



## BC Winter Divisionals - North & Interior

Hosted by KISU Swim Club  
February 23-25, 2024  
Penticton, BC

Age Groups

12 & Under, 13 - 14, 15 & 0

Time Final Events:

400 IM

400 & 800 Free

200 F/M Free Relay, 200 F/M Medley Relay, 400 Mixed Medley Relay

Prelims/Final Events:

50-100-200 Fly, Back, Breast, Free

200 IM

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*Hosted by Swim BC & KSIU Swim Club*

Sanctioned by Swim BC: #41430

Swim BC and KSIU Swim Club would like to begin by acknowledging that the land on which we gather lies on the unceded, traditional territory of the Okanagan Sylix people.

### **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.

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.

### **COMPETITION HOSTS**

Swim BC and KISU Swim Club

### **VENUE**

Penticton Community Center Pool  
325 Power St, Penticton, BC V2A 7K9

### **POOL**

10-lane 25m competition pool  
3-lane 20m warm-up/cool down lanes

<b>MEET MANAGER</b>	Pamela Rutten ( <a href="mailto:KISUswimmeet@gmail.com">KISUswimmeet@gmail.com</a> )
<b>MEET REFEREE</b>	Ian Johnstone
<b>OFFICIALS COORDINATOR</b>	Wayne Williams
<b>SWIM BC &amp; ENTRIES CONTACT</b>	Carrie Matheson ( <a href="mailto:carrie.matheson@swimbc.ca">carrie.matheson@swimbc.ca</a> )

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### ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.
2. Qualifying period is from September 1, 2022, to the entry deadline.
3. During the Qualifying period, athletes must have attained at least **ONE** (1) North & Interior Divisional Time Standard (in their age group).
4. Swimmers who have achieved Provincial Championship time standards may swim up to a maximum of three BC Provincial Championship qualified swims as exhibition in the preliminaries and will not be eligible to advance to finals or to earn awards.
5. Age groups for individual events will be 12 & Under, 13-14, 15 & Over
6. Swimmer age is as of the first day of competition.
7. Swimmers cannot swim in an "older" age group, with the exception being swimmers who "age up" between February 23<sup>rd</sup> and March 7<sup>th</sup>, inclusive.
  - In these cases, swimmers will be moved into the "older" age category and will be subject to the same entry rules as all swimmers. **Email Entries Contact to ensure the swimmer is entered into the correct age category; send swimmer's name, DOB and SNC Registration Number by the entry deadline.**

### NON-QUALIFIED SWIMS

Swimmers who have achieved between ONE and SIX qualifying standards (QS) may enter up to SIX individual events in the following manner: 1 QS = 6 Event, 2 QS = 6 Events, 3 QS = 6 Events, 4 QS = 6 Events, 5 QS = 6 Events, and 6 QS = 6 Events. Swimmers who have qualified in more than SIX individual swims may enter the events in which they qualify up to a maximum of NINE individual entries.

### ENTRIES

1. Non-Validated Times will not be accepted; swimmers must have a valid provable entry time in each event they enter; entries will be validated against the SNC meet results database.
  - a. All LCM entries will be converted to SCM by meet management and seeded accordingly.
  - b. It is responsibility of the coach to ensure that all swimmers entered are qualified and entered appropriately.
2. Individual Fees (including Swim BC Competition Surcharge) are \$85.00 per swimmer.
3. Relay Fees are \$15.00 per relay.
4. Payment methods:  
**ETransfer:** admin@kisu.ca -indicate BC Winter NID 2024 Entry Fees and Club Code  
**OR**  
**Cheques must be made out to KISU Swim Club.**
5. All fees MUST be paid to the Administration Desk prior to the start of the meet.
6. Entries must be uploaded to SNC meet listings website prior to the entry deadline.

