

2010



BC CHAMPIONSHIPS



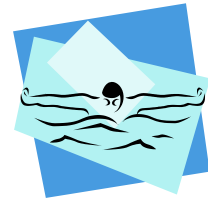
WATER POLO



DIVING



SYNCHRO



SWIMMING

BC Summer Swimming Association

205 - 2323 Boundary Road, Vancouver, BC V5M 4V8
Tel : (604) 473-9447 Fax: (604) 473-9660
www.bcsommerswimming.com

Hosted by Okanagan Organizing Committee



BC SUMMER SWIMMING ASSOCIATION 52nd BC CHAMPIONSHIPS (BCCH)

DATES: August 16 to 22, 2010

- | | |
|--|--|
| <p>1. WATER POLO
August 16, 2010
7:00 am – 9:00 pm
August 17, 2010
7:00 am – 8:00 pm
August 18, 2010
7:00 am - 12:00 pm</p> | <p>2. DIVING
August 17, 2010
8:00 pm – 10:00 pm
August 18, 2010
12:00 pm – 4:30 pm
August 19, 2010
7:00 am – 11:30 am</p> |
| <p>3. SYNCHRO
August 18, 2010
5:30 pm – 9:30 pm
August 19, 2010
11:30 am – 4:30 pm</p> | <p>4. SWIMMING
August 20 to 22, 2010
8:00 am – 6:00 p.m.</p> |

All four aquatic sports including Water Polo, Diving, Synchronized Swimming and Competitive Swimming will be held at the Canada Games Aquatic Centre.

Address: 910 McGill Road, Kamloops, BC V2C 6N6

MEET COMMITTEE MEMBERS

Meet Chairperson:	Neil Wuolle
Meet Manager:	Tony Tsang
Meet Referee:	Trudy Kemper
Meet Registrar:	Brenda Krueger
Diving Coordinator:	Joanna Linardis
Water Polo Coordinator:	Jim Toy
Synchronized Swim Coordinator:	Stella Kosciuk
Meet Treasurer:	Ken Davidson
Hospitality:	Cindi Borsoi

Okanagan Organizing Committee

Chairperson	Cheryl Elke
Secretary	John Holmwood
Marketing coordinator	Kevin Nesdoly, Dalyce Brandt
Equipment coordinator	Wayne Elke
Venue coordinator	Sean Smith, Heidi Ogilve
Member At-Large	Janet Evans



Venue:

Canada Games Aquatic Centre

- A 50 metres long, 8 lanes indoor pool which will be divided into 2 pools; senior pool at the North end and junior pool at the South end. Both pools will be used concurrently for speed swimming competitions.
- Spectator viewing area and bleachers are located on the upper deck along the southeast side of the swimming pool. Access will be through the doorways at the parking lot south east of the aquatic centre.
- Coaches' bleachers are located on deck along the southeast side of the swimming pool.
- Marshalling and vendors area are located in the northern part of the adjacent indoor track field. The indoor track field is air conditioned. Athletes will be marshalling to their events from the indoor track field. No spikes will be allowed indoor.
- Parking is available at the Aquatic Centre and/or Thompson Rivers University.

RULES:

The BCSSA Rules and Regulations as published in April 2010 will apply.

All member clubs, competitors, coach, officials or individuals attending the Championships shall abide by the Code of Conduct as stipulated in Section 3 Conduct of The Administration of the BCSSA Rules and Regulations and in this meet package. Any members or individuals who violate or fail to comply with the BCSSA Code of Conduct, or rules and regulations may be disciplined at the sole discretion of the Meet Manager. Disciplined members or individuals may be appealed to the BCSSA Provincial Board. The decision rendered by the BCSSA Provincial Board on the matter shall be final.

STARTING SYSTEM FOR SPEED SWIMMING:

The Omega Timing System (ARES 2.24b) will be used as the approved automatic judging and timing system for the Speed Swimming Championships in accordance with the current BCSSA rules. The Omega Timing System will be backed up by three (3) electronic plungers per lane. The electronic plungers are approved part of the automatic timing system per January 24 & 25, 2009 BCSSA Board Resolution. Electronic plunger will be operated by lane timers and recorders. Electronic plunger results shall be recorded and reported to 100^{ths} of a second only. If a malfunction or light touch invalidates the touch pad results, the electronic plunger results are considered as the Official times. Swimmers with identical Official Times shall be tied both for places and time in accordance with Swimming Section 8C.3. and 9B.3.

Should the automatic judging and timing system fail for an extended period of time (20 minutes or more), the Championships will proceed with manual timing (3 stopwatches with "starting gun", see *Swimming Sections 8 B and C 4, 5 & 6 of the BCSSA rule book*) until the electronic judging and timing system is running again. Should a failure occur between Heats, the remaining Heats of the event will be postponed and then swum once the automatic system is running again. BCSSA Swimming Rule Section 2C.10 (20 minute rule) governing re-swims will apply.

BCSSA REGIONS & CLUBS - 2010



CARIBOO (CA)

DAW Dawson Creek Seals	FIN Fort Nelson Finns	FSJ Ft. St. John Stingray
MAC Mackenzie Rainbows	PGP Prince George Pisces	QUE Quesnel Aquatic Club

FRASER SOUTH (FS)

BOU Boundary Bay Bluebacks	CLO Cloverdale Tritons	CRB Crescent Beach S.C.
LAD Ladner Stingrays	NOD North Delta Sunfish	RIC Richmond Kigoos
SUR Surrey Sea Lions	WHI White Rock Amateur	

FRASER VALLEY (FV)

ABB Abbotsford Whalers	AGA Agassiz/Harrison S.C.	CWK Chilliwack Stringrays
HAN Haney Neptunes	LAN Langley Flippers	MIS Mission Marlins
FVD Fraser Valley Diving		

KOOTENAY (KO)

CAS Castlegar Aquanauts	COL Colville Sharks	CST Creston Swim Club
GFA Grand Forks Piranhas	KIM Kimberly Sea Horses	NEL Nelson Neptunes
TRA Trail Stingrays		

OKANAGAN (OK)

GOL Golden Dolphins	KAM Kamloops Tsunami	OGO Kelowna Ogopogo
LIL Lillooet Killer Whalers	LUM Lumby Lightning	MER Merritt Otters
PEN Penticton Pikes	PRI Princeton Kokanee	REV Revelstoke Aquaducks
SAA Salmon Arm Sockeyes		

SIMON FRASER (SF)

BMM Burnaby Mtn. Mantas	BUR Burnaby Barracudas	COQ Coquitlam Sharks
PCM Port Coquitlam Marlins	PMA Port Moody Aquarians	

VANCOUVER & DISTRICT (VD)

NOR N. Shore Winter Club	NVC North Van. Cruisers	VIK Vancouver Vikings
SQU Squamish Aquatic Club	SUP Super Sharks S.C.	VWP Vancouver Water Polo

VANCOUVER ISLAND (VI)

CAM Campbell Rr. Salmon Kings	COU Comox Valley Blue Devils	CVB Cowichan Valley Breakers
NAN Nanaimo White Rapids	OAK Oak Bay Orcas	PDI Pender Island Otters
POW Powell River Aquatic Club	SID Sidney Piranhas	JUA Juan de Fuca Royals
SSS Salt Spring Stingrays		

The club acronyms to be used are shown above. These acronyms are the only acronyms officially recognized by the Chief Meet Recorder and will be used to compute regional points.

