



WEST COAST OPEN

LONG COURSE

Sanctioned by Swim BC: #22822

DATE	Saturday, May 5 th & Sunday, May 6 th , 2018
VENUE	Watermania Pool, Steveston Highway & No. 6 Road, Richmond, BC
SETUP	8 lanes - 50m pool, single-ended Electronic timing Warm down tank
CONTACT	Rapids Office: 604-275-7946 swim@richmondrapids.com

West Coast Open is a meet designed for clubs to bring a large group of swimmers together and have a great team experience. The meet is designed as an early season Long Course racing opportunity allowing coaches to select events that are not always available to swimmers of all levels.

AMENITIES

- Free online Heat Sheets
- Subway & Coffee shop, Old Spaghetti Factory, Monkey 9 Brew Pub
- Movie theatre & Bowling lanes on site.
- Holiday Inn - 2min walk from the pool

AWARDS

- Ribbons for 1st-8th in individual events
- Age Groups 11 & under; 12-13; 14-15 and 16&O

\$100 TEAM SPIRIT AWARD

- Awarded to the Team that shows the most in the following categories:
- Team Uniforms; Team Unity; Team Spirit and Parental Participation
- The judging of this award will be completely subjective and will be done by the Meet Manager and Rapids Head Coach.
- The award will presented at the end of the meet.



Meet Management Team

Meet Secretary/Entries:	Norma Low	secretary@richmondrapids.com
Meet Manager:	Bruce McIver	manager@richmondrapids.com
Official's Coordinator:	Sabina Dobrer	officials@richmondrapids.com
Meet Referee:	Simon Blunden	
Head Coach:	Robert Pettifer	rapidrob@richmondrapids.com

We acknowledge the financial assistance of the Province of British Columbia

TIME STANDARDS AND SCHEDULE OF EVENTS

Female Time Standards				Session 1: SATURDAY am Warmup 6:30 am Start 7:30 am Estimated Finish 1:00 pm			Male Time Standards			
11&U	12-13	14-15	16&O				11&U	12-13	14-15	16&O
1:24.43	1:16.70	1:12.11	1:11.38	1	100 FR	2	1:24.49	1:16.78	1:07.11	1:05.91
3:52.02	3:35.75	3:22.75	3:21.91	3	200 BR	4	4:00.09	3:35.99	3:12.67	3:05.74
1:36.92	1:28.53	1:22.11	1:21.38	5	100 BK	6	1:37.50	1:28.26	1:17.20	1:15.16
6:31.05	5:58.73	5:33.60	5:27.86	7	400 FR	8	6:37.03	6:01.76	5:16.40	5:06.32
-	-	-	-	9	50 FL	10	-	-	-	-

				Session 2: SATURDAY pm Warmup 2:00 pm Start 3:00 pm Estimated Finish 7:30 pm						
11&U	12-13	14-15	16&O				11&U	12-13	14-15	16&O
3:27.96	3:08.49	2:57.16	2:55.67	11	200 IM	12	3:31.02	3:11.51	2:48.22	2:41.87
1:41.14	1:26.95	1:21.27	1:20.80	13	100 FL	14	1:42.52	1:27.29	1:15.57	1:12.09
3:27.15	3:07.85	2:57.58	2:55.37	15	200 BK	16	3:31.06	3:07.04	2:47.48	2:43.44
38.32	34.77	33.24	33.17	17	50 FR	18	38.20	34.59	30.74	30.22
-	-	-	-	19	50 BR	20	-	-	-	-

				Session 3: SUNDAY am Warmup 6:30 am Start 7:30 am Estimated Finish 1:00 pm						
11&U	12-13	14-15	16&O				11&U	12-13	14-15	16&O
1:48.98	1:40.11	1:34.08	1:33.09	21	100 BR	22	1:51.72	1:28.26	1:27.56	1:25.08
3:56.79	3:23.60	3:04.98	3:03.65	23	200 FL	24	3:58.60	3:24.80	2:56.28	2:47.03
3:04.29	2:48.66	2:37.15	2:35.36	25	200 FR	26	3:06.39	2:48.87	2:27.05	2:24.49
7:32.13	6:42.01	6:19.70	6:15.08	27	400 IM	28	7:32.22	6:50.58	5:56.31	5:48.29
-	-	-	-	29	50 BK	30	-	-	-	-

