



Lower Mainland Regional Championships 2012
Hosted by the Richmond Rapids Swim Club
February 25-26, 2012

SANCTIONED BY SWIM BC: #12215

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

Email: swim@richmondrapids.com
Phone: 604-275-7946
Fax: 604-274-7946
website: www.richmondrapids.com

Officials: Teams are responsible for providing timers for their swimmers that are entered in the 800 and 1500 FR events. Teams that do not have timers available for their swimmers will not be eligible to swim the event.

Eligibility: LMR Qualified: 4:00 200 IM, 5:40 300 FR
Swimmers that have achieved a BC AA standard are DE-Qualified by EVENT.
Swimmers that have achieved a BC AA standard are DE-Qualified from the ENTIRE COMPETITION if they did not attend 2012 BC AA SC Championships
Swimmers that have achieved a BC AAA standard are DE-Qualified from the ENTIRE COMPETITION.

Entries: Entry deadline is Tuesday February 14th, 2012.

Final Scratch Deadline is Friday February 17th, 2012. No refunds will be provided after this date.

Swimmers are limited to 6 individual events not including 800/1500 FR.

Distance Entry Standards

Swimmers must have achieved the BC A time in the 200 FR to swim the 400 FR.
Swimmers must have achieved the BC A time in the 400 FR to swim the 800/1500 FR.
Swimmers must have achieved the BC A time in the 200 IM to swim the 400 IM.

Teams must submit a Proof of Time Report

Meet management reserves the right to reduce this number of entries if the meet time lines do not fit a reasonable time frame. Clubs will be notified in advance and will have 24 hours to re-submit entries.

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.

Entry Fees: Swim BC Splash Fee: \$4.00
Individual Event Fee: \$8.50
Relays: \$10.00
Deck Entries: \$10.00

Meet fee cheques must be made payable to Richmond Rapids Swim Club

Meet Rules:

1. The meet will be run under the most current SNC and Swim BC rules as per the current SWIM BC Technical Guide.
2. Current SNC Swim Suit policy will be in effect at this meet.
3. This meet is open to swimmers in the swim meet's designated age categories registered with Swim BC or other affiliated FINA organizations.
4. The team entering the 400th swimmer will be the last team accepted into the meet.
5. The FINA one start rule and SNC warm up procedures will be in effect.
6. Swimmers missing a race will be considered a scratch and will not be entered in another heat in that event.
7. Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time. 2011 IPC Swimming Rules will govern all Para-Swimmer events. Classification numbers must accompany entries. (i.e. s6sb6sm6)
8. All races will be start overs, with the previous heat remaining in the pool.
 - a. *(Please talk to your swimmers about this)*
9. 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering events entered.
10. All events will be swum as TIMED FINALS.
11. Events will be swum senior seeded except the top 8 entries in each age group will swim together.
12. Awards will be given for 1st through 8th in individual events and 1st to 3rd in relays.
13. Age groups will be 10 and under, 11-12, 13 & Over
14. Relays will be swum & awarded as 11 & under and 12 & Over.
15. 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.
16. Deck Entries are allowed but will not be eligible for awards.
17. No new heats will be created for deck entries.
18. Deck Entries & Scratches must be in 30 minutes prior to the start of the meet.

Meet Contacts:

Head Coach:
Meet Manager:

Robert Pettifer
Pam Gosel

rapidrob@richmondrapids.com
swim@richmondrapids.com

Officials Coordinator: Mike Crawford crawford5571@shaw.ca

Order of Events & Meet Schedule

IF BLOCKED – the 11&Under swimmers will be in the morning session and the 12&O swimmers will be in the afternoon.

Blocked Meet – 800/1500 event become session 2 between the AM and PM block - 400 free event remains in the above event order within each block

**swimmer selects either the 800 or 1500 free*

Saturday February 25, 2012		
Female	Event	Male
1	800 FR*	2
3	1500 FR*	4
45 Minute Warm UP		
5	200 Freestyle Relay	6
7	200 Backstroke	8
9	50 Butterfly	10
11	200 IM	12
13	50 Backstroke	14
15	100 Freestyle	16
17	200 Butterfly	18
19	100 Breaststroke	20
Sunday February 26, 2012		
Female	Event	Male
21	200 Medley Relay	22
23	400 Freestyle	24
25	200 Breaststroke	26
27	50 Freestyle	28
29	100 Butterfly	30
31	50 Breaststroke	32
33	200 Freestyle	34
35	400 IM	36

Meet Schedule:

If more than 200 swimmers are entered (Blocked meet format):

SATURDAY

11 & Unders

8:00 am warm-up

8:45 am start

1:00 pm estimated finish

DISTANCE Session

1:15 pm Warm up

2:00 pm Start

3:00 pm estimated finish

12 & Overs

3:00 pm estimated warm-up

3:45 pm estimated start

SUNDAY

11 & Unders

8:00 am warm-up

8:45 am start

1:00pm estimated finish

12 & Overs

1:15 pm estimated Warm up

2:00 pm start

6:00 pm finish

7:30 pm estimated finish



Please pass this page on to your club's director of officials.

Meet Officials:

The number of swimmers entered from each club will dictate the number of officials that each club will be expected to bring to the meet.

- 3 – 5 swimmers 1 timer*,
- 6 – 10 swimmers 1 timer, 1 stroke & turn* per session
- 11 swimmers 2 timers, 1 stroke & turn*
- or other experienced deck official
- These are minimum requirements only. More help on deck will be appreciated.

The names of the stroke and turn or other deck officials must be submitted to the officials manager by Tuesday February 17th, 2012 with the names of your experienced deck officials and trainees.

All clubs are encouraged to bring their inexperienced stroke and turn judges- those that have attended a clinic but with limited deck experience in actual meets, as this will be any excellent meet to shadow with a more experienced official.

The referee will make stroke and turn assignments during the officials meeting. This meeting will take place 30 minutes prior to the session start at the pool.

Clubs will be assigned lanes for timing according to each club's meet entry load. The lane assignment will be posted on the deck during each session. Please remind your parents that the lanes must be manned through to the end of the meet.

Officials Coordinator:

Mike Crawford

crawford5571@shaw.ca