AWARDS



Water Polo

BCSSA shall provide and present medals to each player/coach on the gold, silver and bronze medal teams. A maximum of fifteen (15) medals per team will be provided.

Team Points for Water Polo will be awarded 36, 32, 30, 28, 26, 24, 22, 20.

Synchro

Final placing in the figure competition for each figure event is determined by the figure scores. Medals will be awarded to the top three finishers in each figure event. Final placing for the routine competition for each age group is determined by the composite figure and routine score (Championship Score). Medals will be awarded to the top three finishers (Championship Score) in each routine event.

Figures: 9, 7, 6, 5, 4, 3, 2, 1
Duet/Team: 18, 14, 12, 10, 8, 6, 4, 2

Diving

MEDALS: 1st, 2nd, 3rd
RIBBONS: 4th to 8th

Awards will be presented to all divers, immediately following the competition. It is important ALL divers be there NOT just the award winners.

Divers receiving awards will be dressed in competitive bathing suits, bare feet, and hair done neatly. No hats or other adornments. Please make sure your team is there and ready on time. TEAM PICTURES will be taken after the awards. All team divers in bathing suits for pictures. Please tell parents we want your entire team.

Trophies

Junior Girls Team	Army and Navy Department Stores
Junior Boys Team	Army and Navy Department Stores
Senior Girls Team	Super Value Stores
Senior Boys Team	Super Value Stores
Girls Team	Woodwards Stores
Boys Team	C.K.N.W.X. Radio
Regional Team	BCSSA Regional Award
Team	BCSSA Challenge Cup

All trophies will be awarded at the end of all the diving events, immediately after the individual awards. Please have the entire team present Thursday, August 19. Have everyone there a half hour early, dressed correctly.

Team Points for diving will be awarded 36, 32, 30, 28, 26, 24, 22, 20.

The recipients of trophies are responsible for having them engraved. The trophy must be returned to the Diving Director **in advance** of the next BC Championships.



Speed Swimming

Provincial Record Plaque: Received for any new BC Championships (BCCH) record, if it is standing after Finals (for “S” or “O” – Individual Events and Club Relays) and if there was a time established for that event at a previous BCCH Meet.

Record plaques will be presented throughout Finals Saturday and Sunday only, after the record has been achieved and announced. If a record was set in the heat and not broken in finals that swimmer will be called during finals. A special table will be set-up where plaques can be obtained by successful swimmers.

Medals: 1st, 2nd and 3rd Individual Events (Tier “S” & “O”)
1st, 2nd and 3rd Relay Events (Tier “S” & “O”)

Ribbons: Double Ribbons 4th to 8th (Individual and Relay Tier “S” & “O”)
Single Ribbons 9th to 16th (Individual Events Tier “S” & “O”)

Regional Points will be awarded:

Consolations:	9, 7, 6, 5, 4, 3, 2, 1
Finals:	18, 16, 15, 14, 13, 12, 11, 10
Relays:	36, 32, 30, 28, 26, 24, 22, 20

Medals & Ribbons

- a) Friday’s awards will be ready by Saturday (TBA)
- b) Saturday’s awards will be ready by Sunday (TBA)
- c) Sunday’s awards will be ready Sunday (approx. 1 ½ hours after the last Finals; TBA)

REGIONAL DIRECTORS ARE RESPONSIBLE FOR THE RETURN OF ANY TROPHIES.

Trophies are to be returned in the same condition as received and prior to next year’s Championships Meet.



ENTRIES

1. The Regional Championships event list as shown in the Final Results **must coincide with the event numbers of this invitation.** If there is an event numbered differently, change the numbers on the Final Results in order to agree with the Provincial system. Entries must conform to Provincial Event numbers in this Meet Package.

All information submitted for the BC Championships (BCCH) Meet Registration must use the BCCH Meet Event Numbers. **No exceptions.**

Note: All Tier "O" events have their own event number.

2. BCCH qualifiers, from each region, must be submitted using Hy-tek's Meet Manager program "Advancer" file.
3. Entries are to be emailed to office@bcssa.bc.ca and mtcoach@gmail.com by 4:00 PM on August 9, 2010. However, it is recommended that regions should send in their entries as soon as possible after the completion of the Regional Championships Meet. Those entries from each region will be entered into the BCCH Meet; a verification list will be emailed back to the Regional Directors by August 9, 2010 11:59 PM. Any changes or corrections the region needs to make must be emailed back to the above email addresses by 12:00 noon on August 10, 2010. If there are no changes or corrections, an email with the file attached confirming that the submitted entries are correct must be sent to the above addresses by 12:00 noon.

An unlocked copy of the BCCH meet, the "Advancers" file and email confirming that these are the correct entries and all entry information for Diving, Synchro, and Water Polo must be in the BCSSA office no later than 12 noon on Tuesday August 10, 2010.

Completed Entries to BCSSA Office are due by:

Tuesday, August 10, 2010

The Payment Form, 1 cheque for all BCCH entry fees and 2 copies of the Regional Championships Final Results showing alternates for swimming must be received in the BCSSA office at 2323 Boundary Road, Vancouver, BC V5M 4V8 Attn: Tony Tsang before close of business on **Thursday August 12, 2010.**

BCCH Entry Fees must be made by cheque payable to "BCSSA". Cash is not accepted.

Please note that lane Rentals fee for warm ups are mandatory fees. No exception.

If you have any questions or need any help, please contact Director of Competitions or Meet Manager at mtcoach@gmail.com or phone (604)313-2286. If you email, please include a phone number which you can be reached.

5. \$8.00 per Individual Event; \$12.00 per Relay; \$12.00 per Regional Medley Relay
6. All discrepancies with entries to the BC Championships Meet will be dealt with by the Meet Manager.



BCSSA PAYMENT FORM

Return To:

BCSSA Office
#205-2323 Boundary Road, Vancouver, BC V5M 4V8

PAYMENT DUE DATE: **Thursday, August 12, 2010**

REGION: _____

CONTACT PERSON: _____ TELEPHONE: _____

1. **SPEED SWIMMING**

a) Individual Swims _____ x \$8.00 = _____

b) Relays _____ x \$12.00 = _____

c) Reg. Medley Relay _____ x \$12.00 = _____

d) Lane Rentals (Warm-up) 2 x \$150.00 = \$300.00
(Mandatory)

Sub-total = _____ \$ _____

2. **DIVING**

a) Events _____ x \$25.00 = _____

Sub-total = _____ \$ _____

3. **SYNCHRO**

a) Figures _____ x \$5.00 = _____

b) Duets _____ x \$10.00 = _____

c) Teams _____ x \$20.00 = _____

d) Judges Fee (\$40 per family) _____ x \$40.00 = _____

Sub-total = _____ \$ _____

4. **WATER POLO**

a) Teams _____ x \$325.00 = _____

b) Referee Fee _____ X\$150.00 = _____

Sub-total = _____ \$ _____

ONE CHEQUE ONLY (Payable to "BCSSA") **GRAND TOTAL** \$ _____



WATER POLO

Monday, August 16, 2010

7:00 am – 9:00 pm

P5: Open
P4: 18 & Under
P3: 15 & Under
P2: 13 & Under
P1: 11 & Under

Tuesday, August 17, 2010

7:00 am - 8:00 pm

P5: Open
P4: 18 & Under
P3: 15 & Under
P2: 13 & Under
P1: 11 & Under

Wednesday, August 18, 2010

7:00 am – 12:00 Noon

All AWARDS

Wednesday, August 18, 2010

Following the Tournament

**COACHES AND MEMBERS:
PLEASE VISIT THE BCSSA WEBSITE FOR INFORMATION ON SCHOLARSHIPS AND
BURSARIES www.bcsummerswimming.ca; go to "About"**



WATER POLO BC CHAMPIONSHIPS POLICY

INTRODUCTION

It is the objective of BCSSA to have each region field a team(s) at the BCSSA Water Polo Championships and that fair competition and sportsmanship prevail.

