

# BCSSA OKANAGAN REGIONAL CHAMPIONSHIPS

Saturday, August 7 and Sunday, August 8, 2010

POOL: Brockelhurst, outdoor, 25 m, 8 lanes; separate warm-up pool

TEAM TENTS: May be set up on the grassy area surrounding the pool.

CAMPING: Limited spaces available near the pool for self-contained units only for a charge of \$15 per night. **No tents allowed. This will be strictly enforced.** No camping allowed on side or back of pool.

FORMAT: Heats and Finals (Consolation Finals will be swum in all events.)  
Maximum 4 individual events (all divisions) & 2 relay events per swimmer

EVENT CALLS: Each event will be called by name and number two times, 2 minutes apart. Any swimmer not at marshalling within 2 minutes after 2<sup>nd</sup> call will be scratched.

There will be **NO** personal calls. In individual event finals, the two alternates for finals must be immediately available at the clerk of the course. If the alternates are not available within 2 minutes, the final will be swum without replacement. Once the alternate is called, the listed qualifier is scratched. In relay event finals, only the 9<sup>th</sup> fastest team will be moved into the final if a qualifying team scratches.

TIMING: Colorado start system with a beep and flash start.

RULES: ALL CURRENT RULES OF THE BCSSA WILL APPLY.

- A) A swimmer may enter only 4 individual events and 2 club relays.
- B) A swimmer must have competed in a least one BCSSA meet, before the Regional Championship Meet. (a meet = 3 or more BCSSA clubs)
- C) All swimmers will be checked for eligibility by the Regional Registrar or designate.
- D) All individual events will be swum as heats and finals.
- E) Relays may be timed finals. If there are more teams than lanes in any relay event, it **shall** be swum as heats and finals.
- F) Events may be combined but not to the disadvantage of any swimmer.
- G) Disqualifications will result, if infractions are confirmed.

QUALIFICATION FOR PROVINCIAL CHAMPIONSHIPS:

- A) The top 3 finishers in the finals of each "S" and "O" individual event at The Okanagan Regional Championships qualify.
- B) Provincial Qualifying Times (PQTs) attained in a final will qualify to attend Provincials, in addition to the individual top 3 finishers.

RELAYS:

- A) The top 2 relays in each “S” and “O” relay event at Regionals qualify for Provincials. A relay that equals or betters the appropriate PQT in a relay heat (timed final) or relay final (heats and finals) at Regionals qualifies for Provincials.
- B) Composition of club relay teams may change between Regionals and Provincials, provided that the swimmers meet the registration criteria of BCSSA
- C) A relay team must have 1 competitive swimmer from the division in which they are competing.
- D) **4 Swimmers and 1 or 2 Alternates**, if any, must be listed on the Official Relay Entry Form, with Age Division written after name on the Relay Entry Form (for those swimmers moved up).
- E) Official Relay Entry Forms **MUST** be brought by each club/coach. They will not be provided.

OFFICIALS' MEETING 7:15 am Saturday and Sunday  
COACHES MEETING 7:45 am Saturday and Sunday

HEATS 8:00 am Saturday and Sunday

LUNCH For approximately one hour after heats finish

AM WARM-UPS	Saturday	Juniors	7:00 – 7:20 am
		Seniors	7:20 – 7:45 am
	Sunday	Seniors	7:00 – 7:20 am
		Juniors	7:20 – 7:45 am

PM WARM-UPS Will begin approximately one hour after heats finish

Saturday:	Juniors	20 minutes
	Seniors	20 minutes
Sunday:	Seniors	20 minutes
	Juniors	20 minutes

WARM-UP LANES	CLUB	LANE
	OGO	1
	OGO/GOL	2
	REV/LIL	3
	KAM	4
	LUM/PEN	5
	SAA	6
	SAA/PRI	7
	MER	8

TEAM CHEERS: Sunday, following afternoon warm-ups. 3 minute maximum per club.  
Appropriate content only!

