



**BENNETT CUP**  
November 9-11, 2018  
SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive  
Victoria, BC V8Z 3J2  
Sanctioned by Swim BC: #31949

**HOSTED BY:** Island Swimming Club (ISC)

**POOL:** This is a 2 pool single-ended, short course (SC) meet. The 25-metre dive tank will be available for warm-up/warm-down. ARES electronic timing system will be used. Café on site. Free Parking on site.

**MEET MANAGER/ ENTRIES:** Brian Bikadi [meetmanager@islandswimming.com](mailto:meetmanager@islandswimming.com)

**MEET REFEREE:** Leon Politano (Fri Sun) Kingsley Lee (Sat)

**OFFICIALS COORDINATOR:** Brian Bikadi [officials@islandswimming.com](mailto:officials@islandswimming.com)

**HEAD COACH / CLUB CONTACT** Dave Tontini [dave.tontini@islandswimming.com](mailto:dave.tontini@islandswimming.com)

SESSION	WARM-UP	START	PROJECTED END
<b>Friday November 9, 2018</b>			
Prelims & Timed	8:00 – 8:50 am	9:00 am	1:00 pm
Finals	4:00 – 4:50	5:00 pm	8:00 pm
<b>Saturday November 10, 2018</b>			
Prelims & Timed Finals	8:00 – 8:50 am	9:00 am	1:00 pm
Finals	4:00 – 4:50	5:00 pm	8:00 pm
<b>Sunday November 11, 2018</b>			
Timed Finals	8:00 – 8:50 am	9:00 am	1:00 pm

**\*\* Remembrance Day Commemoration. There will be a break at 11 am for One Minute of Silence to honour and pay respect for all those who have sacrificed in the line of duty serving our Country.**

**ENTRY DEADLINE November 5, Noon**

**SCRATCH DEADLINE November 6, Noon** (no refunds past this date unless with medical note)

**ELIGIBILITY:**

- Swimmers must be registered with SwimBC or other FINA-related organizations.
- Age group is determined by age of swimmer on November 9, 2018.
- Age groups for this meet are 11&U, 12&13, 14&15 and 16&O.
- Qualifying time standards for all events are included with this meet package.
- Stroke 50m events (Backstroke, Breaststroke and Butterfly) do not have time standards. These events may be entered by any swimmers who qualify for any other event in the meet.
- There are no entry time standards for relay events however; times should be submitted for seeding purposes.
- Para swimmers are eligible and do not have to meet the attached time standards. This is not a para sanctioned meet.
- Swimmers from Island Swimming who do not meet the qualifying standard for an event may be entered in events with empty lanes.



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**ENTRY INFORMATION:**

1. Entries must be uploaded through the Swimming Canada website at [swimming.ca/en/events-results/live-upcoming-meets/](http://swimming.ca/en/events-results/live-upcoming-meets/) prior to the entry deadline of noon on November 5, 2018. American teams should upload their entry files through this same process using the "Out of Country" option in the Province drop down list.
2. Canadian Teams: Entry times must be SCM times only. Long Course (LCM) and converted entry times will not be accepted. NT entries will not be accepted. All times will be validated through the Swimming Canada site.
3. American teams: Entry times must be SCY times only. NT entries will not be accepted.
4. **ENTRY LIMITS:** The total number of swimmers attending the meet will be limited to **550**. Swimmers are limited to nine individual events. Meet Management reserves the right to limit entries in the 800 Free and 1500 Free events to ensure reasonable session lengths.
5. **ENTRY FEES:** \$8.00 per individual event; \$10.00 per relay event; \$9.00 surcharge per swimmer (includes the \$5.00 SCP Facility Enhancement Fee plus a \$4.00 SwimBC Provincial Team Splash fee).
6. Entry fees are due at the beginning of the meet. Payment must be made to the Clerk of Course prior to swimmers entering the water. Cheques should be made payable to **Island Swimming Club**.
7. Entry fees for scratches received after noon November 7, 2018 will not be refunded unless a medical note is provided.
8. All scratches and changes to entries must be emailed to the Meet Manager at [meetmanager@islandswimming.ca](mailto:meetmanager@islandswimming.ca)
9. Deck entries may be accepted at the discretion of the Meet Manager and/or Clerk of Course to fill empty lanes. No new heats will be created.
10. **DECK ENTRY FEES:** \$12.00 per individual event; \$16.00 per relay event. Payment of deck entry fees must be made to the Clerk of Course prior to swimmer(s) entering the water.
11. Deck entries will be exhibition swims only. Deck entries for swimmers not already in the meet **must** include proof of current registration, which shows the swimmer's correct nine-digit Swimming Canada ID and date of birth.