SECTION A - GOVERNANCE, CATEGORIES, DEFINITION (eligibility), REGISTRATION

1. Governance

Rules for the 2010 Provincial Championship Competitions.

All Provincial Championships are governed by the BCSSA in accordance with the By-laws, Rules and Regulations set forth by the BCSSA Board.

2. Categories of Play

Co-educational Provincial Championships will be played in the following categories:

- i) P5: Open
(See Section B item 3(ii) for minimum composition.)
- ii) P4: 18 & Under. Players born in 1992 1993 1994 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)
- iii) P3: 15 & Under. Players born in 1995, 1996 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)
- iv) P2: 13 & Under. Payers born in 1997, 1998 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)
- v) P1: 11 & Under. Players born in 1999 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)

3. Definition

"Participant" in a Provincial Championship shall be understood to include players, coaches, referees, managers, volunteers and medical personnel.

4. Entry Format

- i) **Entries:** All provincial championships, as indicated in **Section A-2** are Co-educational categories. Teams qualify for Provincial Championships by regional play downs.

Attached Water Polo Entry forms must be duly completed and submitted to the Director for Water Polo c/o the BCSSA office 205-2323 Boundary Road, Vancouver, B.C., V5M 4V8, not later than **August 10, 2009 12 noon (earlier where possible)**.



The full names of all participants must be included on the Water Polo Entry Form.

All participants must be registered and in good standing with the BCSSA. Individuals or teams not abiding by this rule will not be permitted to participate in the Provincial Championships.

Copies of the Water Polo Entry Form (maximum 13 players) for each game must be presented to the recording/official's table 20 minutes before scheduled game time.

- ii) **Fees:** A (\$325.00) three hundred and twenty five-dollar entry fee and a (\$150.00) one hundred and fifty dollar referee fee **must** accompany the entry form for each team entered. Any cheque returned to BCSSA for reason of "non-sufficient funds" ("N.S.F.") will be returned to the point of origin immediately and an additional fee of (\$25) twenty-five dollars will be added to the entry fee.

SECTION B - GENERAL RULES

1. Rules of Play

The rules of play for all championship categories shall be in accordance with the BCSSA Rules and Regulations.

2. Team Eligibility

- i) In order to be eligible to participate in the Provincial Championship, club teams (other than as provided for in Section B6(i)) **must be registered with a member club and BCSSA by the second Thursday in July.**
- ii) **A responsible adult/chaperone, other than the Head Coach or players, must accompany and be responsible for each team participating in the Provincial Championships. This adult/chaperone must be present at all Team Games.**
- iii) **The Head Coach of each team is to be fully certified NCCP Level One or current Canadian equivalent.**
- iv) **ANY COACH WHO HAS COACHED A TEAM DURING THE SEASON WILL NOT BE PERMITTED TO PLAY WITH THAT TEAM; EXCEPT FOR P5**

3. Team Composition

- i) Teams in all categories are permitted to select **thirteen (13) players**, all of whom must individually be properly registered with BCSSA and be collectively registered as a **Member Team** and listed on the duly completed Water Polo Entry Form.
- ii) The minimum team composition is seven (7) players (goalie included); three of whom must be girls, and three of whom must be boys. A minimum of three (3) girls/boys must be in the water at all times except as in provided in 3, iii of the Meet Package.
- iii) If a team has only four girls/boys and due to exclusions was reduced to three (3) eligible girls/boys and an additional girl/boy was excluded from the game for three personal fouls or a misconduct. The team will play one member short with only two (2) girls/boys in the water.



- iv) Alternates:
 - a. Each team may list (2) alternates on their roster. The same player may be listed as an alternate for more than (1) one team, as long as all other eligibility requirements are met. Once an alternate replaces a player on a roster, that alternate may not be used as an alternate on another team.
 - b. Once a player on a roster is replaced by an alternate, that player may not return to that team roster for the duration of that tournament.

If there is doubt about player eligibility, please contact the BCSSA Office/Water Polo Director prior to the Game/Tournament, or contact the Meet Manager BEFORE the player or players enter the water.

4. **Regional Selection**

- i) Where there is one club registered in a region and other clubs within the region having Water Polo Players, the **Regional Director** or the **Director of Water Polo** can allow the amalgamation of those players under one club, for participation at Regional Championships, as a second team within the region.
- ii) Any region with more than one team registered, in an age category, must have a play off for that category to determine a representative for that region at Provincials.

5. **Competition Format**

Unless otherwise indicated and approved by BCSSA, the normal format shall be a round robin when 3 to 5 teams enter. If possible, teams will play a maximum of 3 games per day. All teams will play a minimum of four (4) games.

6. **Tie Breaking Procedures** Refer to Rules and Regulations
Section 4.B (Rules of the Game)

7. **Veto**
No vetoes, pertaining to referees, shall be permitted during the Provincial Championships. Referees are assigned wherever possible on the basis of geographic neutrality.

8. **Protests** Refer to Rules and Regulations Section 11.A and 11.B

9. **Conduct/Discipline** Refer to Rules and Regulations Section 12.A and 12.B

10. **Brutality/Misconduct/Disrespect** Refer to Rules and Regulations Section 10

11. **Forfeits/Defaults**

- i) Any team which forfeits a game will lose by a score of 7-0. Additional action will be based on a review of the circumstances by the Discipline Committee.
- ii) If all girls/boys from one team are excluded from the game, the team will forfeit the game.
- iii) A forfeit occurs when less than six (6) members of a team are present at the start of the game, or when an ineligible player is participating, or if a team does not have three (3) members of each sex to start the game.

Note: Teams that do not satisfy the minimum player requirements 5 minutes after the scheduled game start time will forfeit.

Note: A forfeit will result in a score of 7-0 for the winning team and 2 points towards standings. 0-7 against the forfeiting team and 0 points toward standings.

12. ***Selection of Game Referees***

Referees for all games shall be appointed by the Referee-In-Chief.

Referees for medal-round games shall be selected by the participating coaches, with the gold medal game receiving priority.

If no consensus can be reached by the two participating coaches in each of the medal-round games, referees will be assigned by the Referee-In-Chief.

13. ***Water Polo Caps***

If a bathing cap is worn under a Water Polo Cap, it **MUST** be the same colour as the water polo cap.

