



Sport-Specific Rules for Swimming
2024 BC Summer Games
July 19-21, 2024

Sport: Swimming / Para Swimming / Special Olympics
Sanctioned by Swim BC: 41987
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Meet Referee: Chris Wakelin (Level 5)

VENUE

Maple Ridge Leisure Centre 6 X 25m Competition Pool
 11925 Haney Pl, 4 X 25m Warm-up / Swim Down Pool
 Maple Ridge, BC V2X 6G2

ELIGIBILITY

The sport-specific rules in this document shall pertain to able-bodied and para-swimmers only. Rules pertaining specifically to Special Olympics swimmers are available at [\(link\)](#)

- REGISTRATION:** Swimmers must be registered with Swim BC.
- EXPERIENCE:** In addition to BC Games general eligibility rules that state able-bodied athletes may attend only **one** BC Games, and Para-athletes may attend **two** BC Games.
- AGE:** Swimming - 12 to 14 Years of Age as of December 31, 2024
 Para Swimming - 12 to 30 Years of Age as of December 31, 2024

TEAM COMPOSITION

The selection is limited to 160 Swimmers, 8 Para Swimmers, plus 24 Special Olympics Swimmers as per the following table:

ZONE	FEMALE	MALE	TOTAL
Zone 1 - Kootenays	5	5	10
Zone 2 – Thompson-Okanagan	10	10	20
Zone 3 – Fraser Valley	10	10	20
Zone 4 – Fraser River	10	10	20
Zone 5 – Vancouver-Coastal	10	10	20
Zone 6 – Vancouver Island – Central Coast	10	10	20
Zone 7 – North West	5	5	10
Zone 8 – Cariboo North East	5	5	10
Para Swimming (<i>Not Zone Specific</i>)			8
Wild Cards (<i>Not Zone Specific</i>)	15	15	30
Special Olympics			24
Total			192



SWIMMER SELECTION

Each zone will be responsible for the selection of their athletes, ensuring that they meet the eligibility standards. It is, however, recommended that the following formula is used:

- Short course or long course swims achieved between January 1 – May 12, 2024.
- Single highest ranked swimmer in each category be first selected:
 - Freestyle (50, 100, 400, 1500)
 - Backstroke (100, 200)
 - Breaststroke (100, 200)
 - Butterfly (100, 200)
 - Individual Medley (200, 400)
- The remaining positions be selected based on the swimmers highest World Aquatic Points scores (AQUA) in any of the above events, with a maximum of 3 swimmers being selected for any one category.
- Swimmers will only be ranked in one category.

Swim BC will generate a list of swimmer rankings by Mid-May 2024 to support the selection process.

STAFFING

The role of coaches and managers at the BC Games includes traveling to and from the host community with your team/zone, coaching, and supervising of the athletes.

COACHES:	One (1) Head Coach and one (1) Assistant Coach, one of each gender per zone.
PARA COACHES:	One (1) Head Coach and three (3) Assistant Coaches for the sport. Where the Zone team includes both female and male athletes, the Head Coach and one Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. One Head Coach is required for the sport.
COACHING STANDARDS:	BC Games Society requires that Head Coaches are fully certified at NCCP Fundamentals Coach Certified. Assistant Coaches are required to be NCCP Fundamentals Coach Trained and have completed the Making Ethical Decisions Online Evaluation. All coaches must be fully registered with Swim BC.
MANAGERS:	Each zone is required to bring two adult supervisors, one of each gender. Adult supervisors must have a volunteer Criminal Record Check and complete the CAC Safe Sport Training Module.

OFFICIALS

Transportation, accommodation, and meals, as arranged by the host community, will be provided for 30 officials, 1 Para-Swimming official and 1 SO official.

EVENTS

The following events will be offered:

SWIMMING:	<u>Preliminaries plus A and B Finals</u> 100 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM
	<u>Preliminaries plus A Final</u> 400 Free
	<u>Timed Finals</u> 50 Free, 400 IM, 1500 Free, 4 X 50 Free Relay, 4 X 50 Medley Relay
PARA SWIMMING:	<u>Timed Finals</u> 50 Free, 100 Free, 200/400 Free, 50/100 Back, 50/100 Breast, 50/100 Fly, 150/200 IM



ENTRIES

Swimmers may enter a maximum of 5 individual entries plus relays. Each zone may enter one relay team per event.

