



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | ARTISTIC

Provincial Meet Package **August 12-18, 2024**

REVISED 26 JULY 2024

All changes are written in red.

BC Summer Swimming Association
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www.bcsummerswimming.com

The BCSSA would like to acknowledge that the land on which we gather this week is the unceded territory of the Coast Salish Peoples, including the territories of the x^wməθkwəḡəm (Musqueam), Skwxwú7mesh (Squamish), and səliłwəta+/Selilwitulh (Tseil-Waututh) Nations.

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BC SUMMER SWIMMING ASSOCIATION

66th PROVINCIAL CHAMPIONSHIPS

August 12 – 18, 2024

COMPETITION SCHEDULE

DIVING

August 12
8:00 am – 8:00 pm

WATER POLO

August 13-14
8:00 am – 8:00 pm

ARTISTIC SWIMMING

August 15
8:00 am – 2:00 pm

SPEED SWIMMING

August 16-18
8:00 am – 6:00 pm

All four aquatic sports including Water Polo, Diving, Artistic Swimming and Competitive Swimming will be held at the UBC Aquatic Centre (6080 Student Union Boulevard, Vancouver, BC V6T 1Z1).

Souvenir Provincial Meet Programs will be available for purchase at a cost of \$20 and will include a highlighter pen. CASH SALES ONLY.

KEY DATES

August 5, 2024	Noon	Deadline for Provincial Entries
August 8, 2024	Evening	Wildcards announced
August 12, 2024	8:00 AM	Provincial Championships begin
August 15, 2024	4:00 PM	Swimming Coaches Meeting
August 15, 2024	5:30 PM	Swimming Officials Meeting
August 15, 2024	7:30 PM	BC Summer Swimming Association AGM

MEET COMMITTEE MEMBERS

Meet Chair:	Jim Baxter	president@bcsummerswimming.com
Meet Manager:	Sean Cauley	competition@bcsummerswimming.com
Meet Referee:	Leah Esplen	officials@bcsummerswimming.com
Meet Registrar:	Catherine Schwichtenberg	registrar@bcsummerswimming.com
Diving Coordinator:	Drea Beye	diving@bcsummerswimming.com
Water Polo Coordinator:	Cynthia Springate	waterpolo@bcsummerswimming.com
Artistic Swim Coordinator:	Carol Ross	artistic@bcsummerswimming.com
Meet Treasurer:	Jeff Sheehan	treasurer@bcsummerswimming.com
Hospitality:	Brendan Connolly	memberservices@bcsummerswimming.com
On-Site Staff Contact:	Natalie Baxter	office@bcsummerswimming.com

VENUE:

UBC Aquatic Centre

Event Locations

- | | |
|-------------------------------|--|
| ● Speed Swimming | 50 meter Competition Pool |
| ● Water Polo | 50-meter Competition Pool |
| ● Senior Swimming prelims | 50 meter Competition Pool-South end |
| ● Junior Swimming Prelims | 50 meter Competition Pool-North end |
| ● Water Polo Polo Medal games | 50 meter Competition Pool-North end |
| ● Speed Swimming finals | 50 meter Competition Pool-North end |
| ● Artistic Swimming events | 50 meter Competition Pool-North end |
| ● Diving | Dive tank |
| ● Swim Coaches' bleachers | Competition Pool West side deck |
| ● Swim Marshalling | Outside Dive Tank between the Aquatic Centre and the SRC |

All guests are reminded of [UBC Statement of Respectful Environment](#)

Participants, Coaches, Volunteers, & Officials.

- Due to venue rules, there will be **no food permitted on deck** during the meet at any time. This applies to coaches, officials, and volunteers in all Sports. Arrangements will be made to offer refreshments in an off-deck location. Coaches, officials and volunteers should be prepared for the expected duration of their session. Beverages will be allowed on deck. **Absolutely no glass containers will be permitted in the facility.**
- Accreditation will be required for all athletes and coaches to gain access to the pool deck and/or change rooms. Athlete bag tags and Coach lanyards will be available for pickup by either Club President or Head Coach at the Member Services desk outside the pool lobby at an appropriate time for their sport. Athletes participating in multiple sports will pick up their bag tag prior to their first sport and will use it for deck access for the balance of the week.
- Volunteers and officials will also need to show accreditation to get on deck - lanyards will be available for pickup prior to their shift at the Volunteer desk adjacent to Member Services.