7. Late entries will be accepted at the discretion of Meet Management. If accepted, all Meet Fees will be doubled.

### ENTRY DEADLINE:

**MONDAY, FEBRUARY 12TH, 2024 AT 9:00 PM (PDT)**

### SCRATCH DEADLINE:

**MONDAY, FEBRUARY 19TH, 2024 AT 12:00 NOON**

### GENERAL MEET RULES

1. This meet will observe rules as outlined in the current SNC Rulebook.
2. POOL DEPTH: Shallow End .75m, Deep End 3.71m
  - Starts will be conducted from Starting Platforms (blocks) as per AQUA FR 2.3 and SW 4.1
3. There will be no deck entries or time trials.
4. Swim BC Competition Warm-up Safety Procedures will apply.
5. All swimmers are allowed to race in swimwear of their choice at competitions sanctioned by Swim BC. There is no requirement to declare the choice of swimwear to the Referee if the fabric is a permeable open mesh textile and does not provide a technical advantage in terms of speed, buoyancy, or endurance.
6. There will be an "A" final only for each age group.
7. Backstroke Ledges will be available
8. Time Final events (including relays) with 11 or 12 entrants, will be seeded such that the fastest heat will have all lanes filled.
9. All swim-offs are to be run at a time mutually agreed upon by coaches and officials. Every effort will be made to run the swim-off by the end of the session in which the tie occurred.
10. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay entry fees and receive information regarding any changes.
11. A coaches' meeting will be held 10 minutes prior to the start of the Friday Prelims Session and as necessary throughout the meet.
12. Violations of the Swim BC Code of Conduct and Ethics policy may result in immediate disqualification from the meet.
13. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

### 400 & 800 FREESTYLE and 400 IM

1. These events are time finals.
2. For swimmers who have achieved a Divisional Standard in 1500m Free, they will be allowed to enter the 800m Free; regardless of if they have the 800m Free Standard.
  - **Proof of the 1500m Free time must be submitted directly to the Swim BC Entries Contact person at the time of the club's entries submission.**
3. There will be a positive check-in for the 400m (Free & IM) and 800m (Free) events.
  - Deadline will be at the start of the Prelims session on which the day the event will be swum.
4. For the 400m Free and 400m IM, the Top 10 in each age group will swim in a single heat in the Final Session of that day,

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youngest to oldest and alternating genders. All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders in the Prelims Session of that day.

- For the 800m Free, the Top 10 in each age group will swim in a single heat in the Prelim Session of that day, youngest to oldest and alternating genders. All other swimmers will be senior-seeded, swum fastest-to-slowest alternating genders and if necessary, swim two-per-lane to meet session timelines.
- Distance Lap Counters will not be available.

### PARA-SWIMMING

- There will be no para specific events at this meet.

### RELAYS

- Age groups for relays will be 12 & Under, 13-14, and 15 & Over
- All relays are time finals. There are no qualifying times for relays. "NT" entries will be accepted for relay events.
- If a relay is entered without FOUR (4) names, it will be seeded as "NT".
- Relay swimmers may not swim in a relay in any event that they have achieved the Provincial Championship qualifying standard.
- For relays, no more than TWO (2) swimmers may be from a younger age group. In such cases, the swimmer(s) may swim in both their own age-group relay as well as in one or more older age group relays.
- Mixed relay teams must have TWO (2) Females and TWO (2) Males per team. No official splits will be taken during the Mixed Relay events.
- "Relay Only" swimmers must be listed on their club's Hy-Tech entry file; these swimmers will be subject to the "Relay Only" surcharge (\$15.00).
  - Each club will be allowed one relay only swimmer per age group and gender for the entire competition.
  - An email must also be sent to the Entries Contact notifying them of the relay-only swimmers and their SNC ID number and date of birth.**
- Deadline for relay name/order changes will be 30 minutes prior to the start of the Final session.

### SCORING

- Individual scoring: 20-17-16-15-14-13-12-11-10-9  
Relay scoring: 40-34-32-30-28-26-24-22-20-18

### AWARDS

- Medals will be awarded for 1st, 2nd, and 3rd places in all individual and relay events.
- Ribbons will be awarded for 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> places in individual events only.
- Medals will be presented immediately after the event is announced as official. Ribbons will be available for coaches to pick up at the end of the meet.

### SCRATCHES

**Scratches received prior to February 19th at noon will not incur Meet Fees.**

- There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims during prelims and/or time finals.
- The following rules apply for all finalists plus alternates as listed on the official posting of prelims results.
  - For all final sessions, no-shows, step downs and unexcused incomplete swims will be considered "late scratches" and subject to the late scratch penalty of \$20. Fines are to be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events until the fine is paid.
  - For finals, the scratch deadline will be 30 minutes following the completion of the preliminary events (excluding time final events).
  - For finals, email scratches will not be accepted.

