

FastSwim Classic 2017

Hosted by



arena®



December 15th, 16th & 17th

Watermania,
Richmond B.C.
14300 Entertainment Blvd.
Richmond B.C. Canada
604- 275 -7946

Sanctioned by Swim BC: #22820

"We would like to thank the Province of British Columbia for their assistance."



Start times:
All **finish** times are estimated

Friday **Heats** 6:30am - 8:00 warm up (**Blocked**)
8:20am start / 12:00pm finish
Finals 3:00 – 4:00pm warm up
4:15pm start / 7:00pm finish

Saturday **Heats** 6:30am - 8:00 warm up (**Blocked**)
8:20am start / 12:30pm finish
Finals 3:00pm – 4:00pm warm up
4:15pm start / 7:00pm finish

Sunday **Heats** 6:30am - 8:00 warm up (**Blocked**)
8:20am start / 11:30am finish
Finals **TBA**



Time Standards and Schedule of Events

11&U	12-13	14-15	16&O	FRIDAY	11&U	12-13	14-15	16&O
3:06.97	2:49.47	2:39.28	2:37.94	200 IM	3:09.72	2:52.19	2:31.24	2:25.54
				50 BR				
3:32.89	3:03.05	2:46.31	2:45.11	200 FLY	3:34.52	3:04.13	2:38.49	2:30.17
1:27.14	1:19.60	1:13.82	1:13.17	100 BK	1:27.66	1:19.35	1:09.41	1:07.57
5:51.59	5:22.53	4:59.94	4:54.78	400 FR (G)				
				200 FR (B)	2:47.58	2:31.83	2:12.21	2:09.91
12:11.24				11&U 800 FR (after prelims)	12:30.92			
12&U Medley Relay (beginning of finals)								

11&U	12-13	14-15	16&O	SATURDAY	11&U	12-13	14-15	16&O
1:37.98	1:30.00	1:24.59	1:23.70	100 BR	1:40.45	1:31.64	1:18.72	1:16.49
3:06.24	2:48.89	2:39.66	2:37.68	200 BK	3:09.76	2:48.17	2:30.58	2:26.94
				50 FLY				
1:15.91	1:08.96	1:04.84	1:04.18	100 FR	1:15.97	1:09.03	1:00.33	:59.26
6:46.50	6:01.44	5:41.38	5:37.23	400 IM	6:46.58	6:09.15	5:20.35	5:13.14
	11:05.03	10:22.54		12-15 800 FR (after prelims)				
				12-15 1500 FR (after prelims)		21:22.31	19:17.50	
14&U Medley Relay (beginning of finals)								

11&U	12-13	14-15	16&O	SUNDAY	11&U	12-13	14-15	16&O
1:30.93	1:18.17	1:13.07	1:12.65	100 FLY	1:32.17	1:18.48	1:07.94	1:04.82
				50 BK				
3:28.61	3:13.98	3:02.29	3:01.54	200 BR	3:35.86	3:14.20	2:53.23	2:46.99
34.46	31.26	29.88	29.82	50 FR	34.35	31.1	27.64	27.17
2:45.69	2:31.64	2:21.29	2:19.68	200 FR (G)				
				400 FR (B)	5:56.97	5:25.25	4:44.47	4:35.41
			10:20.08	16&O 800 FR (after prelims)				
				16&O 1500 FR (after prelims)				18:36.65
Open Medley Relay (beginning of finals)								

Meet Rules

- The meet will be run under the most current Swimming Canada and Swim BC rules as per 2017-2018 Swim BC Technical Guide.
- Swimming Canada competition warm up safety procedures will be in effect.
- It is the visiting club's responsibility to ensure that their swimmers are supervised at all times, both during the competition and between sessions while at the Watermania facility.
- There will be a coaches' meeting 20 minutes before the start of the first session.

Entries

- This meet is open to swimmers who have achieved one posted qualifying time in their designated age category.
- Athletes with 1 QT will receive 2 bonus swims, athletes with 2 times will receive 1 bonus swim, athletes with 3 or more times will not receive any bonus swims.
- A swimmer may enter as many events as they like, as long as they have met the qualifying time.
- **NT's (except for relays & Stroke 50's) will not be accepted and will not be refunded.**
- Swimmers must be registered with SwimBC or other affiliated FINA organizations.
- Swimmer age is as of the first day of competition.
- Age groups will be 11&U, 12&13, 14&15 and 16&O.
- 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering entries.
- The Richmond Rapids reserve the right to enter swimmers not meeting the qualifying standards.

Para Swimmers

- Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time.
- 2017-2018 IPC Swimming Rules will govern all Para-Swimmer events.
- Classification numbers must accompany entries. (i.e. s6sb6sm6).

