



ISC MEDLEY CHALLENGE



February 14-16, 2025

Hosted by: Island Swimming Club

Location: Victoria, BC

Dates: February 14-16, 2025

Age Groups:

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

Timed Final (TF) Events:

- All Individual Events including Eliminator
- No Relay Events

Qualification Requirements:

- 1 VIR qualification = 7 swims



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Sanctioned by Swim BC:

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 W SÁNEĆ peoples represented by the W JOŁEŁP (Tsartlip), BOKÉĆEN (Pauquachin), SʔÁUTW (Tsayout), W SIƷEM (Tseycum) and MÁLEXEŁ (Malahat) Nations.

Date:	February 14-16, 2024
Host:	Island Swimming Club
Venue:	Saanich Commonwealth Place (SCP) 4636 Elk Lake Drive Victoria, BC V8Z 7K2
Pool	One 50-meter, 8-lane competition pool. Three (3) lane dive tank/shallow end will be available for warm-up/cool-down.

Head Coach	Lucien Zucchi Lucien.Zucchi@islandswimming.com
Meet Manager	Jacqueline Boone meetmanager@islandswimming.com
Meet Referee	Jeff Stevens (Level V)
Officials Coordinator	officials@islandswimming.com
Meet Administrator	Jeff Stevens officials@islandswimming.com

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.

Adult only washrooms (volunteers, coaches, officials) are available in the lobby, café, and library at Saanich Commonwealth Place. Swimmer only washrooms are available at the West Pool and in the team change rooms.

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.

February 14-16, 2025

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 February 14, 2025.
3. Qualifying time standards for events follow the 2024-2025 Vancouver Island Regional (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 World Aquatics FR2.3 and SW 4.1.
3. During events only one (1) swimmer per lane is permitted.
4. Fly over starts will be used at the discretion of the Meet Referee.
5. Swim BC warm-up competition safety procedures will be in effect and will be monitored by safety marshals.
6. Age Groups for individual events are 12&U, 13-14, 15&O. There are no Relays events.
7. 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.
8. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
 - Non-verbal instruction provided by a support person*
 - Hand signals given by the starter/referee
 - An external strobe light

Note: the support person must show a status of "Registered" as support staff in the Swimming Canada registration system.

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

9. Technical bulletins and updates will be posted at Clerk of Course.

10. Guardians are not permitted on deck unless volunteering for that session.
11. **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.
12. All participants are to respect the facility rules including: no food on deck, no deck changing and no outside shoes on deck.
13. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
14. 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 \$95 per swimmer (includes Facility Enhancement fee and Swim BC Competition charge).
2. Entry deadline is February 7, 2025 at 12:00pm.
3. Scratch deadline is February 10, 2025 at 12:00pm

Note: Please contact meet management if a swimmer is unwell or injured after the scratch deadline and cannot compete in the meet. Waiving of meet fees will be considered at the meet manager's discretion.

4. Late entries will be considered at the discretion of the Meet Manager.
5. All scratches and changes to entries must be emailed to the Meet Administrator.
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** or by credit card payment.
7. Swimmers are limited to a maximum of 7 individual events.
8. The total number of swimmers attending the meet will be limited to 350 swimmers to ensure reasonable session lengths. Priority for entries will be given to those teams that have reserved space in the meet. The 350th swimmer's team will be the last team entered. Teams will be notified after the entry deadline if entries cannot be accepted.
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.

February 14-16, 2025

10. All entries must have an LCM 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.
11. As the Swimming Canada online entry system is not currently available, entries for this meet will be done as follows:
 - Entry files must be emailed directly to officials@islandswimming.com.
 - Entries may only be submitted for swimmers whose registration has been initiated by their club in the new REMS database.
 - All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) - this includes swimmer 9-digit ID #, name, correct date of birth, and gender.
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 Administration Desk at the time of entry.
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.

INDIVIDUAL EVENTS

1. All events will be swum senior seeded, slowest to fastest
2. There will be no 1500 Free or 800 Free offered.
3. All events will be swum as timed final events.
4. Backstroke ledges will be used during all Sessions.

SCRATCHES:

1. Scratches received prior to February 10, at noon will not incur meet fees.
2. There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during timed finals.

AWARDS AND PRIZES:

1. There will be a prize for the top finisher for each age/gender in both the 200 IM and 400 IM.
2. **MINOR & MAJOR ADD UP CHALLENGES:**
3. 12&Under, 13-14, 15&Over Age Groups & Genders; three (3) fastest 100M sprint times added up
4. Every heat winner from preliminaries will win a prize.
5. The winner of the 13 & 14 100 Fly events will receive a prize.