**EVENTS:**

**All Starts will be conducted from starting platforms (Blocks) as per FINA FR2.3 and SW 4.1**

**Individual Events**

1. Age groups for this meet are 11&U, 12&13, 14&15 and 16&O.
2. Events with preliminary heats will be swum senior seeded, slowest to fastest. Results will be separated by age groups and finals for these events will be swum by age group.
3. For all events with preliminary heats, an "A" final will be offered for all age groups. For all events with preliminary heats having more than 24 entries a "B" final will be offered for the 12&13, 14&15 and 16&O age groups. If both an "A" and "B" final are offered, the "A" final will swim first.
4. Timed final events - except for 800 Free and 1500 Free.

**Backstroke**

1. Backstroke ledges will only be used during Final Sessions 2 and 4.

**Timed Finals**

1. All events on Sunday will be Timed Finals.

**400 Free and 400 IM**

1. Will be swum senior seeded, *slowest to fastest*.

**800 and 1500 Free Event**

1. The 800 and 1500 will be swum as timed finals, senior seeded and *fastest to slowest*.
2. All Swimmers aged 12 and older may choose either the 800 OR 1500 and cannot enter both.
3. Meet Management reserves the right to limit entries for the 800 and 1500 to the fastest 40 swimmers for each event. The decision to limit entries will be made after the entry deadline of noon on November 5, 2018. Teams will be notified by email of any swimmers who do not qualify to swim these events and these swimmers will be allowed to enter an alternate event.
4. For the 800 Free and 1500 Free events, the fastest heat of swimmers will swim in the finals session on the day of the event. Results will be separated into age groups.
5. Meet Management reserves the right to double lane both the 800 and 1500 Free.
6. **Positive check-in by 9:00am on the day of the event is required for the 800 Free and 1500 Free events.**

**Relay Events**

1. Relays will be broken down into the meet age categories. And swum as Timed Finals.
2. Teams may enter as many relay teams as they want.
3. Names and ALL relay changes must be submitted to the Clerk of Course no later than 30 minutes after the start of warm up for the session in which that relay will be swum



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**SCRATCH RULES:**

1. Scratches for Friday evening finals **must** be submitted to the Clerk of Course no later than 30 minutes after the completion of Event 12 on Friday morning.
2. Scratches for Saturday evening finals **must** be submitted to the Clerk of Course no later than 30 minutes after the completion of Event 32 on Saturday morning.
3. As a courtesy to other teams and swimmers, scratches for the next morning session should be submitted to the Clerk of Course by 6:00pm the evening before.
4. Please submit all scratches as they become known in order to fill empty lanes if needed.
5. No shows, step downs and incomplete individual swims during finals will result in a \$20 fine for the offending swimmer. Clubs must have all fines paid by the start of the next session. Unpaid fines will result in the offending Club not being able to swim until they are paid in full to the Clerk of Course.

**MEET RULES:**

1. Swimming Canada and SwimBC rules and sanctions will be in effect at this meet.
2. Swimming Canada Warm-Up Competition Safety Procedures will be in effect at this meet. The most current version of these procedures is included in this meet package and can also be found at <https://www.swimming.ca/content/uploads/2015/06/swimming-canada-competition-warm-up-safety-procedures-september-26-2016.pdf>
3. Technical bulletins and updates will be posted at Clerk of Course.
4. Session reports will be posted at Clerk of Course. Please note: these are a guideline only, exact times cannot be predicted.
5. Results will be posted on Meet Mobile
6. All participants are to respect the facility rules.
7. Teams are expected to keep their respective areas clean, including at the conclusion of each session.
8. Parents are not permitted on deck unless volunteering for that session.
9. ALL photographers must have permission from Meet Management to be on deck. ID may be required.
10. No glass containers on deck.
11. Flash photography will not be permitted at the start of each race.
12. Coaches and Volunteers please bring your own refillable water bottle. Water filling stations are available throughout the facility.
13. Outdoor shoes are not permitted, and the facility reserves the right to ask them to be removed.

**AWARDS**

1. 1<sup>st</sup>-3<sup>rd</sup> place finishers will automatically be entered into a prize draw. 1<sup>st</sup>= 3 tickets, 2<sup>nd</sup> = 2 tickets and 3<sup>rd</sup> = 1 ticket. There will be one female and one male prize package drawn during the final session on Sunday.
2. The Randy Bennett Memorial Awards for top female and male FINA points in the 400 IMs will be presented prior to the start of the 400 Free on Sunday.
3. Bell ringer heats will occur randomly throughout the morning sessions.

**SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET**



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**Friday Session 2 : Warm-up 4:00 PM, Start 5:00 PM**

Girls	Event	Boys
13	4 x 50 Free Relay 11&U TF	14
15	4 x 50 Free Relay 12&13 TF	16
17	4 x 50 Free Relay 14&15 TF	18
19	4 x 50 Free Relay 16&O TF	20
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10
11	800 Free (Fastest Heat) TF	12

**Friday Session 1 Heats and Timed Finals:**  
 Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
1	200 Back	2
3	100 Fly	4
5	200 IM	6
7	100 Free	8
9	200 Breast	10
11	800 Free (Fastest Heat to Swim with Finals) TF	12

**Saturday Session 3 Heats & Timed Finals:**  
 Warm-up 8:00 AM, Start 9:00 AM

Girls	Event	Boys
21	100 Back	22
23	200 Free	24
25	100 Breast	26
27	200 Fly	28
29	50 Free	30
31	1500 Free (Fastest Heat to Swim with Finals) TF	32

**Saturday Session 4: Finals**  
 Warm-up 4:00 PM, Start 5:00 PM

Girls	Event	Boys
33	4 x 50 Medley Relay 11&U TF	34
35	4 x 50 Medley Relay 12&13 TF	36
37	4 x 50 Medley Relay 14&15 TF	38
39	4 x 50 Medley Relay 16&O TF	40
21	100 Back	22
23	200 Free	24
25	100 Breast	26
27	200 Fly	28
29	50 Free	30
31	1500 Free (Fastest Heat) TF	32

**Sunday Session 5 Timed Finals: Warm-up 8:00 AM, Start 9:00 AM**

Girls	Event	Boys
41	4 x 50 Mixed Medley Relay 11&U TF	
43	4 x 50 Mixed Medley Relay 12&13 TF	
45	4 x 50 Mixed Medley Relay 14&15 TF	
47	4 x 50 Mixed Medley Relay 16&O TF	
49	50 Fly TF	50
51	400 IM TF	52
53	50 Back TF	54
55	50 Breast TF	56
57	400 Free TF	58



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2018 Bennett Cup  
 Time Standards

	Girls			
	11 & U	12 & 13	14 & 15	16 & O
50 Free	:37.56	:34.08	:32.57	:32.51
100 Free	1:22.74	1:15.17	1:10.67	1:09.95
200 Free	3:00.61	2:45.28	2:34.00	2:32.25
400 Free	6:23.23	5:51.56	5:26.93	5:21.31
800 Free	14:00.00	13:30.00	12:30.00	11:30.00
1500 Free	--	24:00.00	22:30.00	21:00.00
100 Back	1:34.98	1:26.76	1:20.47	1:19.75
200 Back	3:23.00	3:04.09	2:54.03	2:51.87
100 Breast	1:46.80	1:38.10	1:32.20	1:31.23
200 Breast	3:47.38	3:31.44	3:18.69	3:17.87
100 Fly	1:39.11	1:25.21	1:19.65	1:19.19
200 Fly	3:52.06	3:19.53	3:01.28	2:59.97
200 IM	3:23.80	3:04.72	2:53.62	2:52.15
400 IM	7:23.08	6:39.97	6:12.10	6:07.58

	Boys			
	11 & U	12 & 13	14 & 15	16 & O
50 Free	:37.44	:33.89	:30.12	:29.62
100 Free	1:22.80	1:15.24	1:05.76	1:04.59
200 Free	3:02.66	2:45.50	2:24.11	2:21.60
400 Free	6:29.09	5:54.52	5:10.07	5:00.19
800 Free	14:00.00	13:00.00	12:00.00	11:00.00
1500 Free	--	23:30.00	22:00.00	20:30.00
100 Back	1:35.55	1:26.49	1:15.65	1:13.65
200 Back	3:26.84	3:03.30	2:44.13	2:40.17
100 Breast	1:49.49	1:39.89	1:25.81	1:23.37
200 Breast	3:55.28	3:31.67	3:08.82	3:02.02
100 Fly	1:40.47	1:25.55	1:14.06	1:10.65
200 Fly	3:53.83	3:20.71	2:52.76	2:43.69
200 IM	3:26.80	3:07.68	2:44.86	2:38.63
400 IM	7:23.18	6:42.37	5:49.18	5:41.33



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