



# ISC BENNETT CUP



**November 10-12, 2023**

Hosted by: Island Swimming Club

Location: Victoria, BC

Dates: November 10 - 12, 2023

Age Groups:

- |                      |                   |
|----------------------|-------------------|
| ● Individual Events: | 12&U; 13&14; 15&O |
| ● Relay Events:      |                   |

Timed Final (TF) 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



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Sanctioned by Swim BC: 41068

Island Swimming Club would like to acknowledge that the District of Saanich lies within the territories of the lək'wəḡən peoples represented by the Songhees and Esquimalt Nations and the W̱SÁNEĆ peoples represented by the W̱JOŁŁP (Tsartlip), BOKÉĆEN (Pauquachin), S̱ÁUTW (Tsawout), W̱SIKEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

Date:	November 10-12, 2023
Host:	Island Swimming Club
Venue:	Saanich Commonwealth Place (SCP) 4636 Elk Lake Drive Victoria, BC V8Z 7K2
Pool	Two 25-meter, 8-lane pool. Three (3) lane dive tank/shallow end will be available for warm-up/cool-down.

Head Coach	Lucien Zucchi <a href="mailto:Lucien.Zucchi@islandswimming.com">Lucien.Zucchi@islandswimming.com</a>
Meet Manager	Jacqueline Boone <a href="mailto:meetmanager@islandswimming.com">meetmanager@islandswimming.com</a>
Competition Coordinator	Jeff Stevens
Officials Coordinator	<a href="mailto:officials@islandswimming.com">officials@islandswimming.com</a>
Meet Administrator	Riley Janes <a href="mailto:riley.janes@islandswimming.com">riley.janes@islandswimming.com</a>

### SAFE SPORT

Swim BC 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.

Swim BC 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 Swim BC's Policies and Procedures, including but not limited, to the Code of Conduct and Ethics policy, the Gender Equity policy and the Screening and CRC policy.

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### ELIGIBILITY:

1. All swimmers must be registered properly with Swimming Canada/Swim BC, or other World Aquatics-affiliated organization.
2. Age group is determined by the age of the swimmer as of November 10, 2023.
3. Qualifying time standards for events follow the 2023-2024 Vancouver Island Regional (VIR) Standards.
4. Any event that is not a Timed Final and 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 World Aquatics FR2.3 and SW 4.1.
3. Fly over starts will be used at the discretion of the Meet Referee.
4. Swimming BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
5. Age Groups for all events (including Relays): 12&U, 13-14, 15&O.
6. All swimmers are allowed to race in swimwear of their choice at competitions sanctioned Swim BC. There is no requirement to declare the choice of swimwear to the referees if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed buoyancy or endurance.
7. Technical bulletins and updates will be posted at Admin Desk.
8. Guardians are not permitted on deck unless volunteering for that session.  
**ALL photographers and videographers** 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 \$85 per swimmer and \$15 per relay event.
2. Additional fees per swimmer:
  - a. \$5.00 SCP Facility Enhancement fee
  - b. \$5.00 Swim BC competition surcharge.
3. Entry deadline is November 1, 2023 at 12:00 Noon.
4. Scratch deadline is November 4, 2023 at 12:00 Noon (no refunds past this date unless with medical note).
5. Late entries will be considered at the discretion of the Meet Manager
6. All scratches and changes to entries must be emailed to the Meet Administrator.
7. Entry fees are due by the beginning of the meet to the Admin desk by cheque made payable to Island Swimming Club, by e-transfer to [adminoffice@Islandswimming.com](mailto:adminoffice@Islandswimming.com) or by credit card payment.
8. Swimmers are limited to a maximum of 7 individual events and 2 relays.
9. The total number of swimmers attending the meet will be limited to 450 swimmers to ensure reasonable session lengths.
10. 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.
11. All entries must have an SCM entry time for seeding purposes. Converted times will be accepted. NT entries will not be accepted. If a swimmer wishes to swim an event without an entry time the swimmers coach should estimate a time for seeding purposes.
12. Entries with entry times must be submitted through the Swimming Canada website by the entry deadline.
13. DECK ENTRIES may be accepted at the discretion of meet management to fill empty lanes but no new heats will be created.
14. 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.



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15. 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.

### INDIVIDUAL EVENTS

1. All events having preliminary heats will be swum senior seeded, slowest to fastest in Preliminaries. Finals for these events will be swum by age group.
2. For events with finals there will be an A final only.
3. 1500 Free, 800 Free, 400 IM, 400 Free, 50 Back, 50 Breast, 50 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 during all Sessions.

### 800 and 1500 Free

1. The 800 and 1500 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 800 Free and the 1500 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 800 Free and the 1500 Free events.

### RELAY EVENTS

1. All relay events are Timed Finals (TF) and will be swum OPEN age category.  
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.
2. Names and all relay changes must be submitted to the clerk of the course no later than 30 minutes after the conclusion of the prelim session in which the event is swum (excluding Timed Final events).

### SCRATCHES:

Scratches received prior to November 4, 2023 at noon will not incur Meet Fees.

1. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
2. The following rules apply for all finalists plus alternates as listed on the official posting of prelims results.
  - a. For all final events, 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 First place female and male in the 400 IMs will be presented prior to the start of the 400 Free on Sunday.



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### Schedule of Events

Friday November 10: Session 1		
Warm Up:	8:00 am – 8:50 am	
Prelims :	9:00 am – 1:00 pm	
Girls	Events	Boys
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10
11	800 Free (TF)	12

Friday November 10: Session 2		
Warm Up:	4:00 pm – 4:50 pm	
Finals:	5:00 pm – 8:00 pm	
Girls	Events	Boys
13	200 Free Relay	14
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10

Saturday November 11: Session 3		
Warm Up:	8:00 am – 8:50 am	
Prelims :	9:00 am – 1:00 pm	
Girls	Events	Boys
15	100 Back	16
17	200 Free	18
19	100 Breast	20
21	200 Fly	22
23	50 Free	24
25	1500 Free (TF)	26

Saturday November 11: Session 4		
Warm Up:	4:00 pm – 4:50 pm	
Finals:	5:00 pm – 8:00 pm	
Girls	Events	Boys
27	200 Medley Relay	28
15	100 Back	16
17	200 Free	18
19	100 Breast	20
21	200 Fly	22
23	50 Free	24

Sunday November 12: Session 5		
Warm Up:	8:00 am – 8:50 am	
Finals:	9:00 am – 1:00 pm	
Girls	Events	Boys
29	200 Mixed Medley Relay	30
31	50 Fly	32
33	400 IM	34
35	50 Back	36
37	50 Breast	38
39	400 Free	40



## 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.”**