fr
50 bk	:55.00				50 bk	:56.00				50 bk
100 bk	1:58.00	1:32.00	1:22.00	1:14.00	100 bk	2:00.00	1:34.00	1:24.00	1:16.00	100 bk
200 bk		3:16.00	2:56.00	2:40.00	200 bk		3:20.00	3:00.00	2:44.00	200 bk
50 br	1:00.00				50 br	1:01.00				50 br
100 br	2:10.00	1:42.00	1:34.00	1:25.00	100 br	2:12.00	1:44.00	1:36.00	1:27.00	100 br
200 br		3:36.00	3:20.00	3:02.00	200 br		3:40.00	3:24.00	3:06.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:06.00	1:34.00	1:22.00	1:14.00	100 fly	2:08.00	1:36.00	1:24.00	1:16.00	100 fly
200 fly		3:24.00	3:00.00	2:44.00	200 fly		3:28.00	3:04.00	2:48.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:12.00	2:56.00	2:42.00	200 IM	4:14.00	3:16.00	3:00.00	2:46.00	200 IM
400 IM		6:40.00	6:08.00	5:40.00	400 IM		6:48.00	6:16.00	5:48.00	400 IM



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.”