14. ***Team Benches***

Refer to Rules and Regulations Section 2.C

15. ***Articles Causing Injury***

Prior to taking part in a match, the players must discard all articles likely to cause injury.

The following objects are **not** permitted:

- rings
- necklaces
- earrings
- eye- finger glasses
- long toe nails
- Swimming goggles, including prescription goggles

Soft, safety and prescription glasses **are** permitted. Other objects not listed here will be examined by the officials before the tournament begins.

SECTION C - GENERAL INFORMATION

1. ***Pre-Competition Meeting***

BCSSA will organize and conduct a pre-competition meeting for coaches, officials and team personnel. It is the responsibility of each team to **ensure** that a representative is in attendance.

The following agenda items will be discussed at the meeting:

- Schedule
- Protest Committee
- Competition rules
- Verification of team rosters
- Tournament procedures

2. ***Championship Awards***

BCSSA shall provide and present medals to each player/coach on the gold, silver and bronze medal teams. A maximum fifteen (15) medals per team will be provided.



SECTION D - RESPONSIBILITIES

1. **BCSSA**

BCSSA shall ensure the following:

- i) That all teams have paid the entry fee by the deadline and that all players are registered members of BCSSA and eligible to play.
- ii) That a competition Referee-In-Chief is selected.
- iii) That all referees are eligible to referee, and coaches are registered with BCSSA.
- iv) That a referee schedule is compiled at the discretion of the Referee-in-Chief.
- v) That the host organization and all participating teams are provided with a competition schedule as soon, as is practical.
- vi)
 - a) The ball used for all 11 & U BCSSA competitions shall be the Mikasa #6008, #6608 or equivalent.
 - b) The Mikasa #6009 ball or equivalent shall be used for all other age groups.
- vii) That a minimum of three (3) minor officials are provided for each **P5**, **P4** and **P3** game and two (2) for each **P2** and **P1** games. Minor officials are not permitted to work more than three (3) games in succession.
- viii) That an adequate swimming area is provided for team warm-ups prior to the start of each game, where possible.
- ix) That official closing ceremonies are included for each competition.

2. **Club/Team**

a) Responsibilities

The club/team attending a Provincial Championship shall ensure the following:

- i) That the entry fee is paid directly to the region and forwarded to BCSSA by **August 10, 2010**.
- ii) That all players are registered with BCSSA.
- iii) That a duly completed Provincial Championship Water Polo Entry Form is submitted to BCSSA by the same date as indicated for the submission of the entry fee.
- iv) That all Provincial Rules and Regulations are maintained and adhered to and that the club/team is in good standing with BCSSA.
- v) That all expenses incurred by the team are paid for by the club organization.
- vi) Each team **must** provide, at its own expense, a minor official for each game (who is expected to be on deck ten (10) minutes prior to game time) and a responsible adult other than the head coach or player who will be responsible for the team.

THE CLUB/TEAM ATTENDING A PROVINCIAL CHAMPIONSHIP IS RESPONSIBLE FOR PROVIDING ITS OWN WATER POLO CAPS AND PRACTICE BALLS.

b) Sanctions that may apply:

- i) Removal from area of competition.
- ii) Loss of game(s) 7-0.
- iii) Non-acceptance of entry.



- iv) Forfeit of entry fee.
- v) Cannot participate in the medal round.
- vi) Other sanctions may apply.

The following are some specific sanctions, which will be applied against the following infractions:

- i) A team which drops out, after the deadline. The following sanction will apply:
 - forfeit entry fee.

- ii) A team participates in a game with a non-registered player (not part of the BCSSA membership listing); the following sanctions will apply:
 - A non-registered, or otherwise ineligible, player(s) cannot take part in any game(s).
 - A team using or having used non-registered player(s) shall lose by a score of 7-0 for each game.
 - A team using or having used non-registered player(s) further sanctions may be imposed but not limited to the following:
 - Suspension from the tournament
 - Suspension for a period of one year
 - Fine
 - Disciplinary Hearing

- iii) A team participates in a game with an ineligible player(s); the following sanctions will apply:
 - An ineligible player(s) cannot take part in any game(s).
 - A team using an ineligible player(s) shall lose by a score of 7-0 for each game.

- iv) A team/club or participant fails to abide by any ruling imposed by BCSSA; the following must apply;
 - The club/team or individual participant will be denied access to further BCSSA activities until the complaint is rectified.

- v) If a team commits any infraction with the intention to gain an advantage (e.g. use of non-registered, illegal players; forfeit a game in the purpose of gaining or make another team gain a better ranking); the following sanction will apply:
 - The team cannot take part in the medal round.
 - The team shall lose by a score of 7-0 for each game in which they have intentionally tried to gain an unfair advantage



**BCSSA WATER POLO
PROVINCIAL CHAMPIONSHIP
Entry Form**

Regional Team _____ Club Team _____

Team Contact _____ Phone _____ **P5: Open**
P4:18 & Under P3:15 & Under
P2:13 & Under P1:11 & Under

Team Minor Officials _____

Team Chaperon _____

	Cap No.	First Name	Last Name	Registration #	Club Initials	Birthdate (Y/M/D)	Polo Only
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
Alternate							
Alternate							
(Coach)							
(Coach)							

1. List females players first, then males and youngest to oldest.
2. Individuals may be listed as an alternate on more than one form. Once an alternate replaces a player on the roster, that alternate may not be used as an alternate on another team.
3. Once a player on a roster is replaced by an alternate, that player may not return to that Team Roster for the duration of that tournament.
4. A Player can only appear on two teams.
5. A Player cannot play on the team that they have coached during the season, except for P5 age group.

I certify that all players and coaches listed on this form are registered members of BCSSA.

SIGNATURE OF CLUB OFFICIAL: _____

Please return this form prior to 12 noon, AUGUST 10, 2010 to BCSSA.

Entry Fee of \$325.00 and Referee Fee of \$150.00



SYNCHRONIZED SWIMMING

FIGURES

Wednesday, August 18, 2010 5:30 pm – 9:30 pm
Warm ups 5:30 – 6:30

ROUTINES

Thursday, August 19, 2010 11:30 am – 4:30 pm (Routines)
Warm ups 11:30 – 12:30

**COACHES AND MEMBERS:
PLEASE VISIT THE BCSSA WEBSITE FOR INFORMATION ON SCHOLARSHIPS
AND BURSARIES www.bcsummerswimming.ca; go to "About"**



SYNCHRONIZED SWIMMING PROVINCIAL CHAMPIONSHIP POLICY

1. ELIGIBILITY

- 1.1 Competitors must be correctly registered with the BCSSA for the current season.
- 1.2 BCSSA Synchronized swimmers having swum with Synchro BC or Synchro Canada as an A, NS or M amateur athlete must be registered as “O” Category, DIV. 4 & OVER – ADVANCED TIER.
- 1.3 All swimmers must have competed at a Regional Synchro Championship in order to be eligible to compete at Provincial Championships. **(If there is an exception to this rule, a written request must be submitted to the Provincial President, 4 weeks prior to the start of Provincial Championships.)** Where an exemption is granted, the Region is responsible to hold a **judged** Synchro Performance, including figures and routines, to be eligible to compete at Provincials.