ENTRIES: Send: 1. Hytek dbf file (latest version with updates).  
2. A validation list.  
3. Full payment to, "BCSSA Okanagan Region, \$8 per swim; \$16 per relay

**ALL ENTRY DETAILS ARE DUE THURSDAY, JULY 29, 2010 8:00 PM. NO LATE ENTRIES. NO EXCEPTIONS. NO PARTIAL EXCEPTIONS, NO PLEADING "IGNORANCE". A validation list will be printed from the "RECEIVED" ENTRIES and will be sent back to each coach on FRIDAY July 30, 2010. Any scratches shall be made from this list.**

**Send to:** Okanagan Championships  
C/o Barry Rubner  
2788 Granite Place  
Merritt, BC V1K 1E3  
E-mail: [dbrfor@telus.net](mailto:dbrfor@telus.net)  
Phone: 250-378-9018

#### **SCRATCH MEETING:**

**All scratch swimmers will be submitted electronically by Tuesday August 3, 6:00pm. After this date all swimmers will be deemed entered and will be charged accordingly. No Event Changes allowed at this meeting! Therefore, all entries should be checked multiple times before sending them in to Barry!!**

AWARDS: Regional Record Plaques awarded for any new Regional record standing  
After finals (for "S" & "O")  
Medals: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for "S" & "O" individual & relay events  
Ribbons: 4<sup>th</sup> to 16<sup>th</sup> for "S" & "O" individual & relay events  
Consolations will be swum in all events  
Trophies: Overall Champions  
Junior Champions  
Most Points Per Swimmer (for teams over 10 members)  
Best Team Cheer  
Sportmanship

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

## PROVINCIAL SIGN-UP

All finalists for individual and relay events must report to the Provincial Sign-Up Table (on deck and indicate if they will or will not attend Provincial Championships in Kamloops, August 20 – 22, 2010. The Sign-up table will be open throughout both Saturday and Sunday afternoon sessions. Shirt and cap ordering will also be available at this time. The cost for provincial shirt and cap is \$30.00. The t – shirts will be provided at the meet as well as the caps. You will not be able to order late.

**FAILURE TO CONFIRM PLANS TO ATTEND THE PROVINCIAL CHAMPIONSHIPS, WILL RESULT IN AN ALTERNATE BEING ENTERED. UNCERTAINTY WILL BE INTERPRETED AS A “NO”. PLEASE ENSURE THAT ALL FAMILIES HAVE BEEN INFORMED OF THE POTENTIAL OF GOING TO PROVINCIALS BEFORE REGIONALS!!!!**

**NOTE - A coaching representative from each club must attend the “Relay and Scratch Meeting” after the meet concludes on Sunday. A blank cheque made out to “BCSSA Okanagan” from each club for Provincial Meet Entry Fees MUST BE submitted at this time.**

### CLUB DUTIES:

GOLDEN DOLPHINS	Awards / Saturday afternoon
KAMLOOPS TSUNAMI	Deck Food/ Parking
KELOWNA OGOPOGO	Deck Food Servers
LUMBY LIGHTNING	Awards / Sunday afternoon
LILLOOET KILLER WHALES	Runners
MERRITT OTTERS	Computer/ Results
PENTICTON PIKES	Photocopying/Runners
PRINCETON KOKANEE	Photocopying/Runners
REVELSTOKE AQUADUCKS	Provincial Sign-Up/Shirts & Caps
SALMON ARM SOCKEYES	Clerk/ Marshalling/Announcer

### TIMING:

CLUB	LANE
OGO	1
OGO/GOL	2
REV/LIL	3
KAM	4
LUM/PEN	5
SAA	6
SAA/ PRI	7
MER	8

CONCESSION: Will be open 7:00 AM to 4:00 PM

AGM: Saturday, Lunchtime

Regional Executive Positions to be elected:

2 Year Terms: Regional Director  
Regional Registrar  
Director of Club Development

1 Year Term: Assistant Director of Competition

MEET MANAGERS: Cheryl Elke, general manager/ facility ph. 250-554-4240  
Barry Rubner, entries/computer ph. 250-378-9018

MEET RECORDER: Cheryl Elke

MEET REFEREE: Sheilagh Livingstone

CLERK OF THE COURSE: