



## 2024 NWRSC 58<sup>th</sup> INVITATIONAL SWIM MEET

Friday, June 28, 2024 1:30pm – 7:30pm  
Saturday, June 29, 2024 8:00am – 5:30pm  
Sunday, June 30, 2024 9:00am – 4:00pm

**Location:** Bowen Park Kin Pool, 500 Bowen Road, Nanaimo, BC  
**Course:** Heats and Finals Meet, 25 metres, 6 lanes, ANTI starting blocks, Colorado 6 Electronic Timing System, Hytek Meet Manager

### Order of the day

**Friday:** Preliminary Heats, Finals  
**Saturday:** Preliminary Heats, Novice Events, Relays, Parent Relay, Break, Finals  
**Sunday:** Preliminary Heats, Novice Events, Relays, Break, Finals

**Meet Managers** Kate Palmer [pastpresident@nwrsc.ca](mailto:pastpresident@nwrsc.ca)  
Jaclyn Cleary [president@nwrsc.ca](mailto:president@nwrsc.ca)

**Meet Referee:** Tony Parsons  
**Clerk of the Course:** Mark Duffell [nanaimoswimming@gmail.com](mailto:nanaimoswimming@gmail.com)

**Rules:** BCSSA rules will apply unless otherwise stated in this meet package.

### **Friday, June 28, 2024**

11:35 – 12:05pm	Host Club warm-up
12:05 – 12:25pm	Group 1 warm-up (schedule will be emailed)
12:25 – 12:45pm	Group 2 warm-up (schedule will be emailed)
12:45pm	Officials Meeting
1:15pm	Coaches Meeting
1:30pm	"O Canada" and Land Acknowledgement
1:45pm	Heats Begin
Quiet Water (15 minutes)	
Finals Warm up (20 minutes)	
Finals (A & B)	

## **Saturday, June 29, 2024**

6:15 to 6:45am	Host Club warm-up
6:45 to 7:15am	Group 1 warm-up
7:15 to 7:45am	Group 2 warm-up
7:30am	Officials Meeting
7:45am	Coaches Meeting
8:00am	"O Canada" and Land Acknowledgement
8:15am	Heats Begin
Relays	
Parent Relay	
Regional Meeting	
Quiet Water (15 Minutes)	
Regional Cheer	
Finals Warmup (20 minutes)	
Finals (A & B)	

## **Sunday, June 30, 2024**

7:15 to 7:45 am	Host Club warm-up
7:45 to 8:15 am	Group 2 warm-up
8:15 to 8:45 am	Group 1 warm-up
8:30 am	Officials Meeting
8:45 am	Coaches Meeting
9:00am	"O Canada" and Land Acknowledgement
9:15 am	Heats begin
Relays	
Quiet Water (15 minutes)	
Finals Warmup (20 minutes)	
Finals (A & B)	

## **Instructions For Meet Entries**

### **PLEASE be careful to enter your swimmers in the appropriate divisions.**

Entries are due **Monday, June 24, 2024 by 10:00 pm (PT)**. All swimmers may enter a maximum of five individual events plus two relays. **Do not enter Novices or Parent Relays using Hytek !!**

**Email entries to the Clerk of the Course: [nanaimoswimming@gmail.com](mailto:nanaimoswimming@gmail.com)**

Please be aware of which event number you enter your swimmers. The meet has been set up so there will be multiple divisions swimming in the same event. Unfortunately, on the entry browser in Swim Manager, it does not specify which divisions are for what events. Be sure to cross reference the meet package when you are doing entries. For example, you won't be able to see that event 211 is Div. 1-3 Girls 50m Free, so it will be easy to enter your Div. 2 swimmer in event 213 (Div. 4-8). The system will not catch these incorrect entries.

### **Entering O-Cats**

Be advised that this is a Standard style meet, and Hy-Tek will sort O-Cats automatically for finals. Simply enter the swimmer in the Div. 1-3 O-Cat 1 or Div. 4-8 O-Cat 2 events.

## **Seeding**

**Please note seeding is different than most VI Region Meets.**

**Heats** will be seeded as follows:

Division 1-3 and O-Cat 1 will be seeded by times.

Division 4-8 and O-Cat 2 will be seeded by times.