ELIMINATOR

1. Times swum during the Eliminator will be official.
2. Entry into the Eliminator is by invitation only. All swimmers entered in the 200m are automatically considered for the Eliminator. Spots will be offered to the top 8 swimmers in each age/gender group, 1 entry per team. All entry times will be verified. The selected swimmers will be notified of their chance to swim the event after the initial entry deadline. Max 2 entries per team if required to fill lanes.
3. The format will consist of four 50m (4 x 50) walk-backs on 90-120 seconds (estimated). The stroke for each heat will be randomly chosen prior to each 50m and will be clearly displayed and/or announced. Each stroke will be swum once.
4. Eight swimmers will start the first heat. The last two swimmers to touch the wall after each 50m will be eliminated until there are two swimmers remaining. The final two swimmers will swim head-to-head to determine the winner of the Eliminator.
5. Swimmers remain in the same lane for the event.
6. In the event of a tie, both swimmers will move on to the next round and three swimmers will be eliminated at the end of that round. If a tie occurs in the final round, the swimmers will immediately swim another 50m of the same stroke to determine the winner.



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February 14-16, 2025

Schedule of Events (Timed Finals)

NO EVENTS (Friday AM)

Friday, February 14: Session 1

Warm Up:	4:00 pm – 4:50 pm	
Start:	5:00 pm – 8:00 pm	
Girls	Events	Boys
201 - 204	12&U Medley Eliminator	205 - 208
1	50 Fly	2
3	100 Backstroke	4
5	200 Breaststroke	6
7	400 Individual Medley	8

Saturday, February 15: Session 2

Warm Up:	8:00 am – 8:50 am	
Start:	9:00 am – 1:30 pm	
Girls	Events	Boys
9	100 Fly	10
11	200 Freestyle	12
13	50 Breaststroke	14
15	200 Individual Medley	16

Saturday, February 15: Session 3

Warm Up:	4:00 pm – 4:50 pm	
Start:	5:00 pm – 8:00 pm	
Girls	Events	Boys
209 – 212	13 & 14 Medley Eliminator	213-216
17	200 Fly	18
19	50 Backstroke	20
21	100 Freestyle	22

Sunday, February 16: Session 4

Warm Up:	8:00 am – 8:50 am	
Start:	9:00 am – 1:30 pm	
Girls	Events	Boys
217-220	15&O Medley Eliminator	221-224
23	50 Freestyle	24
25	100 Breaststroke	26
27	200 Backstroke	28
29	400 Freestyle	30

NO EVENTS (Sunday PM)



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.”

Saanich Commonwealth Place (SCP) Aquatic Event Facility Host Requirements

Saanich Commonwealth Place is proud to host High Performance, Community and School Aquatic Events. Our goal is to continue the legacy of the 1994 Commonwealth Games where competitive and high performance athletes can combine with recreational users in a common athletic facility and strive to meet their personal best. We hope that while you visit our world class facility your coaches, athletes, officials, and volunteers take pride in being a part of this legacy and help us in creating a safe, diverse, and inclusive environment by respecting the following standards:

Coaches and officials are asked to model and encourage facility standards throughout the duration of the event.

- Observing the Visitor Code of Conduct while in Saanich Recreation Facilities
- Removing street/outdoor shoes prior to going onto the pool deck: This includes athletes, coaches, officials, and volunteers. Clean nonslip deck shoes can be worn.
- Food is not permitted on the pool deck. Garbage, recycling, and compost centres are available for use in many areas of the building.
- Per Swim BC Warm-Up Safety Procedures, Athletes must enter the pool feet first in a cautious manner and exit the pool via the side lanes to ensure safety and protect the integrity of the equipment.
- Athletes are required to swim under the lane ropes (not over) to protect the integrity of the equipment.
- Swimming Canada and SCP 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.
- Glass bottles are not permitted on the pool deck or in changerooms.
- The CRD Parks Bylaw prohibits smoking (including e-cigarettes/vapes/cannabis),
- Alcohol is not permitted without appropriate permits and licenses.
- Athletes need to dry off and wear proper footwear while in lobby areas and café.
- Saanich staff are solely responsible for, moving and maintaining technical equipment. Unless discussed prior to event.
- In the event of an emergency, event organizers and volunteers are asked to follow the directions of Saanich staff and assist with these procedures.
- Visiting Clubs who wish to request practice time prior to an event must do so in advance. Any available water will be assigned on a first come first serve basis unless otherwise arranged by event host. **Athletes and coaches attending public lane times is not permitted.**