



**Lower Mainland Regional Championships  
Hosted by the Richmond Rapids Swim Club  
February 17<sup>th</sup> & 18<sup>th</sup> 2018**

SANCTIONED BY SWIM BC: #22821

**Location:** Watermania Aquatic Centre  
14300 Entertainment Blvd.  
Richmond, BC  
V6Y 2R9

Email: [swim@richmondrapids.com](mailto:swim@richmondrapids.com)  
Phone: 604-275-7946  
Fax: 604-274-7946  
website: [www.richmondrapids.com](http://www.richmondrapids.com)

Female Standards				
Event	10 & U	11	12-13	14 & O
200 IM	3:45.00	3:35.00	3:25.00	3:15.00
400 FR	6:23.23	6:23.23	5:51.56	5:26.93
400 IM	7:23.08	7:23.08	6:33.97	6:12.10
Male Standards				
Event	11 & U	12	13	14 & O
200 IM	3:40.00	3:30.00	3:20.00	3:10.00
400 FR	6:29.09	5:54.52	5:54.52	5:10.07
400 IM	7:23.18	6:42.37	6:42.37	5:49.18

Minimum Entry Requirements
1. All Swimmers must have achieved the 200 IM standard at a sanctioned competition for entry into competition. Proof of time required.
2. 400 FR & 400 IM standards are 2016-2017 BC A standard. This standard is required to swim the 400 FR/ 400 IM at LMR Champs.
3. NT's are not permitted for any event. Proof of time required.
De-qualification Rules
1. Swimmers with Tier 1 standards are de-qualified by event.
2. Swimmers with a Tier 2 standard are de-qualified by event.
3. Swimmers with 3 or more Tier 2 standards are de-qualified from the competition.

**Entries:** Entry deadline Thursday February 8, 2018. (8:00pm)  
Scratch deadline Saturday February 10, 2017 (8:00pm)

Swimmers are limited to 6 individual events. Entries must comply with the qualifying and de-qualifying standards as listed above. **No "NT" Events may be entered**

Meet management reserves the right to reduce the number of entries if the meet time lines do not fit a reasonable time frame.

Entries must be uploaded prior to the entry deadline to the Swimming Canada meet list Website. Entries sent directly to the meet manager will not be accepted.

**Relays:** **Relays entries must include the names of the swimmers.** Relay entries without swimmer names will not be accepted.

**Entry Fees:** Swim BC Splash Fee: \$4.00  
Facilities Fee: \$4.00  
Individual Event Fee: \$9.00  
Relays: \$10.00  
Deck Entries: \$20.00 (Cash only)  
Official Split \$10.00 (First leg of a relay is an official time and is not charged a fee)

**Meet fee cheques must be made payable to [Richmond Rapids Swim Club](#)**

#### **Meet Rules:**

1. The meet will be run under the current Swimming Canada and Swim BC rules.
2. This meet is open to swimmers registered with Swim BC or other affiliated FINA organizations.
3. Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time. Current IPC Swimming Rules will govern all Para-Swimmer events. Classification numbers must accompany entries. (i.e. s6sb6sm6)
4. Swimming Canada warm up procedures will be in effect.
5. Swimmers missing a race will be considered a scratch and will not be entered in another heat in that event.
6. 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering events entered.
7. All events will be swum as TIMED FINALS.
8. Awards will be given for 1st through 8th in individual events and 1st to 3rd in relays.
9. Age groups will be 10 & Under, 11, 12-13, 14 & Over
10. Relays will be swum and awarded as: 11 & Under and 12 & Over.
11. It is the visiting club's responsibility to ensure that their swimmers are supervised at all times during the competition and between sessions while in the Watermania facility.
12. Deck Entries are permitted but will not be eligible for awards. No new heats will be created for deck entries. Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, which includes the swimmer's correct SNC nine-digit ID number and date of birth. Verifiable seed times must accompany deck entries (no NT events).
13. **Deck Entry and Relay Deadline:** Deck Entries, Scratches and Relay Changes must be in 30 minutes prior to the start of the session.

#### **Meet Contacts:**

Entries:	<a href="mailto:secretary@richmondrapids.com">secretary@richmondrapids.com</a>
Officials Coordinator:	<a href="mailto:officials@richmondrapids.com">officials@richmondrapids.com</a>
Head Coach:	Robert Pettifer <a href="mailto:rapidrob@richmondrapids.com">rapidrob@richmondrapids.com</a>

## Order of Events & Meet Schedule

Saturday February 17 <sup>th</sup> , 2018				
12&O Female	11&U Female	Event	11&U Male	12&O Male
201	101	200 Backstroke	102	202
203	103	50 Butterfly	104	204
205	105	200 IM	106	206
207	107	50 Backstroke	108	208
209	109	100 Freestyle	110	210
211	111	200 Butterfly	112	212
213	113	100 Breaststroke	114	214
215	115	200 Freestyle Relay	116	216

Sunday February 18 <sup>th</sup> , 2018				
12&O Female	11&U Female	Event	11&U Male	12&O Male
217	117	400 Freestyle	118	218
219	119	200 Breaststroke	120	220
221	121	50 Freestyle	122	222
223	123	100 Backstroke	124	224
225	125	100 Butterfly	126	226
227	127	50 Breaststroke	128	228
229	129	200 Freestyle	130	230
231	131	400 IM	132	232
233	133	200 Medley Relay	134	234

### Meet Schedule **SUBJECT TO CHANGE**

#### **SATURDAY**

##### 11 & Under

7:00-7:45 am Warm-up

8:00 am Start

12:00 noon estimated Finish

##### 12 & Over

1:00 - 1:45 pm Warm up

2:00 pm Start

7:00 estimated Finish

#### **SUNDAY**

##### 11 & Under

7:00-7:45 am Warm-up

8:00 am Start

12:00 noon estimated Finish

##### 12 & Over

1:00 - 1:45 pm Warm up

2:00 pm Start

7:00 pm estimated Finish



## 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."**