

Swimming

Revised November 2019

Refer to the 55+ BC Games 'General Rules Book' for additional general rules that apply to all sports.

1. Age Categories

Men 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

Women 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

For relays the age categories 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 year of age to 339 total year of age

340 total years and over

2. Events

a) Freestyle - 25m, 50m, 100m, 200m, 400m*, 800m*

b) Breaststroke – 25m, 50m, 100m

c) Backstroke – 25m, 50m, 100m

d) Butterfly - 25m, 50m

e) Individual Medley – 100m, 200m

f) 4X25m Medley Relay

g) 4X25m Freestyle Relay

h) 4X50m Mixed Freestyle Relay

i) 8X25m Fun Relay (non-medal event)(Pickup teams – any age/stroke/zone)

Schedule of events

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

c) The following schedule of events for men and women shall be followed by the Host Society Sport Chair

DAY 1 – THURSDAY	DAY 2 – FRIDAY	DAY 3 – SATURDAY
- 30 minute warm up	- 30 minute warm up	- 30 minute warm up
400m Freestyle	800m Freestyle	200m Freestyle
- 30 minute recess/warm up	- 30 minute warm up	25m Butterfly
50m Breaststroke	100m Breaststroke	50m Backstroke
100m Freestyle	50m Freestyle	25m Freestyle
25m Backstroke	50m Butterfly	200m Individual Medley
100m Individual Medley	25m Breaststroke	4X50m Mixed Freestyle Relay
	100m Backstroke	8X25m Fun Relay
	4X25m Freestyle Relay	

3. Participation

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

- a) Three men and three women participants from each age category per zone, for a maximum of six participants from each age category per zone
- b) Where some age categories are under filled, participants of either gender may be added to other age categories where additional participants are available provided:
 - a. The zone total of 48 participants is not exceeded, and
 - b. No participant is discouraged from competing in order to accommodate additional participants.
- 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. Participants must preregister by 2:00 pm of the previous day. Due to the numbers of participants, the scheduling may require two participants per lane. Men participants would share a lane with another male and women with women.
- d) All events are open to all registered participants however; each participant is limited to a maximum of six individual events and may not swim more than three individual events per day. Relay participation is limited to one event per day.
- e) For the Freestyle and Medley relays, in each relay age group, one women's team and one men's team selected from the above participants may be entered from each zone. Submit on Relay Team form attached to these rules.
- f) For the Mixed Freestyle relay, one composite team consisting of two men and two women may be entered from each zone in each relay age category. 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 participants 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) Zone must use up all of their own registered participants for relays. However, if a zone only has three participants and needs one more to complete a relay team in an under filled age group, the zone may borrow a participant 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) **The rules of swimming used by Swim BC and Swimming Natation Canada shall apply with 55+ BC Games exceptions. This is a sanctioned event through Swim BC**
- b) **The Host Society Sport Chair will post schedules, draws and results at the venue throughout the competition.**
- c) 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 is not required.
- d) In the case of a disqualification (DQ), the participant must be personally notified immediately. Protests can only be made by the Zone Coordinator, coach or manager to the referee and must be made within 30 minutes of the DQ announcement and posting of the DQ display white board.
- e) Put in light and sound for starter.
- f) **All swimming venues should use a touch pad system, if available, to ensure timing accuracy and eliminate potential human error.**
- g) Entry Information

- 1) 55+ BC Games sport form available from Zone Swimming Coordinator or the website must be completed with all details by each participant, including best year 'time to date' to aid correct placement in heat. A 'no time" (NT) is not permitted.
- 2) Relay teams must be submitted up to one and one half hour into the start of the first events each day using the Relay Team form attached to the rules.
- 3) Scratches must be made to the Host Society Sport Chair by the end of warm up each morning for the day's events.
- 4) No individual deck entries are permitted.
- 5) No replacements are allowed in individual competition (see BCSGS General Rules Book)
- 6) Seeding will be slowest to fastest with men and women seeded together in all events except relays. All events will be timed finals.
- 7) If a member of the MSABC the membership number must be entered on the sport form
- 8) For the 800m Freestyle event, confirmation of participant in required by the end of Day one. The revised heat information for the 800m Freestyle events will be posted at the start of Day two.

5. Medals

- a) Gold, Silver and Bronze medals shall be awarded to the top three participants 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 8X25m Fun relay.

6. Zone Playdowns

- a) Zone are permitted to use their own selection process to determine which participants qualify for the Games.



55+ BC GAMES

RELAY TEAM

Zone Name: _____ Zone # _____

Event # _____ Event Name: _____

Submit on or before time stated on schedule to Host Society Sport Chair or alternate.
Submit names in order they will swim. No changes permitted.

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

Total Age _____