**Finals** will be seeded by Division.

For example, in Heats, Event 101 Girls Div. 1-3 100 IM will seed swimmers based on time regardless of their age. You might see a Div. 1 swimmer competing against a Div. 3 swimmer of a relative speed.

## **Deck Entries and Scratches**

Deck entries will be done at the discretion of the Clerk of the Course. Deck entry swimmers will not be seeded. Fees will be added to the club fees. There are no refunds for Scratches.

All Deck Entries and Scratches must be submitted to the Clerk of the Course no later than:

- Friday 12:30 pm
- Saturday 7:15 am
- Sunday 8:15 am

Any deck entries for swimmers not already entered in the meet will require at a minimum the swimmers name, BCSSA number, division, birthdate, and event numbers. Use the attached Entry Changes form.

## **Novices**

Novice swimmers are highly encouraged and do not require an official entry. Coaches are expected to provide organizational assistance to their swimmers in the Marshalling Area for all Novice events.

There will be four 25 metre novice events including Fly, Breast, Back and Free. *A Novice is defined as a swimmer who takes 30 seconds or more to complete 25 meters of the pool in the specified stroke.* All Novice swimmers will get a reward after their swim. Times will not be recorded by the meet. Once a swimmer's 25m time for the specified stroke is less than 30 seconds, they are no longer considered a Novice for that stroke. Coaches are expected to time their own swimmers.

## **Relays**

Relay teams must include four swimmers. They can be a combination of "O" and "S" swimmers. All Relays will be Timed Finals.

Relay entries can be emailed any time before the meet to the Clerk of the Course ([nanaimoswimming@gmail.com](mailto:nanaimoswimming@gmail.com)). Changes or additional entries must be submitted to the Clerk of the Course no later than:

- Saturday 10:00 am
- Sunday 10:00 am

**Parent Relay** - Each person must complete a BCSSA Parent Relay registration form. Do not enter teams using Hytek. Submit all parent registrations to the Clerk of the Course by 10:00am on Saturday. The \$30.00 fee per team will be billed directly to each club, which includes the BCSSA insurance. Registration/insurance form is attached.

## **Finals**

All swimmers must swim in Heats to qualify for Finals.

## **Marshalling**

- All Relays will be marshalled.
- Coaches are expected to provide assistance with Div 1 to 3 Relays.
- Div 1-3 and O-Cat 1 individual heats will be marshalled.
- Div 4-8 and O-Cat 2 individual heats will **not** be marshalled.
- All Final events will be marshalled.
- There will be no cards for individual events.
- There will be no cards for relays.

## **Disqualifications**

The following process will be used for disqualifications:

- The deck official writes up the infraction and turns in the DQ form to the Meet Referee.
- Meet Referee passes approved DQ form to the DQ Official who informs the appropriate Coach.
- Coach discusses the infraction with the swimmer.

## **The Working Deck**

The deck surrounding the pool within the fence will be the "working deck" and is out of bounds for all but working officials, coaches, swimmers during their events, and lane timers during their shifts. Spectators are not permitted within the working deck area at any time.

## **Fees**

- \$10.00 per individual event
- \$12.00 per team for relay events
- \$15.00 for deck entries based on space
- No charge for Novice events
- \$30.00 per team for parent relays

Fees are payable by e-transfer to [treasurer@nwrsc.ca](mailto:treasurer@nwrsc.ca) or by cheque payable to **Nanaimo White Rapids Swim Club** and should be given to the NWRSC President Jaclyn Cleary, or the Clerk of the Course by **Sunday 12:00 p.m.** Please include all parent relay fees from your club with your meet fees.

## **Swimmers with Special Needs**

Coaches must notify the Meet Manager and Meet Referee of any swimmers who are differently abled during the Coaches meeting at the beginning of each day.

## **Heat Sheets**

Preliminary Heat sheets will be posted in the Nanaimo Invitational Meet event on our website; however, please note that will not have the Deck Entries or Scratches included.

"Definitive" Event Sheet: After Scratches and Deck Entries have been completed, a "definitive event sheet" will be produced. Copies will be provided to Coaches and all Deck Officials only.

## **Timers**

Participating clubs are responsible for supplying timers for the entire meet. A sign-up sheet will be posted in the information area. An advanced copy will be emailed out to each club prior to the meet. Please ensure you have your spaces filled. Thank you!