2. SWIMMER DIVISIONS

- 2.1 Swimmers’ Divisions are based on the 2010 BCSSA Age Locator according to age as of April 30 and Skill assessment.
- 2.2 Swimmers will compete in the events according to Age Divisions and Skill Level.

3. EVENTS

- 3.1 The events are:

FIGURES

Beginners’ Tier

- Div 3 and under
- Div 4 and over

Intermediate Tier

- Div 3 and under
- Div 4 and over

Advanced Tier

- Div 3 and under
- Div 4 and over

‘O’ CATEGORY

- O cat 1 (Div 3 & Under)
- O cat 2 (Div 4 and over)

- All BEGINNERS’ TIER swimmers will perform the same Figures and will be placed in the draw together. They will be separated out by Event for placing and awards.
- All INTERMEDIATED TIER swimmers will perform the same Figures and will be placed in the draw together. They will be separated out by Event for placing and awards.
- All ADVANCED TIER swimmers, including “O” Category, will perform the same Figures and will be placed in the draw together. They will be separated out by Event for placing and awards.



DUET AND TEAM ROUTINES

No routines choreography can begin prior to May 1st of the year of competition.

A previously choreographed and swum routine cannot be used or adapted.

BEGINNERS' TIER

- All Divisions

INTERMEDIATE TIER

- All Divisions

ADVANCED TIER

- All Divisions
 - 'O' CATEGORY
-
- In Figure Events, Swimmers will compete in the correct Age Division and TIER Group.
 - A Duet will consist of 2 swimmers. A Team will consist of at least 3 swimmers and no more than 10 swimmers.
 - In the Duet and Team Events, Swimmers will compete in the correct TIER Group.
 - Swimmers may swim up one TIER Group in the Duet or Team Events.
 - If a Duet or Team consists of swimmers of various TIERS then the Team will compete in the TIER of the most advanced swimmer (e.g. a Team made of BEGINNER and INTERMEDIATE TIER swimmers will compete in the INTERMEDIATE TIER Event).
 - Swimmers may compete in only one Duet Event and may be a partner in only one Duet entry.
 - Competitors may compete in only one Team Event and may be a Team member in only one Team entry.

3.2 TIER GROUPS

At the beginning of the season, Swimmers will have their skill levels assessed and be placed in the appropriate TIER Group. TIER Groups are as follows:

BEGINNER TIER

The swimmer has no Synchronized Swimming experience, or the swimmer may have swum Non Competitive Winter Maintenance (first year), with BCSSA, Synchro BC Recreational or Synchro Canada Star program.

INTERMEDIATE TIER

The swimmer is not a Beginner and does not meet the standards for the Advanced Tier.



ADVANCED TIER

All swimmers are tested and judged at the beginning of the summer season by a Coach and one STAR Tester during the first week of practice. The swimmers must meet the following standards:

- Hold a more-or-less vertical position in bent knee vertical at knee or higher for 5 seconds.
- Starting in pike position, lift to crane, lift to vertical and descend, achieving at least just below knee height in double vertical and be no more than 20 degrees off the vertical line.
- Hold a ballet leg single position for 10 seconds, with face out of the water and with the knee extension of the vertical leg.

OR the swimmer must have passed a Star 5 or above.

The advanced tier is meant to be a “challenging” level for BCSSA Synchro Swimmers who continue to compete over a number of years.

3.3 ELEMENT REQUIREMENTS

All figures and elements will be performed as per the FINA Synchronized Swimming Manual for Judges, Coaches and Referees, 2005-2010 edition.

TIER	FIGURE EVENTS	DD	DUET EVENTS All elements to be performed in order given and as per FINA descriptions	TEAM EVENTS All elements to be performed in order given and as per FINA descriptions
BEGINNER	• Sailboat Alternate (Star 2)	1.2	<ul style="list-style-type: none"> • 3 meters eggbeater, forwards and / or sideways, arms optional. • Somersault back tuck (full figure). • 3 meters heads up breast stroke. • 360 degree pretzel turn, full figure. Time limit 2:00 minutes	<ul style="list-style-type: none"> • 3 meters traveling sailboat alternative. • Somersault back tuck (full figure). • 3 meters side flutter with arms. • Tub turn 360 degrees one way (full figure) Time limit 2:00 minutes
	• Somersault Back Tuck (Fig 310)	1.1		
	• 3 meters paddle scull (Star 2)	1.0		
	• Pretzel Turn 360 degrees one-way (Star 2)	1.0		
INTERMEDIATE	• Somersault Front Pike (Fig 320)	1.7	<ul style="list-style-type: none"> • 3 meters traveling eggbeater forwards and/or sideways with single arm sequence • Body boost, sink to full body submerged • Kick-pull-kick, shoulders square, 2 strokes, alternating lead arm • Split position, join to vertical at ankles Time limit 2:30 minutes	<ul style="list-style-type: none"> • Traveling ballet leg sequence to include any 2 of the following: sailboat left, sailboat right, ballet leg left, ballet leg right • Split position • 3 meters traveling eggbeater forwards and/or sideways with single arm sequence • Bent knee vertical position and vertical descent Time limit 2:30 minutes
	• Bent knee vertical position – hold 3 secs and descend (Star 5)	1.5		
	• Ballet leg single (Fig 101)	1.6		
	• 3 meter kick-pull-kick, shoulders square, alternating lead arm (Star 3)	1.0		
ADVANCED	• Ballet leg single (Fig 101)	1.6	<ul style="list-style-type: none"> • 3 meters traveling eggbeater forwards and/or sideways to include some double arm sequence • Ariana (Full figure) • Single arm body boost, sink to full submerged body • Bent knee vertical position, to vertical position, and vertical descent Time limit 2:30 minutes	<ul style="list-style-type: none"> • Traveling ballet leg sequence to include any 3 of the following positions: ballet leg left, ballet leg right, flamingo left, flamingo right • Walkover front from split position to end of the figure • 3 meters traveling eggbeater forwards and/or sideways, to include some double arm sequence • Bent knee vertical position, to vertical position, and vertical descent Time limit 3:00 minutes
	• Albatross (Fig 240)	2.2		
	• Barracuda Bent Knee (Fig 306)	2.0		
	• Side Fishtail Split (Fig 346)	2.0		



4. **ENTRY PROCEDURE**

- 4.1 All Clubs must register swimmers through the Club Registrar and the Regional Registrar.
- 4.2 Regional Registrars must provide the swimmers names to the Regional Director.
- 4.3 **Final competition entry forms are sent to the Synchro Director (Stella Kosciuk) at the BCSSA Office, with a copy to be sent to Stella Kosciuk email (skosciuk@telus.net). Entry Form deadline August 10, 2010.**

5. **ENTRY FEES**

- 5.1 All meet entry fees must be to the BCSSA Office by **Friday August 12, 2010 12 NOON.**

Entry Fees Schedule

Figures \$5.00
Duets \$10.00
Team \$20.00
Judges Fees \$40.00 per family

- 5.2 One cheque from the Region for all Regional Competitors (4 aquatics) will be issued to the BCSSA.

6. **PENALTIES**

6.1 **PENALTIES FOR FIGURES**

6.1.1 A one-point penalty shall be deducted from the total score for the figure after the degree of difficulty has been computed if:

- * A swimmer performs other than the figure posted for that panel and then performs the correct figure on the second attempt, after being informed of the nature of the error by the referee, or
- * If a swimmer stops during the figure and requests to do the figure again.

