



VANCOUVER VIKINGS

Vancouver Vikings Invitational Swim Meet
- Meet at the Beach -

July 13th & 14th, 2019
Vancouver Aquatic Centre, English Bay
1050 Beach Ave. | Vancouver, B.C.

Meet Officials

Meet Managers: Gavin Forsyth (meetmanager@vancouvervikings.com)
Addy Ching

Meet Referee: Anita Chevalier (Chief Meet Referee)
Jim Ellithorpe (Assistant Meet Referee)

Meet Entries: Gavin Forsyth (meetmanager@vancouvervikings.com)
please copy to Jeff Wong (j-wong@shaw.ca)



Meet Format

Course:

25 meters, 8 lanes, Colorado Electronic Timing, Hytek Meet Manager

Individual Events:

The Vancouver Vikings Meet is a cardless meet with **Heats and Finals**. All swimmers (A & B) will be seeded by division, according to the entry time submitted. Swimmers entered with no time will be seeded in the slower heats. O Cat swimmers will compete in their own events, but may swim in heats with non-O Cat swimmers. See the event list at the end of this package.

Relays:

We will be running the following relays:

Saturday - Mixed 200 IM

Teams comprised of two girls and two boys from each of the following divisions (no Ocat):

- Div 1
- Div 2
- Div 3
- Div 4
- Div 5
- Div 6, 7, 8

Sunday - Mixed 200 Free

Teams comprised of two girls and two boys from each of the following divisions (no OCat):

- Div 1
- Div 2
- Div 3
- Div 4
- Div 5
- Div 6, 7, 8

Relays will be swum as timed finals at the end of heats.

Relay team entries must be submitted on relay forms to the Clerk of the Course not later than 10:30 AM the day of the relay.



6 and Under

We will run two events from the 6 and under age group: (a) 25m freestyle on Saturday; and (b) 25m backstroke on Sunday.

Rules:

Unless otherwise specified, current 2019, BCSSA rules governing swim meets will be in effect. All results will be recorded to 1/100th of a second.

Entries:

Please submit entries by **9PM Sunday July 7th, 2019:**

- in a Hy-Tek file accompanied with your Team's Athletes Roster (**an electronic file will be posted at the BCSSA website at least two weeks prior to the meet**);
- Entries must be submitted using Team Manager or Swim Manager by 9PM Sunday July 7th, 2019. If using Swim Manager, please complete your entries carefully as you will not be limited to only entering your swimmers in the category they are registered in.
- A team roster and contact information of the person responsible for the meet entries must be submitted along with your entries. Clubs using Team Manager, a roster can be exported out of Team Manager. If you are using Swim Manager, an Excel spreadsheet exported from Swim Manager **MUST include first name, last name, birthdate, swimmer ID number, "S" or "O" category or division of athletes.** Events will be combined where possible but will be scored separately.
- Email all entries to j-wong@shaw.ca and copied to meetmanager@vancouvervikings.com. Once entries have been received, you will get a confirmation email back. If you have any questions regarding to exporting a roster, please contact Jeff Wong at 604-830-2339.

Please provide a contact name with phone, and email information in case there are any problems with your club's entries. ***Note: The Meet Manager reserves the right to limit event and swimmer entries to ensure that the meet will run on time.***

Entry Fees: \$8.50 per individual event and **\$12.00** per relay. Cheques should be made payable to: **VANCOUVER VIKINGS**. Clubs must pay for their meet entries on July 13th, 2019, to the Meet Manager, Gavin Forsyth.

NO DECK OR LATE ENTRIES WILL BE ACCEPTED PLEASE.

Swimmers may enter up to **FOUR** individual events and **TWO** relays. **Scratches:** A list of



scratches should be submitted in writing to the Clerk of the Course by 7:30am on each day of the meet. Day-of scratches should be submitted to the Clerk as soon as possible.