## **Timing System**

The Colorado System 6 timing system with two plungers and one stopwatch per lane will be utilized. There will be No Place Judges. If backup times must be used due to a touchpad failure then the following applies:

- a) If the two plungers record the same time, the two identical times shall be the official time.
- b) If two plungers are considered valid but do not record identical times, the times shall be averaged and rounded up to the next 100th.
- c) If neither plunger is considered valid the recorded stopwatch time of the first, head timer or second, lane timer shall be the official time.

### **Awards**

1st - 3rd	Individual Medals: gold, silver and bronze
4th - 12th	Individual Ribbons
Relays:	Individual Ribbons: 1st, 2nd, and 3rd

Div. 1-8 and O-Cat swimmers will be eligible for medals and ribbons in individual events and ribbons for relays. Individual and Relay awards will be available for pick up at the end of the meet.

### **Deck Food**

Deck food will be provided to Volunteers and Coaches.

**Please bring your own refillable water bottle.**

### **Team Aquatics**

Team Aquatics is hoping to be on site with their pop-up store on Saturday, June 29, 2024. They usually have suits, goggles, caps, and other swim related gear.

### **Concession**

Concession will be open throughout the meet with breakfast and lunch options.

## Event Sponsors

Thank you to our event sponsors - we are so grateful for your support!



COASTAL  
COMMUNITY

RE/MAX

THRIFTY  
FOODS™



BRITISH  
COLUMBIA

**We acknowledge the financial support of the Province of British Columbia.**

## **2024 NWRSC 58th INVITATIONAL SWIM MEET ORDER OF EVENTS**

### **Friday Heats**

- Event 101 – Girls Div. 1-3, O-Cat 1 - 100 IM
- Event 102 – Boys Div. 1-3, O-Cat 1 - 100 IM
- Event 103 – Girls Div. 4-8, O-Cat 2 - 200 IM
- Event 104 – Boys Div. 4-8, O-Cat 2 - 200 IM
- Event 105 – Girls Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 106 – Boys Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 107 – Girls Div. 4-8, O-Cat 2 - 50 Freestyle
- Event 108 – Boys Div. 4-8, O-Cat 2 - 50 Freestyle

### **Friday Finals (Swum By Division)**

- Event 101 – Girls Div. 1-3, O-Cat 1 - 100 IM
- Event 102 – Boys Div. 1-3, O-Cat 1 - 100 IM
- Event 103 – Girls Div. 4-8, O-Cat 2 - 200 IM
- Event 104 – Boys Div. 4-8, O-Cat 2 - 200 IM
- Event 105 – Girls Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 106 – Boys Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 107 – Girls Div. 4-8, O-Cat 2 – 50 Freestyle
- Event 108 – Boys Div. 4-8, O-Cat 2 – 50 Freestyle

### **Saturday Heats**

- Event 201 – Girls Div. 5-8, O-Cat 2 – 50 Butterfly
- Event 202 – Boys Div. 5-8, O-Cat 2 – 50 Butterfly
- Event 203 – Girls Div. 1-3, O-Cat 1 – 50 Backstroke
- Event 204 – Boys Div. 1-3, O-Cat 1 – 50 Backstroke
- Event 205 – Girls Div. 4-8, O-Cat 2 – 100 Backstroke
- Event 206 – Boys Div. 4-8, O-Cat 2 – 100 Backstroke
- Event 207 – Mixed 25 Backstroke (NOVICE)
- Event 208 – Mixed 25 Breaststroke (NOVICE)
- Event 209 – Girls Div. 1-3, O-Cat 1 – 50 Breaststroke
- Event 210 – Boys Div. 1-3, O-Cat 1 – 50 Breaststroke
- Event 211 – Girls Div. 4-8, O-Cat 2 – 100 Breaststroke
- Event 212 – Boys Div. 4-8, O-Cat 2 – 100 Breaststroke
- Event 213 – Girls Div. 1 200 Medley Relay (Final)
- Event 214 – Boys Div. 1 200 Medley Relay (Final)
- Event 215 – Girls Div. 2 200 Medley Relay (Final)
- Event 216 – Boys Div. 2 200 Medley Relay (Final)
- Event 217 – Girls Div. 3 200 Medley Relay (Final)
- Event 218 – Boys Div. 3 200 Medley Relay (Final)
- Event 219 – Girls O-Cat 1 200 Medley Relay (Final)
- Event 220 – Boys O-Cat 1 200 Medley Relay (Final)
- Event 221 – Girls Div. 4 200 Medley Relay (Final)
- Event 222 – Boys Div. 4 200 Medley Relay (Final)
- Event 223 – Girls Div. 5 200 Medley Relay (Final)
- Event 224 – Boys Div. 5 200 Medley Relay (Final)
- Event 225 – Girls Div. 6 200 Medley Relay (Final)
- Event 226 – Boys Div. 6 200 Medley Relay (Final)
- Event 227 – Girls Div. 7 200 Medley Relay (Final)
- Event 228 – Boys Div. 7 200 Medley Relay (Final)
- Event 229 – Girls O-Cat 2 200 Medley Relay (Final)
- Event 230 – Boys O-Cat 2 200 Medley Relay (Final)
- Event 231 – Girls Div. 8 200 Medley Relay (Final)
- Event 232 – Boys Div. 8 200 Medley Relay (Final)