Heats

- Preliminaries will be run with male & female pools, alternating deep & shallow per day.
- All heats will be senior seeded, slowest to fastest. (Distance fastest to slowest)
- Preliminary heats will be start overs, with the previous heat remaining in the pool, except in backstroke, where swimmers will clear the pool between heats.
- If timelines require, 400 Free and 400 IM may be restricted to the fastest 12 in each age category. Teams will be notified via e-mail if their swimmers are not in the event, and another event may be selected before the scratch deadline.
- Swimmers missing a preliminary heat will be considered a scratch and will not be entered in another heat in that event.
- Where possible, swim-offs will run before the end of the session in which the tie occurred, at a time mutually agreed upon by coaches and officials.

Finals & Awards

- Finals will be run out of the deep end.
- 11&U events will have only 'A' Finals.
- 400 meter events will have only 'A' Finals.
- 'A' & 'B' Finals will be held for all 12&13, 14&15 and 16&O events 50 to 200 meters with 24 or more swimmers entered as of the scratch deadline.
- 'A' Finals will swim before 'B' Finals.
- Finalists are considered to be the **top 16 plus 4** (top 8 plus 4 for events with only 'A' finals). Failure to scratch a finalist or alternate will result in a scratch penalty if the alternate is called. This penalty will adhere to Swim BC's scratch policy at heats/finals meets.
- Awards will be given for 1st through 8th for individual events.

Distance (800 / 1500 Free)

- Only the fastest 12 entries per age group will be accepted. Teams will be notified via e-mail if their swimmers are not in the 800 or 1500.
- Swimmers not in the top 12 will be notified and will be allowed to choose another event before the scratch deadline.
- A positive check in is required by 9:00 am on the day of the event. Failure to check in will result in a scratch.
- The events will be seeded after positive check in. Empty lanes remaining after seeding may be filled with alternate swimmers from the original entries.
- Heats will be swum as a timed final, fastest to slowest.
- Lap counter cards will not be provided.

Relays

- It is the intention of the meet management to have relays at the meet. If individual swim numbers are oversubscribed, then relays may not be held. Relays will be timed finals and will be **swum at the beginning of finals**.
- Relay entries must be submitted with the swimmers' names.
- All changes to relay names and order must be submitted by the scratch deadline for Finals, 30 minutes after the conclusion of preliminaries. Please note that Distance events are not included in preliminaries.

Scratches

- Scratches for preliminaries must be emailed to the Meet Secretary by the posted scratch deadline.
- Scratches for finals must be given to the Clerk of the Course 30 minutes after the conclusion of preliminaries for re-seeding. Please note that Distance events are not included in preliminaries.
- Last chance scratch deadline for finals is 30 minutes before the start of the finals session. Coaches are responsible for finding the alternate, and must notify the clerk of the course of the intent to scratch.

Registration

Entry deadline Thursday, December 7^h, 2017 at 8:00pm
Scratch deadline Monday, December 11th at 8:00pm

- **Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website (www.meetlist.notlong.com)**. Entries sent directly to the meet manager **will not** be accepted.
- Entries may be restricted to preserve timelines. Teams will be entered into the meet based on the date their original entry file is sent. Coaches will be notified if their entries have not been accepted.
- Cheques should be made payable to the "**Richmond Rapids Swim Club**". Associations must submit one cheque only. No individual cheques will be accepted from members of the association.

Fees

Individual events	\$ 10.00
Swim B.C.	\$ 4.00 per swimmer
Facility improvement fee:	\$ 4.00 per swimmer
Relays	\$ 10.00
Deck entries	\$ 20.00 (Deck entries are for time only and are not eligible for awards or finals)
Relay deck entry	\$ 40.00

Meet Management

- Meet Secretary / Entries: Patricia Argueyo secretary@richmondrapids.com
- Meet Manager: Michael Crawford
- Meet Referee: Piero Porreca
- Head Coach: Rob Pettifer rapidrob@richmondrapids.com
- Officials Coordinator: Bruce McIver officials@richmondrapids.com



Riverport/Richmond

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- Located in the Riverport Entertainment Complex (home to Watermania)
- Complimentary Express Start Buffet Breakfast
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- Indoor Heated Swimming Pool, Whirlpool & Fitness Centre
- Complimentary Airport Shuttle
- On-site Guest Laundry Facilities
- Complimentary Business Center
- Complimentary High-Speed Internet Access
- Over 1200 Square Feet of Meeting Space



Hotel (604) 241 1830 · Sales (604) 248 8201 · Email: sales@hierichmond.com · Website: www.hierichmond.com
Holiday Inn Express & Suites, Riverport · 10688 No. 6 Road · Richmond, British Columbia · V6W 1E7

Hotel Contact info—Always ask for the **Fastswim Rate**

Holiday Inn Express and Suits Riverport (walking distance to the pool)

10688 NO. 6 ROAD Richmond, BC, Canada V6W 1E7

Hotel Front Desk: 1-604-241-1830

Hotel Fax: 1-604-241-1840

Team booking contact: 604-248-8201



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian 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, an announcement or deck signage.
- 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.

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 higher level 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 higher level 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 is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternatives 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.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

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.

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 rules 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 Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."