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### Schedule of Events

FRIDAY, FEBRUARY 23, 2024   PRELIMS			
Warm-Up:		7:30 - 8:50am	
Competition:		9:00am - 1:30pm	
FEMALE	MALE	AGE	EVENT
1	2	Open	200 IM
3	4	Open	100 Back
5	6	Open	200 Fly
7	8	Open	50 Breast
9	10	Open	400 Free (TF)

FRIDAY, FEBRUARY 23, 2024   FINALS			
Warm-Up:		3:30 - 4:20pm	
Competition:		4:30 - 7:30pm	
FEMALE	MALE	AGE	EVENT
1	2	Open	200 IM
3	4	Open	100 Back
5	6	Open	200 Fly
7	8	Open	50 Breast
9	10	Open	Top 10 (of each age group) of 400 Free
11	12	12 & Under	200 Free Relay
13	14	13 - 14	200 Free Relay
15	16	15 & Over	200 Free Relay

SATURDAY, FEBRUARY 24, 2024   PRELIMS			
Warm-Up:		7:30 - 8:50am	
Competition:		9:00am - 1:30pm	
FEMALE	MALE	AGE	EVENT
17	18	Open	200 Free
19	20	Open	50 Fly
21	22	Open	100 Breast
23	24	Open	50 Free
25	26	Open	200 Back
27	28	Open	400 IM (TF)

SATURDAY, FEBRUARY 24, 2024   FINALS			
Warm-Up:		3:30 - 4:20pm	
Competition:		4:30 - 7:30pm	
FEMALE	MALE	AGE	EVENT
17	18	Open	200 Free
19	20	Open	50 Fly
21	22	Open	100 Breast
23	24	Open	50 Free
25	26	Open	200 Back
27	28	Open	Top 10 (of each age group) of 400 IM
29	30	12 & Under	200 Medley Relay
31	32	13 - 14	200 Medley Relay
33	34	15 & Over	200 Medley Relay

SUNDAY, FEBRUARY 25, 2024   PRELIMS			
Warm-Up:		7:00 - 8:20am	
Competition:		8:30am - 1:30pm	
FEMALE	MALE	AGE	EVENT
35	36	Open	200 Breast
37	38	Open	100 Free
39	40	Open	50 Back
41	42	Open	100 Fly
43	44	Open	ALL 800 Free (TF)

SUNDAY, FEBRUARY 25, 2024   FINALS			
Warm-Up:		Approx. 2hrs. after conclusion of prelims	
Competition:		Start of competition 1hr. later	
FEMALE	MALE	AGE	EVENT
35	36	Open	200 Breast
37	38	Open	100 Free
39	40	Open	50 Back
41	42	Open	100 Fly
45		12 & Under	400 Mixed Medley Relay
46		13-14	400 Mixed Medley Relay
46		15 & Over	400 Mixed Medley Relay

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## 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.

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### **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.”**

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### Event Photography and Video Policy

**Section:** Social Policies

**Date of Approval:** February 17, 2022

**Approved by:** Board of Directors

**Next Review:** February, 2024

#### Policy Statement

1. Swim BC believes that when used properly photography and videography are excellent tools to celebrate and promote a participant's involvement and achievements within our sport. We also understand that while the great majority of images are appropriate and are taken in good faith, certain images can be misused and/or misinterpreted to put a participant, most notably a minor participant, at risk.

#### Definitions:

2. The following term has this meaning in this Policy:
  - a) Photography and Videography - a blanket term referring to all forms of image capture, including but not limited to still photography, video recording, social media posts and/or video streaming.

#### Procedure:

3. In order to minimize risk, all photographs and video taken at Swim BC sanctioned competitions and approved events, whether taken by a professional photographer or videographer, spectator, team support staff or any participant, must observe generally accepted standards of decency - in particular:
  - a) Photography and videography are prohibited from behind swimming blocks at the start of a race or from the other end of the pool;
  - b) Photography and videography are prohibited in locker-rooms or bathrooms or any other dressing or prep area;
  - c) Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context;
  - d) Action shots should not be taken or retained where the photograph reveals a torn or displaced swimsuit; and
  - e) Avoid images, camera angles and poses that may be more prone to misinterpretation or misuse by others.
4. Failure to adhere to these procedures may be subject to a complaint submitted pursuant to Swim BC's *Discipline and Complaints Policy*. In addition, failure to adhere to these procedures may also result in accreditation being revoked or removal from the event.
5. All event participants and spectators should be made aware of these photography and videography standards with event announcements.
6. It is strongly recommended that event hosts add the following announcement be added to pre-session announcements at all competitions or be posted at the start-end of the pool:

*"A reminder to all athletes, coaches, officials, volunteers and spectators: Under NO circumstances are cameras or other recording devices permitted in the area immediately behind the starting blocks during practice or competition starts, OR in locker rooms, bathrooms, or any other dressing area."*