Awards:

6 and Under	Special Awards
Div 1 - 8	1-8th place ribbons
O-1 and O-2	1-8th place ribbons
Relays	Special Awards for first place teams, 1-8 th Ribbons

Marshalling:

Marshalling (New procedure - please read carefully):

- All swimmers in all Divisions (heats and finals) are to enter the Marshalling Area from the south-east entrance from the exterior balcony which runs outside along the south side of the Aquatic Center. The Clerk's desk will be at this entrance.
- **All Relays and all Finals will be marshalled for all Division.** All swimmers to check-in with the clerk and proceed as directed through marshalling.
- **Div 1 - 4 and O-Cat 1 individual preliminary heats will be marshalled.** Swimmers to check in with the Clerk and proceed as directed through marshalling.
- **Div 5 - 8 and O-Cat 2 individual preliminary heats will NOT be required to check in with the Clerk of the Course and will NOT be marshalled.**
 - **IMPORTANT:** Even if not being marshalled, all swimmers to enter the competition deck from the Clerk's desk from the exterior entrance located at the south-east side of the outside balcony. Swimmers should organize themselves into their heats along the east side of the pool (opposite the coaches table) and wait for their heat on the marshalling bleachers on the east side of the blocks. **Swimmers will NOT be permitted to access the blocks from the west side of the deck.**
- Coaches tables will be set up along the west side of the deck so swimmers can meet with their coaches before and after races without having to cross behind the starting blocks. **Unless about to start their race, no swimmers are to be behind the blocks.** (To access the girls' change room, please cross through the upper lobby and down the eastern stairs)

Events will be posted on the white board on the west entrance to the pool and announced on Twitter (@vanvikingsmeet). **No announcements will be made.**

Results:



Results from heats will be posted following each event. Results will also be available on Meet Mobile during the Meet. The App is available in the App store. Final results will be posted on the BCSSA website.

[Swimmers' and Spectators' Behaviour:](#)

Swimmers must conduct themselves safely and respectfully. A responsible adult must be in attendance for each swimmer.

There is to be no running on the pool deck or jumping from the stairs or bleachers onto the deck. Please obey all signs directing swimmers to the marshalling area; do not attempt to shortcut across the pool deck to marshalling.

When not in marshalling or racing, swimmers should be in the stands or outside. Spectators must remain in the stands (accessible from the lobby), since there is limited space on the pool deck.

To ensure that all swimmers can hear the starter's instructions, please do not cheer or make loud noises while a race is being started. For the comfort of everyone attending the meet, please refrain from using whistles or noise-makers (e.g. horns) of any kind. Please note that the P.A. system does not transmit outside the building, and swimmers who are outside may not hear the announcements.

Please note that if a swimmer is disqualified from an event, the DQ procedures set out in the BCCSSA Rulebook apply. The matter is handled between the applicable Meet Officials and the swimmer's coach. Parents are not involved in the DQ process. Any parent attempting to advocate for their swimmer to any Meet Official will be given one warning. A second offence may result in ejection from the meet at the discretion of the Meet Manager.

[Meet Facilities](#)

[Vancouver Aquatic Centre:](#)

The Vancouver Aquatic Centre is an indoor, eight-lane, 25 metre pool.

There will be a warm-up pool for all day warm up and cool down. There is a dive tank at the south end of the pool, which will not be used. **No one is to swim in the dive tank.** Swimmers who ignore this rule may be scratched from all events.

Food:

Food is also available at the Concession in Sunset Beach Park as well as to the east of the VAC along the seawall and on Davie St (a short walk north of the VAC). Please note as this is a City of Vancouver Green Event, all garbage, recycling and composting must be correctly disposed of in the provided receptacles, or recycled at home.

Tents:

There is limited room for family tents on the grounds, west of the VAC building. The VAC is located adjacent to beautiful English Bay and the busy, public seawall. We encourage you to ensure that tents are monitored by a responsible adult at all times. The Vancouver Parks Board does not permit tenting or camping overnight. There is also substantial indoor seating in the stands. Please beware of the cycling and walking paths. **No tents or camping equipment may be set up inside the Aquatic Centre.**

Parking:

Meet Attendees are encouraged to seek green modes of transport to and from the event. Car pooling and public transport are encouraged. Pay parking available:

- at the Sunset Beach parking lot, 250 metres along Beach Ave., west of the VAC.
- a lot on the west side of Hornby between Beach Avenue and Pacific Avenue.

There is also limited on-street (metered) parking. Please comply with all local parking regulations, and be considerate of our neighbours near the pool.