DEADLINES

The following deadlines will be in effect:

- SELECTION:** All zone selections (including alternates) must be completed and submitted to the BC Summer Games Online Registration system by **Monday June 10th, 2024.**
- ENTRIES:** The Hy-tek entry file must be uploaded to the Swimming Canada online system by **Monday, July 1, 2024.**

SCHEDULE

THURSDAY, JULY 18: Pre-Meet Warm-up: A zone warm-up schedule will be distributed.

FRIDAY, JULY 19: Preliminaries
Warm-up: 7:00 – 8:20 am*
Competition: 8:30 – 1:30 pm

Finals
Warm-up: 3:30 – 4:20 pm
Competition: 4:30 – 6:00 pm
Medal Ceremony: 6:15 pm

SATURDAY, JULY 20: Preliminaries
Warm-up: 7:00 – 8:20 am*
Competition: 8:30 – 1:30 pm

Finals
Warm-up: 3:30 – 4:20 pm
Competition: 4:30 – 6:00 pm
Medal Ceremony: 6:15 pm

SUNDAY, JULY 21: Timed Finals
Warm-up: 7:00 – 8:20 am*
Competition: 8:30 – 12:00 pm
Medal Ceremony: 12:00 – 12:15 pm

*Warm-up sessions will be blocked. The warm-up schedule will be provided prior to the competition.

AWARDS

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded and when there are two competitors or teams only a Gold medal will be awarded.

RULES

All applicable Swimming Canada rules will be in effect at the Games competition. The Swim BC heats and finals scratch rules will be in effect.



ATHLETE COST

Swimmers will be assessed a \$265 participation fee, broken down as \$175 BC Summer Games and \$90 Swim BC.

ACCOMODATION, TRANSPORTATION, AND MEALS

Accommodations, ground transportation, and meals will be coordinated by the BC Games Society. All participants must stay in the BC Games accommodation, regardless of where they reside.



EVENT ORDER

THURSDAY, JULY 18, 2024 PRE-MEET WARM-UP	
Assigned Warm-up:	11:00am – 3:00pm

FRIDAY, JULY 19, 2024 PRELIMINARIES		
Warm-up:		7:00am – 8:20am
Competition:		8:30am – 1:30pm
WOMEN	MEN	EVENT
1	2	200 IM
3	4	100 Fly
101/201		Para 50/100 Back TF
301	302	SO 100 Back TF
5	6	100 Breast
102/202		Para 50/100 Breast TF
303	304	SO 100 Breast TF
9	10	100 Back
11	12	200 Fly

FRIDAY, JULY 19, 2024 FINALS		
Warm-up:		3:30pm – 4:20pm
Competition:		4:30pm – 6:00pm
Medal Presentation:		6:15pm
WOMEN	MEN	EVENT
1	2	200 IM
3	4	100 Fly
103		Para 50 Free TF
305	306	SO 50 Free TF
5	6	100 Breast
7	8	50 Free TF
307	308	SO 50 Fly TF
9	10	100 Back
11	12	200 Fly
309	310	SO 4X50 Free Relay

SATURADAY, JULY 20, 2024 PRELIMINARIES		
Warm-up:		7:00am – 8:20am
Competition:		8:30am – 1:30pm
WOMEN	MEN	EVENT
13	14	400 Free
104/204		Para 200/400 Free TF
15	16	200 Breast
311	312	SO 100 Fly TF
17	18	100 Free
105/205		Para 50/100 Fly TF
19	20	200 Back
313	314	SO 50 Back TF

SATURADAY, JULY 20, 2024 FINALS		
Warm-up:		3:30pm – 4:20pm
Competition:		4:30pm – 6:00pm
Medal Presentation:		6:15pm
WOMEN	MEN	EVENT
13	14	400 Free
106		Para 100 Free TF
315	316	SO 200 Free TF
15	16	200 Breast
17	18	100 Free
317	318	SO 100 Free TF
19	20	200 Back
319	320	SO 4X50 Medley

SUNDAY, JULY 21, 2024 TIMED FINALS		
Warm-up:		7:00am – 8:20am
Competition:		8:30am – 12:00pm
Medal Presentation:		12:00pm – 12:15pm
WOMEN	MEN	EVENT
21	22	4 X 50 Free Relay
23	24	400 IM TF
107/207		Para 150/200 IM TF
321	322	SO 100 IM TF
25	26	1500 Free TF
323	324	SO 50 Breast TF
27	28	4 X 50 Medley Relay



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.”