ENTRY DEADLINES

Email entry deadline (Foreign Teams only):

Tuesday Apr 24, 2018 (8pm)

Online entry deadline (via Swimming Canada):

Thursday Apr 26, 2018 (8pm)

Determination of entries accepted for
Restricted events:

Saturday Apr 28, 2018 (8pm)

Scratch deadline
(for ALL changes, alternate events, scratches)

Monday Apr 30, 2018 (8pm)

FEES

- \$10.00/individual event
- Swim BC splash fee \$4.00/swimmer
- Facility Improvement Fee \$4.00/swimmer
- Deck Entries (Exhibition only) \$20.00/event, cash only
- Refund request for scratches received after the scratch deadline must be accompanied by a doctor's note



ENTRIES

- The Meet will be limited to the team entering the 500th swimmer
- **NT Entries (with no time attached) will be not be accepted.** Exception: 50m FL, BR, BA
- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada website. Domestic entries sent directly to the meet manager will not be accepted
- Cheques should be made payable to the **"Richmond Rapids Swim Club"**. Teams must submit one cheque only; no individual cheques will be accepted
- Teams from the USA may submit their entries via email to secretary@richmondrapids.com before the email deadline, or via the Swimming Canada website, swimming.ca, before the online entry deadline (for Province, use --Out of Country--)
- The host club reserves the right to enter swimmers not meeting the qualifying time

RESTRICTED ENTRY EVENTS

- If necessary to maintain session timelines, the entries for these events may be restricted:
400IM, 400FR, 200IM, 200BA, 200BR, 200FL
- Coaches will be notified via email within 48 hours after the entry deadline if any swimmers are not accepted. Alternate events will be accepted up until the scratch deadline. If it is necessary to restrict any events, this process will be used:
 - 400m events: top 8 swimmers in each age group for a total of 4 heats of boys, 4 heats of girls
 - 200m events: top 16 swimmers in each age group, for a total of 8 heats of boys, 8 heats of girls
 - Any remaining spots, and any scratches received before the scratch deadline, will be filled by the next fastest swimmer from the original entry list
 - Alternate events may be 50m or 100m events or 200FR; the swimmer must have the qualifying time
 - After the scratch deadline no further changes will be made. Any remaining spots will be available for deck entry, beginning on the day of the meet, by any qualified swimmer on a first-come-first-served basis

DECK ENTRIES

- **Deck Entry Deadline: 30 minutes before the start of the session**
- Deck entries are only to fill empty lanes, on a first come first served basis – no new heats created
- Exhibition only - not eligible for awards
- For a swimmer to be deck entered, the coach must provide the swimmer's ID number (9 digits), as well as their correct date of birth and an eligible seed time for the event

MEET RULES

1. Age Groups: 11&U, 12-13, 14-15 and 16&O
2. Age group is based on the swimmer's age as of May 5th, 2018
3. All events will be timed finals. Heats will be Senior seeded.
4. All swimmers must be registered with Swim BC, another FINA affiliated organization, and/or an IPC affiliate.
5. Para-swimmers must be entered with their classification numbers and actual times for each event. Current IPC Rules will apply to all Para-swimmers in the meet.
6. Swimming Canada rules and the Swim BC Tech Guide will be in effect. Suits must meet current guidelines.
7. 10 & under swimmers are limited to 4 hours competition time-excluding warm-up. Coaches are to ensure that their swimmers are meeting these guidelines.
8. **Swimming Canada warm-up safety procedures will be in effect. Swimmers must enter the water feet first**
9. Warm-up times may be blocked. Meet management will contact teams with time assignments.
10. A coaches' meeting will be held 10 minutes prior to the start of the first session on Saturday morning and then as necessary.



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 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.
- 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."