Officials

Each attending club is asked to provide deck officials. There will be a sign-up board on the west doors of the VAC (closest to Sunset Park). Each club's assignment for timers, recorders and place judges will be based on the number of entries for that club. Typically, each club is responsible for providing three volunteers (two timers and one plunger operator) for one lane.

We will not be supplying plastic water bottles. We encourage officials to please bring their own water bottles (and/or coffee mugs), which our volunteers will happily refill as needed. Thank you for your assistance.

We also request a list of all intermediate and senior deck officials who will be attending the meet. Please email this information to Anita Chevalier, Meet Referee, at Anita.chevalier@me.com



Schedule

The meet will begin at **8 AM** sharp on both days.

Warm-ups (both days)

Group 1: 6:30 - 6:50 AM

Group 2: 6:50 - 7:10 AM

Group 3: 7:10 - 7:30 AM

Clubs' warm up times will be determined and communicated to coaches after all entries have been received. Warm up times may be adjusted depending on the number of swimmers attending the meet.

Meetings (both days)

Officials' Meeting: 7:20 AM (outside the main entrance)

Coaches' Meeting: 7:40 AM (outside the main entrance)

EVENTS - Commencing at 8:00 AM on both days

Saturday (July 15)	Sunday (July 16)
Div 1 100 IM	Div 5 50 Butterfly
Div 2 100 IM	Div 6 50 Butterfly
Div 3 100 IM	"O" Cat 2 50 Butterfly
"O" Cat 1 100 IM	Div 7 50 Butterfly
Div 4 200 IM	Div 8 50 Butterfly
Div 5 200 IM	6 & Under 25m Backstroke
Div 6 200 IM	Div 1 50 Backstroke
"O" Cat 2 200 IM	Div 2 50 Backstroke
Div 7 200 IM	Div 3 50 Backstroke
Div 8 200 IM	"O" Cat 1 50 Backstroke
6 & Under 25 Freestyle	Div 4 100 Backstroke
Div 1 50 Freestyle	Div 5 100 Backstroke
Div 2 50 Freestyle	Div 6 100 Backstroke
Div 3 50 Freestyle	"O" Cat 2 100 Backstroke
"O" Cat 1 50 Freestyle	Div 7 100 Backstroke
Div 4 50 Freestyle	Div 8 100 Backstroke
Div 5 50 Freestyle	Div 1 50 Breaststroke
Div 6 50 Freestyle	Div 2 50 Breaststroke
"O" Cat 2 50 Freestyle	Div 3 50 Breaststroke
Div 7 50 Freestyle	"O" Cat 1 50 Breaststroke
Div 8 50 Freestyle	Div 4 100 Breaststroke
Div 1 50 Butterfly	Div 5 100 Breaststroke
Div 2 50 Butterfly	Div 6 100 Breaststroke
Div 3 50 Butterfly	"O" Cat 2 100 Breaststroke
"O" Cat 1 50 Butterfly	Div 7 100 Breaststroke
Div 4 50 Butterfly	Div 8 100 Breaststroke
Div 5 100 Butterfly	Div 1 100 Freestyle

Saturday (July 15)	Sunday (July 16)
Div 6 100 Butterfly	Div 2 100 Freestyle
"O" Cat 2 100 Butterfly	Div 3 100 Freestyle
Div 7 100 Butterfly	"O" Cat 1 100 Freestyle
Div 8 100 Butterfly	Div 4 100 Freestyle
Div 1 Mixed 200 Medley Relay	Div 5 100 Freestyle
Div 2 Mixed 200 Medley Relay	Div 6 100 Freestyle
Div 3 Mixed 200 Medley Relay	"O" Cat 2 100 Freestyle
Div 4 Mixed 200 Medley Relay	Div 7 100 Freestyle
Div 5 Mixed 200 Medley Relay	Div 8 100 Freestyle
Div 6, 7, 8 200 Mixed Medley Relay	Div 1 Mixed 200 Freestyle Relay
	Div 2 Mixed Freestyle Relay
	Div 3 Mixed 200 Freestyle Relay
	Div 4 Mixed 200 Freestyle Relay
	Div 5 Mixed 200 Freestyle Relay
	Div 6, 7, 8 200 Mixed Freestyle Relay