



55+ BC Games

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Swimming

Revised November 2015

1. Age Categories:

- (a) Men and Women 55 to 59; 60 to 64; 65 to 69; 70 to 74; 75 to 79; 80 to 84; 85 to 89, 90 + years of age (ages to be calculated as of December 31).
- (b) For relays the age groups are as follows:
 - 220 total years of age to 259 total years of age
 - 260 total years of age to 299 total years of age
 - 300 total years and over.

2. Events:

- (a) The following schedule of events for men and women* shall be followed by the Host Community:

Day 1 - Thursday

- 30-minute warm-up -
- 1. 400m Freestyle
- 30-minute recess / warm-up -
- 2. 50m Breaststroke
- 3. 100m Freestyle
- 4. 25m Backstroke
- 5. 100m Individual Medley
- 6. 4x25m Medley Relay

Day 2 - Friday

- 30-minute warm-up -
- 7. 800m Freestyle
- 30-minute recess / warm-up -
- 8. 100m Breaststroke
- 9. 50m Freestyle
- 10. 50m Butterfly
- 11. 25m Breaststroke
- 12. 100m Backstroke
- 13. 4x25m Freestyle Relay

Day 3 - Saturday

- 30-minute warm-up -
- 14. 200m Freestyle
- 15. 25m Butterfly
- 16. 50m Backstroke
- 17. 25m Freestyle
- 18. 200m Individual Medley
- 19. 4x50m Mixed Freestyle Relay
- 20. 8x25m Fun Relay – (Non-Medal Event) (Pick-up teams – any age/stroke/Zone)

NOTE: *Men and Women seeded together slowest to fastest.

- (a) Each day will start with a 30-minute warm-up swim session.
- (b) There will be a 30-minute recess / warm-up after the 400m and 800m Freestyle events.

1. Participation:

Each Zone may enter up to 24 men and 24 women in swimming events as follows:

- (a) Three men and three women swimmers from each age category per Zone, for a maximum of six swimmers from each age category per Zone.
- (b) Where some age categories are under filled, swimmers of either gender may be added to other age categories where additional swimmers are available provided:
 - (1) the Zone total of 48 swimmers is not exceeded, and
 - (2) no swimmer is discouraged from competing in order to accommodate additional swimmers (all swimmers must swim in his/her own age category).
- (c) In 800m and 400m events, heats will be determined by seed times, slowest to fastest. Men and women will swim together in heats for 800m freestyle. Swimmers must pre-register by 2:00 p.m. of the previous day. Due to the numbers of swimmers, the scheduling may require two swimmers per lane. Men swimmers would share a lane with another male and women with women.
- (d) All events are open to all registered swimmers; however:
 - (1) each swimmer is limited to a maximum of 6 individual events, and may not swim more than 3 individual events per day. Relay participation is limited to one event per day;
- (e) For the Free and Medley Relays, in each relay age group, one women's team and one men's team selected from the above swimmers may be entered from each Zone. Submit on Relay Team form attached to these rules.
- (f) For the Mixed Free Relay, one composite team consisting of two men and two women may be entered from each Zone in each relay age group. Submit on Relay Team form attached to these rules.
- (g) Zones with three or less men and/or three or less women may enter relays using swimmers from any other Zone of like composition. Such teams shall qualify for medals with medals being awarded to Participants on behalf of their Zone, but will not be counted toward the total medal count.
- (h) Zones must use up all of their own swimmers for relays. However, if a zone only has three swimmers and needs one more to complete a relay team in an under filled age

group, the zone may borrow a swimmer from a different zone. Such teams shall qualify for medals with medals being awarded to participants on behalf of their zone, but will not be counted toward the total medal count.

- (i) No coaching will be allowed while a heat is in progress.
- (j) All heats are finals.

4. **Competition:**

- (a) **Swim BC will sanction and conduct this event as per the Memorandum of Understanding (MOU), May 2011 agreement. Zone Coordinators, participants, coaches/managers are advised to review the rules of swimming used by Swim BC: Swimming Natation Canada (SCN) Rules of 2013 with Master Swimming Canada (MSC) General Rules, 2013-2017, Appendix C. The latter accommodates the senior swimmer, together with the 55+ BC Games Swimming Rules.**
- (b) Any physical or medical condition that hinders the correct performance of a stroke must be brought to the attention of the referee before the start of the race. A medical certificate/note is required.
- (c) **In the case of a disqualification (DQ), the swimmer must be personally notified immediately. Protests can only be made by the Zone Coordinator, coach or manger to the Referee and must be made within 30 minutes of the DQ announcement and posting on the DQ display board. Further protest must follow the BCSGS General Rules 12 1) (b) and Policies and Procedures Specific to the Games Page 19 # 11 (a).**

5. **Entry Information:**

- (a) **55+ BC Games Sport Form** available from Zone Swimming Coordinator **or the website** must be completed in all details by each swimmer, including best year time to date to aid correct placement in heat. A "No Time" (NT) is not permitted.
- (b) Relay teams must be submitted up to one and one half hour into the start of the first event each day, **using Relay Team Form attached to the rules.**
- (c) Scratches must be made to the Clerk of Course by the end of warm-up each morning for the day's events.
- (d) No individual deck entries are permitted.
- (e) No replacements are allowed in individual competition [see General Rule 7].
- (f) Seeding will be slowest to fastest with male and female swimmers seeded together in all events except relays. Results will be separated by age group and gender. All events will be timed finals.
- (g) If a member of the MSABC the membership number must be entered on the **Sport Form.**
- (h) For the 800m Freestyle event, confirmation of participation is required by the end of Day 1. The revised heat information for the 800m Freestyle event will be posted at the start of Day 2.
- (i) The event must be held in an indoor venue complying with all the requirements laid out in the Bid Document **and MOU for a sanctioned meet.**

6. **Medals:**

- (a) Gold, Silver and Bronze medals shall be awarded to the top three swimmers in all individual events.
- (b) Gold, Silver and Bronze medals shall be awarded to all team members in the top three positions in relay events except the 200m FUN Relay.

7. **Zone Playoffs:**

Zones are permitted to use their own selection process to determine which swimmers qualify for the Games.



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RELAY TEAM

Zone Name: _____

Zone # _____

Event # _____

Event Name: _____

Submit on or before time stated on schedule to Clerk of Course or alternate.
Submit names in order they will swim. No changes permitted.

#	Name	Age	Stroke (if Medley)
1			
2			
3			
4			

Total Age _____



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RELAY TEAM

Zone Name: _____

Zone # _____

Event # _____

Event Name: _____

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