6.1.2 The judges shall award (but not flash) a zero if the swimmer does not make a second attempt or if on the second attempt performs the wrong figure.

6.2 **PENALTIES FOR ROUTINES**

- 6.2.1 Penalty for missed skills is one point per skill.
- 6.2.2 Penalty of one point will be given if the routine is more than 15 seconds over or below the set time limit.
- 6.2.3 Deck movement that exceed the ten (10) seconds time limit.
- 6.2.4 Penalty of one point for not executing routine elements in order. This applies to Duets and Teams.

7. **MUSIC**

- 7.1 One music selection or routine per cassette.
- 7.2 No more than a 10 second lead-in, before the music begins.
- 7.3 Penalty of one point will be given if the routine is more than 15 seconds over or below the set time limit.
- 7.4 Tapes must be handed in at the start of the competition, and left with the competition chairperson until after the event.

8. **AWARDS**

- 8.1 Final placing in the figure competition for each figure event is determined by the figure scores.
- 8.2 Medals will be awarded to the top three finishers in each figure event.
- 8.3 Final placing for the routine competition for each event is determined by the composite figure and routine score (Championship Score).
- 8.4 Medals will be awarded to the top three finishers (Championship Score) in each routine event.
- 8.5 Ribbons will be awarded from 4th - 8th place.
- 8.6 Regional Scoring:
 - Figures: 9, 7, 6, 5, 4, 3, 2, 1
 - Duet/Team: 18, 14, 12, 10, 8, 6, 4, 2

9. **COACHES AND OFFICIALS**

- 9.1 Events may run up to ½ hour early, please inform all swimmers, parents, other coaches etc and be prepared for warm ups and events should the schedule change.
- 9.2 An Officials' Meeting will be held 1 hour before the Meet begins in order to review assignments, procedures, and responsibilities.
- 9.3 An Officials' Meeting will be held, immediately after the Figure and Routine competitions, to identify and review any problems encountered.
- 9.4 A Coaches' Meeting will be held, 1 hour before the Meet begins, to review competition details, scratches and procedures.
- 9.5 A Coaches' Meeting will be held, immediately after the Figure and Routine competitions, to provide feedback from the Judges.
- 9.6 Coaches are required to sign and approve the Figure and Routine results ½ hour after the days events are completed.
- 9.7 Coaching swimmers while they are actively competing will not be permitted. Coaches and Club Directors are expected to inform their Club members and parents before the Meet begins.

10. **OTHER**

- 10.1 Swimmers may wear a plain coloured bathing suit of their choice for the figure competition. Black is the preferred colour, but not necessary.
- 10.2 Nose-plugs are not necessary to adequately perform figures, but some swimmers may wish to wear them.
- 10.3 Swimmers swim one figure skill at a time. Each swimmer swims out in front of a panel of judges and performs the figure indicated to the best of his/her ability. The judges use flashcards to evaluate the swimmer's execution of the figure skill. All scores given are out of ten.
- 10.4 If you have any questions regarding the Synchro competitions contact Stella Kosciuk at (604) 857-5009



**BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING
DUET ENTRY FORM**

CLUB:			MEET:		
SYNCHRO DIRECTOR:			LOCATION:		
Office Use	DUET Name	Theme	DUET Swimmer 1	Div	Tier
		Coach	DUET Swimmer 2	Div	Tier
e.g.	<i>Crane/Fishtail</i>	<i>Mermaids</i>	<i>Frank Fishtail</i>	<i>2</i>	<i>B</i>
		<i>Sally Campbell</i>	<i>Cathy Crane</i>	<i>3</i>	<i>Int</i>



**BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING
COMPULSORY FIGURES FORM**

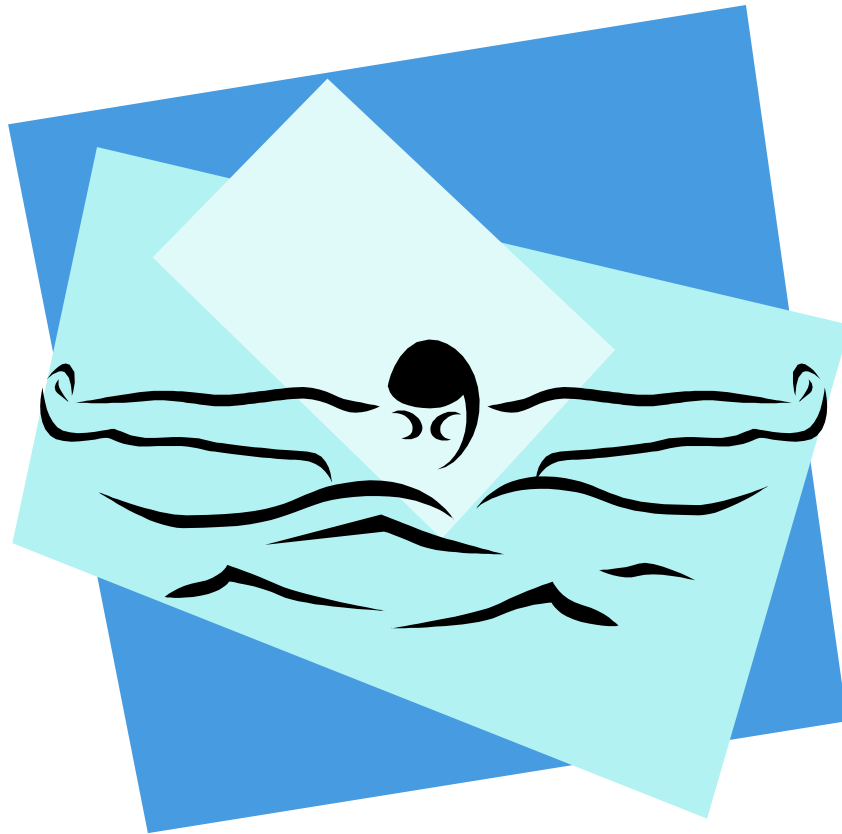
CLUB:			MEET:	
SYNCHRO DIRECTOR:			LOCATION:	
	Competitor's Last Name	First Name & Initial	Division	Tier
1				
2				
3				
4				
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25				



BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING

COMPULSORY FIGURES FORM (continued)

CLUB:		MEET:		
SYNCHRO DIRECTOR:		LOCATION:		
	Competitor's Last Name	First Name & Initial	Division	Tier
26				
27				
28				
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SWIMMING

Thursday, August 19
Regional Practice Times
5:30 – 7:00 pm
7:00 – 8:30 pm

Friday, August 20
Speed Swimming
8:00 a.m. Start

Saturday, August 21
Speed Swimming
8:00 a.m. Start

Sunday, August 22
Speed Swimming
8:00 a.m. Start

**COACHES AND MEMBERS:
PLEASE VISIT THE BCSSA WEBSITE FOR INFORMATION ON SCHOLARSHIPS AND
BURSARIES www.bcsummerswimming.com; go to "About"**