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### 2023-2024 SWIM BC DIVISIONAL TIME STANDARDS NORTH & INTERIOR DIVISION

FEMALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	35.90	35.20	33.10	32.40	31.90	31.20
100 Free	1:20.60	1:19.10	1:13.60	1:12.10	1:10.10	1:08.80
200 Free	2:54.00	2:50.60	2:38.10	2:35.00	2:30.80	2:27.80
400 Free	6:05.60	5:58.60	5:32.40	5:25.80	5:19.00	5:12.70
800 Free	12:33.70	12:19.00	11:26.30	11:12.90	10:57.10	10:44.20
1500 Free	24:27.00	23:58.20	22:14.00	21:47.90	21:22.10	20:57.00
50 Back	41.60	40.80	37.60	36.80	36.10	35.40
100 Back	1:30.80	1:29.00	1:22.00	1:20.40	1:18.30	1:16.70
200 Back	3:14.40	3:10.60	2:55.40	2:51.90	2:47.70	2:44.40
50 Breast	48.20	46.60	43.20	41.70	41.70	40.30
100 Breast	1:46.30	1:42.70	1:35.10	1:31.90	1:31.30	1:28.10
200 Breast	3:47.30	3:39.60	3:24.60	3:17.70	3:15.90	3:09.30
50 Fly	39.70	38.90	36.10	35.40	34.50	33.90
100 Fly	1:31.10	1:29.30	1:21.50	1:19.90	1:18.00	1:16.40
200 Fly	3:25.30	3:21.20	3:02.90	2:59.30	2:54.00	2:50.70
200 IM	3:15.80	3:12.00	2:59.60	2:56.10	2:50.70	2:47.30
400 IM	6:54.10	6:46.10	6:18.60	6:11.10	6:03.30	5:56.20

BVOSC - Bulkley Valley Otters Swim Club  
 CKSC - Kootenay Swim Club  
 CONNU - Fort St. John Inconnu  
 CSSSC - Columbia Shuswap Selkirks Swim Club  
 CTSC - Cranbrook Tritons Swim Club  
 CVSC - Columbia Valley Swim Club  
 EVDSC - Elk Valley Dolphins Swim Club  
 KAJ - Kelowna Aqua Jets  
 KCS - Kamloops Classic Swimming  
 KISU - KISU Swim Club  
 KMSC - Kitimat Marlins Swim Club  
 PGB - Prince George Barracudas  
 PRASC - Prince Rupert Amateur Swim Club  
 SOSOC - Summerland Orca Swim Club  
 TBSC - Terrace Blue Back Swim Club  
 TRUW - Thompson Rivers University  
 VKSC - Vernon Kokanee Swim Club  
 WGB - Whitehorse Glacier Bears  
 WLBF - Williams Lake Blue Fins  
 WRSC - Waveriders Swim Club

MALE						
EVENT	12 & UNDER		13 – 14		15 & OVER	
	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	36.00	35.30	30.90	30.40	28.80	28.30
100 Free	1:21.10	1:19.60	1:09.30	1:08.00	1:04.10	1:02.80
200 Free	2:54.60	2:51.20	2:30.30	2:27.30	2:19.00	2:16.30
400 Free	6:07.00	5:59.80	5:21.80	5:15.40	4:57.20	4:51.40
800 Free	12:43.60	12:28.60	11:09.90	10:56.80	10:26.90	10:14.50
1500 Free	24:16.60	23:48.00	21:11.60	20:46.60	19:49.00	19:25.70
50 Back	41.90	41.10	36.10	35.40	33.10	32.50
100 Back	1:32.20	1:30.40	1:18.80	1:17.30	1:12.20	1:10.80
200 Back	3:15.10	3:11.30	2:49.50	2:46.20	2:36.40	2:33.30
50 Breast	47.90	46.30	41.10	39.70	37.70	36.40
100 Breast	1:46.70	1:43.10	1:29.70	1:26.70	1:22.70	1:19.90
200 Breast	3:48.00	3:40.30	3:14.20	3:07.70	2:58.90	2:52.80
50 Fly	40.00	39.10	34.40	33.80	31.70	31.00
100 Fly	1:31.80	1:30.00	1:17.20	1:15.70	1:11.10	1:09.80
200 Fly	3:25.30	3:21.20	2:54.60	2:51.10	2:39.20	2:36.00
200 IM	3:17.50	3:13.70	2:50.20	2:46.90	2:37.20	2:34.10
400 IM	6:56.80	6:48.60	6:01.90	5:54.80	5:36.30	5:29.70