### **Saturday Finals (Swum By Division)**

Event 201 – Girls Div. 5-8, O-Cat 2 – 50 Butterfly  
Event 202 – Boys Div. 5-8, O-Cat 2 – 50 Butterfly  
Event 203 – Girls Div. 1-3, O-Cat 1 – 50 Backstroke  
Event 204 – Boys Div. 1-3, O-Cat 1 – 50 Backstroke  
Event 205 – Girls Div. 4-8, O-Cat 2 – 100 Backstroke  
Event 206 – Boys Div. 4-8, O-Cat 2 – 100 Backstroke  
Event 209 – Girls Div. 1-3, O-Cat 1 – 50 Breaststroke  
Event 210 – Boys Div. 1-3, O-Cat 1 – 50 Breaststroke  
Event 211 – Girls Div. 4-8, O-Cat 2 – 100 Breaststroke  
Event 212 – Boys Div. 4-8, O-Cat 2 – 100 Breaststroke

### **Sunday Heats**

Event 301 – Girls Div. 1-4, O-Cat 1 – 50 Butterfly  
Event 302 – Boys Div. 1-4, O-Cat 1 – 50 Butterfly  
Event 303 – Girls Div. 5-8, O-Cat 2 – 100 Butterfly  
Event 304 – Boys Div. 5-8, O-Cat 2 – 100 Butterfly  
Event 305 – Mixed 25 Butterfly (NOVICE)  
Event 306 – Mixed 25 Freestyle (NOVICE)  
Event 307 – Girls Div. 1-3, O-Cat 1 – 100 Freestyle  
Event 308 – Boys Div. 1-3, O-Cat 1 – 100 Freestyle  
Event 309 – Girls Div. 4-8, O-Cat 2 – 100 Freestyle  
Event 310 – Boys Div. 4-8, O-Cat 2 – 100 Freestyle  
Event 311 – Girls Div. 1 200 Freestyle Relay (Final)  
Event 312 – Boys Div. 1 200 Freestyle Relay (Final)  
Event 313 – Girls Div. 2 200 Freestyle Relay (Final)  
Event 314 – Boys Div. 2 200 Freestyle Relay (Final)  
Event 315 – Girls Div. 3 200 Freestyle Relay (Final)  
Event 316 – Boys Div. 3 200 Freestyle Relay (Final)  
Event 317 – Girls O-Cat 1 200 Freestyle Relay (Final)  
Event 318 – Boys O-Cat 1 200 Freestyle Relay (Final)  
Event 319 – Girls Div. 4 200 Freestyle Relay (Final)  
Event 320 – Boys Div. 4 200 Freestyle Relay (Final)  
Event 321 – Girls Div. 5 200 Freestyle Relay (Final)  
Event 322 – Boys Div. 5 200 Freestyle Relay (Final)  
Event 323 – Girls Div. 6 200 Freestyle Relay (Final)  
Event 324 – Boys Div. 6 200 Freestyle Relay (Final)  
Event 325 – Girls Div. 7 200 Freestyle Relay (Final)  
Event 326 – Boys Div. 7 200 Freestyle Relay (Final)  
Event 327 – Girls O-Cat 2 200 Freestyle Relay (Final)  
Event 328 – Boys O-Cat 2 200 Freestyle Relay (Final)  
Event 329 – Girls Div. 8 200 Freestyle Relay (Final)  
Event 330 – Boys Div. 8 200 Freestyle Relay (Final)