SPEED SWIMMING BC CHAMPIONSHIPS (BCCH) POLICY

REGIONAL PRACTICE TIME / WARM UPS

Pool facility:	Canada Games Aquatic Centre, Kamloops
Procedure:	2 Lanes per region in Senior Pool (North End) 2 lanes per region in Junior Pool (South End)
Rental Cost:	\$300 per region

Times and Lane Assignments for Regional Practice - Thursday, August 19

5:30 PM – 7:00 PM

<i>Junior Pool</i>		<i>Senior Pool</i>	
<u>Region</u>	<u>Lanes</u>	<u>Region</u>	<u>Lanes</u>
<i>Fraser Valley</i>	<i>1 & 2</i>	<i>Okanagan</i>	<i>1 & 2</i>
<i>Vancouver Island</i>	<i>3 & 4</i>	<i>Vancouver & District</i>	<i>3 & 4</i>
<i>Cariboo</i>	<i>5 & 6</i>	<i>Fraser South</i>	<i>5 & 6</i>
<i>Simon Fraser</i>	<i>7 & 8</i>	<i>Kootenay</i>	<i>7 & 8</i>

7:00 PM – 8:30 PM

<i>Junior Pool</i>		<i>Senior Pool</i>	
<u>Region</u>	<u>Lanes</u>	<u>Region</u>	<u>Lanes</u>
<i>Vancouver & District</i>	<i>1 & 2</i>	<i>Cariboo</i>	<i>1 & 2</i>
<i>Kootenay</i>	<i>3 & 4</i>	<i>Fraser Valley</i>	<i>3 & 4</i>
<i>Okanagan</i>	<i>5 & 6</i>	<i>Simon Fraser</i>	<i>5 & 6</i>
<i>Fraser South</i>	<i>7 & 8</i>	<i>Vancouver Island</i>	<i>7 & 8</i>

Note: The Regional Coach & the Regional Director of each Region are responsible for dividing time between Regional Clubs (Practice Times).

During the Speed Swimming events of the Championships, no parents or guests will be permitted on the pool deck or within the marshalling area.

Warm up each day:

6:45 A.M. to 7:45 A.M.

1 lane per region during designated time per random draw; same lane assignment for both junior and senior pools throughout Championships (Aug 20 – 22, 2010).

<u>Region</u>	<u>Lane</u>
Fraser Valley	1
Cariboo	2
Fraser South	3
Okanagan	4
Simon Fraser	5
Kootenay	6
Vancouver Island	7
Vancouver & District	8

Coaches' Meeting:

6:30 A.M. each day

Officials' Meeting:

7:15 A.M. each day



Marshalling and Warm Up Times

Friday

100/200 IM	7:50 AM
50 Free	9:00 AM
Medley Relays	9:45 AM
Break	1 hour
Warm ups (1/2 hour)	1:00 PM

Saturday

50/100 Fly	7:50 AM
50/100 Backstroke	8:45 AM
Free Relays	9:45 AM
Break	1 hour
Warm ups (1/2 hour)	12:30 PM

Sunday

50 Fly (Div 5-8, 'O' Cat 2)	7:50 AM
50/100 Breaststroke	8:15 AM
100 Free	9:15 AM
Break	1 hour
Warm ups	12:00 PM

- Note:**
1. All Times are approximate. Marshalling and warm ups **will not** start before the listed times.
 2. All swimmers are encouraged to participate in the Regional Cheers and the National Anthems. Marshalling calls will not be made until after the completion of the Anthems.
 3. Marshalling calls by the Announcer are courtesy calls only. The clerk at the marshalling areas makes official Marshalling calls. It is the swimmer's responsibility to be able to hear the calls made by the clerk for the event in which he/she is participating.



HEATS, FINALS AND CONSOLATIONS

1. Tier "S" and Tier "O" swimmers will compete in Heats, Finals and Consolations according to Division or Category. (See event list - **Appendices I-A, I-B, I-C**)
2. Consolations will be swum **first** and Finals **second**.

SCRATCHES (See Appendix II for Scratch Sheet)

1. **HEATS:**

- A) Scratches **must** be reported to the Clerk
- B) Scratches **prior** to the start of the BCCH Meet **MUST** be submitted to the BCSSA office by NOON Thursday August 12, 2010.
- C) August 12 through August 22 **EACH CLUB SHALL ADVISE THE CLERK OF THE COURSE OF ANY SCRATCHES FROM ANY HEAT as soon as possible.**
The club must also advise the Regional Director, who will then be responsible for ensuring that the alternate is advised that he/she is swimming.

1. **FINALS:**

Scratches should be done **as soon as possible** following the posting of the heat results. The Clerk must be advised, by the coach of this scratch. This is to allow alternates to have adequate notice to prepare for the event and to ensure that all parties agree.

ALTERNATES:

1. Regional Alternates who are at the BCCH Meet **MUST** be at the Clerk of the Course for the specific event. They must be available **immediately**, if needed.
2. A maximum of 2 alternates will be eligible. If no alternate appears, the Heat will be swum without a replacement.
3. All alternates for Finals must go to the Clerk and be available when the event is called.



2010 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Friday, August 20, 2010

6:30 a.m. Coaches' Meeting
 7:15 a.m. Officials' Meeting
 6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u>		<u>Girls</u>		<u>Boys</u>
8:00 a.m.	101	DIV I	100m I.M.	102
	103	II	100m I.M.	104
	105	III	100m I.M.	106
	107	"O" CAT 1	100m I.M.	108
	109	IV	200m I.M.	110
	111	V	200m I.M.	112
	113	VI	200m I.M.	114
	115	"O" CAT 2	200m I.M.	116
	117	VII	200m I.M.	118
	119	VIII	200m I.M.	120
	121	DIV I	50m Free	122
	123	II	50m Free	124
	125	III	50m Free	126
	127	"O" CAT 1	50m Free	128
	129	IV	50m Free	130
	131	V	50m Free	132
	133	VI	50m Free	134
	135	"O" CAT 2	50m Free	136
	137	VII	50m Free	138
	139	VIII	50m Free	140
	141	DIV I	4 x 50m Medley Relay	142
	143	II	4 x 50m Medley Relay	144
	145	III	4 x 50m Medley Relay	146
	147	"O" CAT 1	4 x 50m Medley Relay	148
	149	IV	4 x 50m Medley Relay	150
	151	V	4 x 50m Medley Relay	152
	153	VI	4 x 50m Medley Relay	154
	155	"O" CAT 2	4 x 50m Medley Relay	156
	157	VII	4 x 50m Medley Relay	158
	159	VIII	4 x 50m Medley Relay	160

* During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 lane in Finals.

* **First Number** of event indicates which day of the swimming Competition!!