### **Sunday Finals (Swum By Division)**

Event 301 – Girls Div. 1-4, O-Cat 1 – 50 Butterfly  
Event 302 – Boys Div. 1-4, O-Cat 1 – 50 Butterfly  
Event 303 – Girls Div. 5-8, O-Cat 2 – 100 Butterfly  
Event 304 – Boys Div. 5-8, O-Cat 2 – 100 Butterfly  
Event 307 – Girls Div. 1-3, O-Cat 1 – 100 Freestyle  
Event 308 – Boys Div. 1-3, O-Cat 1 – 100 Freestyle  
Event 309 – Girls Div. 4-8, O-Cat 2 – 100 Freestyle  
Event 310 – Boys Div. 4-8, O-Cat 2 – 100 Freestyle



## **Bowen Park**

### Parking:

- Please only park in designated areas.
- There is overflow parking off Wall St. near the beach volleyball courts. Please do not park in the lot where the tennis courts are located.
- There is a map at the end of this document to help orientate attendees to the park. Please only park in green areas.

### Trees:

- Please do not hang anything including hammocks from the trees as this is not permitted by the City of Nanaimo.

### Tents:

- You are welcome to put up tents around the park during the event but please pay attention to the orange markings laying out where existing water lines are located in order to avoid accidentally puncturing one.

### Overnight:

- Any items left on site overnight are not the responsibility of the Nanaimo White Rapids Swim Club. There are often individuals travelling through the park during the night and early morning hours and as such, any belongings left on site are likely to be taken.

## **Accommodations**

### **HOTELS**

The Coast Bastion Inn  
11 Bastion St  
1-800-663-1144

Dorchester Hotel  
70 Church Street  
250-754-6835

Days Inn Nanaimo Harbourview  
809 Trans Canada Highway  
250-754-8171

Ramada Hotel  
315 Rosehill Street  
250-716-2009

Travelodge  
96 Terminal Ave N  
250-754-6355  
1-800-667-0598

The Grand Hotel Nanaimo  
4898 Rutherford Road  
250-758-3000

Inn On Long Lake  
4700 Island Hwy N  
250-758-1144

Courtyard by Marriott Nanaimo  
100 Gordon Street  
250-824-2705

## **CAMPING**

Jinglepot RV Park and Campground  
250-758-1614

Living Forest Oceanside Campground  
250-755-1755

Westwood Lake RV Camping and Cabins  
250-753-3922



**BC Summer Swimming Association  
Temporary "Parent Relay" Membership (Minimum Age: 19)**

Club: \_\_\_\_\_ Region: \_\_\_\_\_

**Note:** Only parents of registered BCSSA athletes can register in this category.

Name of BCSSA Athlete (child): \_\_\_\_\_

Have you been registered in this "Parent Relay" Membership Category Before?  
YES                      NO

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Home Tel \_\_\_\_\_ Other Tel \_\_\_\_\_

Email \_\_\_\_\_

Medical information pertinent to registration: \_\_\_\_\_

**I certify that the above information is correct to the best of my knowledge:**

**Parent's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This temporary membership is only valid for one aquatic/swim meet.

Club Hosting Meet: Nanaimo White Rapids Swim Club

Date: \_\_\_\_\_

Meet Manager's Signature: \_\_\_\_\_

The BC Summer Swimming Association collects, uses and discloses your personal information for the purposes of verifying identity, registering swimmers, distributing BCSSA information, and fulfilling administrative and competitive functions of the aquatic programs within the BCSSA and its Member Clubs. It is a requirement of registration that the information be provided and, that it will only be used for the purposes indicated or purposes reasonable related. By your signature on this form you signify your consent to the collection, use and disclosure of your personal information to BCSSA and its Member Clubs in accordance with the BCSSA's Privacy Policy.



Please only park in green zones.