2010 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Saturday, August 21, 2010

6:30 a.m. Coaches' Meeting
 7:15 a.m. Officials' Meeting
 6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<u>Girls</u>	<u>Boys</u>
201	DIV I 50m Fly	202
203	II 50m Fly	204
205	III 50m Fly	206
207	"O" CAT 1 50m Fly	208
209	IV 50m Fly	210
211	V 100m Fly	212
213	VI 100m Fly	214
215	"O" CAT 2 100m Fly	216
217	VII 100m Fly	218
219	VIII 100m Fly	220
221	DIV I 50m Back	222
223	II 50m Back	224
225	III 50m Back	226
227	"O" CAT 1 50m Back	228
229	IV 100m Back	230
231	V 100m Back	232
233	VI 100m Back	234
235	"O" CAT 2 100m Back	236
237	VII 100m Back	238
239	VIII 100m Back	240
241	DIV I 4 x 50m Free Relay	242
243	II 4 x 50m Free Relay	244
245	III 4 x 50m Free Relay	246
247	"O" CAT 1 4 x 50m Free Relay	248
249	IV 4 x 50m Free Relay	250
251	V 4 x 50m Free Relay	252
253	VI 4 x 50m Free Relay	254
255	"O" CAT 2 4 x 50m Free Relay	256
257	VII 4 x 50m Free Relay	258
259	VIII 4 x 50m Free Relay	260

* During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 Lane in Finals.

* **First Number** of event indicates which day of the swimming Competition!!



2010 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Sunday, August 22, 2010

6:30 a.m. Coaches' Meeting
 7:15 a.m. Officials' Meeting
 6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<u>Girls</u>		<u>Boys</u>
	301	DIV V 50m Fly	302
	303	VI 50m Fly	304
	305	"O" CAT 2 50m Fly	306
	307	VII 50m Fly	308
	309	VIII 50m Fly	310
	311	DIV I 50m Breast	312
	313	II 50m Breast	314
	315	III 50m Breast	316
	317	"O" CAT 1 50m Breast	318
	319	IV 100m Breast	320
	321	V 100m Breast	322
	323	VI 100m Breast	324
	325	"O" CAT 2 100m Breast	326
	327	VII 100m Breast	328
	329	VIII 100m Breast	330
	331	DIV I 100m Free	332
	333	II 100m Free	334
	335	III 100m Free	336
	337	"O" CAT 1 100m Free	338
	339	IV 100m Free	340
	341	V 100m Free	342
	343	VI 100m Free	344
	345	"O" CAT 2 100m Free	346
	347	VII 100m Free	348
	349	VIII 100m Free	350
	351	DIV I 4 x 50m Med. Regional Relay	352
	353	II 4 x 50m Med. Regional Relay	354
	355	III 4 x 50m Med. Regional Relay	356
	357	"O" CAT 1 4 x 50m Med. Regional Relay	358
	359	IV 4 x 50m Med. Regional Relay	360
	361	V 4 x 50m Med. Regional Relay	362
	363	VI 4 x 50m Med. Regional Relay	364
	365	"O" CAT 2 4 x 50m Med. Regional Relay	366
	367	VII 4 x 50m Med. Regional Relay	368
	369	VIII 4 x 50m Med. Regional Relay	370

- * During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 Lane in Finals.
- * **NOTE: EVENTS 351-370 WILL BE SWUM AFTER FINALS OF THE INDIVIDUAL EVENTS IN P.M. SESSION.**
- * 400 COACHES' "Miracle Mile" Relay Swim - Finals Only
- * **First Number** of event indicates which day of the swimming Competition



Appendix III A - 2010 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Qualifying Standards are based on the average of 8th place in Heats for 2005-2009 inclusive

Any swimmer who **equals or betters** the following times in the **FINALS** at a **2010** Regional Championship Meet automatically qualifies for the respective events at the BC Championships.

DIV	50 FREE	100IM	200IM	50 FLY	100 FLY	50 BR.	100 BR.	50 BACK	100BACK	100FREE
1G	:40.43	1:42.20		:49.39		:54.05		:48.10		1:30.64
2G	:35.64	1:30.65		:41.13		:46.71		:41.86		1:18.48
3G	:32.21	1:21.54		:36.66		:41.96		:37.64		1:10.76
4G	:30.50		2:49.31	:34.54			1:27.53		1:18.56	1:07.61
5G	:29.74		2:48.31	:33.73	1:18.69		1:26.04		1:16.39	1:06.39
6G	:29.35		2:45.63	:32.98	1:15.99		1:25.51		1:15.54	1:05.04
7G	:30.49		2:55.46	:34.24	1:24.53		1:29.22		1:19.48	1:08.82
8G	:30.21		2:54.78	:33.53	1:23.94		1:30.84		1:23.11	1:08.31
1B	:39.41	1:43.91		:49.99		:54.34		:47.93		1:30.08
2B	:35.32	1:30.00		:41.77		:47.03		:42.66		1:19.07
3B	:32.25	1:22.74		:37.63		:42.91		:38.80		1:11.32
4B	:29.34		2:46.84	:33.81			1:25.91		1:17.57	1:05.58
5B	:27.33		2:35.94	:31.26	1:11.67		1:18.61		1:11.46	1:01.12
6B	:26.17		2:30.09	:29.56	1:08.24		1:16.24		1:08.92	:58.64
7B	:26.49		2:34.16	:29.42	1:08.82		1:17.97		1:10.79	:59.10
8B	:25.69		2:30.31	:27.57	1:03.38		1:16.17		1:08.11	:57.13
O1G	:32.21	1:21.54		:36.66		:41.96		:37.64		1:10.76
O2G	:29.35		2:45.63	:32.98	1:15.99		1:25.51		1:15.54	1:05.04
O1B	:32.25	1:22.74		:37.63		:42.91		:38.80		1:11.32
O2B	:26.17		2:30.09	:29.56	1:08.24		1:16.24		1:08.92	:58.64



Appendix III B
2010 BC CHAMPIONSHIPS QUALIFYING STANDARDS
RELAY TEAMS

Qualifying Standards are based on the average of 3rd place in Heats for 2005-2009 inclusive

Any relay team finishes in the top two (2) and/or **equals or better**s the following times in the **FINALS** at a **2010** Regional Championships Meet automatically qualifies for the respective events at the Provincial Championships.

<i>DIV</i>	200 MEDLEY	200 FREE
1G	3:22.36	2:54.32
2G	2:49.91	2:29.43
3G	2:30.08	2:11.05
4G	2:22.22	2:06.21
5G	2:18.51	2:02.21
6G	2:14.57	2:00.60
7G	2:18.18	2:01.91
8G	2:15.74	1:59.63
1B	3:22.08	2:55.91
2B	2:51.15	2:28.10
3B	2:33.41	2:15.09
4B	2:20.22	2:03.52
5B	2:12.12	1:53.91
6B	2:03.91	1:48.40
7B	2:01.28	1:46.75
8B	1:56.81	1:42.73
O1G	2:30.08	2:11.05
O2G	2:14.57	2:00.60
O1B	2:33.41	2:15.09
O2B	2:03.91	1:48.40



REGIONAL RESPONSIBILITIES

LANE ASSIGNMENTS FOR TIMERS & RECORDERS

Heats & Finals: 1 lane per region; same for both senior and junior pool

	Lane No.							
	1	2	3	4	5	6	7	8
Friday								
Heats	CA	SF	FV	KO	OK	VD	VI	FS
FINALS	SF	FV	OK	VD	FV	KO	CA	VI
Saturday								
Heats	FS	CA	SF	FV	KO	OK	VD	VI
FINALS	CA	VI	OK	SF	FV	KO	VD	FS
Sunday								
Heats	VI	FS	FV	KO	SF	CA	OK	VD
FINALS	SF	VI	VD	FV	CA	KO	OK	FS