Pool Deck Protocols

- All athletes, coaches, officials, volunteers and spectators are to respect the directions of UBC Aquatic Centre lifeguards and facility staff.
- A single extended horn blast will be used to clearly communicate that all swimmers must exit the water.
- Throughout the swim competition, we ask senior athletes to use the on-deck seating provided which will be located to the west and south sides of the competition deck. Coaches must remain within the designated Coach area, located between the Leisure pool/ Dive Tank and the Competition pool. Lawn chairs and similar seating will not be permitted on deck.
- Clean-up of the facility will occur throughout the day, between sessions and overnight – Participants are asked to be responsible for their own belongings and equipment. All personal belongings must be removed from the facility overnight. All items left behind will be removed. The UBC Aquatic Centre and the host clubs, are not responsible for lost or stolen items.
- Only the hosting team and meet sponsors will have permission to display banners inside the Venue.

What if I need assistance?

- The UBC Aquatic Centre lifeguards and front desk staff will be happy to assist you. Please report any concerns about facility cleanliness or washroom supplies to facility staff or event organizers. For emergencies dial 911 for police, fire or ambulance and alert facility staff.

Viewing

- Spectator viewing will be subject to facility **capacity**. There **will** be limitations on capacity, and these will be communicated prior to the start of competition. Access to the spectator viewing area will be through the doorways at both ends of the upper viewing area. As public viewing space is limited, the expectation is that spectators show courtesy to others by leaving the viewing area once they have watched their intended races. We will be actively monitoring the public viewing areas to facilitate this process.
- **Accessible access:** There will be a designated accessible viewing area on the ramp at the senior end of the competition pool. If you require assistance, please ask a BCSSA representative.

Facility amenities

- **Wi-Fi:** Wireless internet is available on the UBC campus. To connect, open your wireless setting and select the “UBC Visitor” network. After connecting to the network open your web browser. You will be prompted to read the internet terms of use and enter your email address, and you will then be connected to the internet.
- **Washrooms:** Washrooms for athletes, coaches and Officials are available in the men’s, women’s and universal change rooms. Washrooms are available in the mezzanine. Spectator washrooms are limited - you are welcome to also use the washrooms located in the adjacent buildings; LIFE and NEST.

Tenting

- **University Commons (concrete area only)** will be available for day use only. **ABSOLUTELY NO CAMPING ON GRASS AREAS.** All personal items must be removed at the end of every day. Items are left at own risk:
 - August 14-18: 6:00am - 6:00pm
- **A detailed Venue Site Map is posted on the “Provincials” Page on the BCSSA Website.**

Vendors

Esquire and Team Aquatic Supplies Vendors’ area will be outside the Aquatic Centre, adjacent to the bus loop.

- Team Aquatic Supplies: Thursday, August 17 to Sunday, August 18
- Esquire, The T-Shirt People: Monday, August 12 to Sunday, August 18

AAA Photography will be inside the Aquatic Centre beside the ramp at the South end of the pool. Access will be through the lobby area.

- AAA Photography: Monday, August 12 to Sunday, August 18

Parking

- Pay parking, Various UBC campus parkades on campus.
 - There **is a** special discounted multi-day parking available; the link is posted on the Provincials website **and available [here](#)**. Please look for, read and obey all parking regulations - Parking Tickets are expensive and they are quick to administer them!

UBC Parking: <https://parking.ubc.ca/>

The closest long-term parking lot to the venue is:
North Parkade
6115 Student Union Boulevard
<https://parking.ubc.ca/university-centre-lot>

The closest short-term parking lot to the venue is:
University Blvd Lot, 6131 University Boulevard
<https://parking.ubc.ca/university-centre-lot>

Additional parking is available at:
Health Sciences Parkade
2250 Health Sciences Mall
or
Thunderbird Parkade
6085 Thunderbird Boulevard

- RV parking is currently not available during the Championships.

CODE OF CONDUCT & RULES:

The BCSSA Rules, most recent edition, shall apply throughout the Championships. All member clubs, competitors, coaches, officials, or individuals attending the Championships shall abide by the BCSSA Code of Conduct. Any member or individual found to be in violation or non-compliance with the BCSSA Code of Conduct, as well as its rules and regulations, may be subject to disciplinary action at the sole discretion of the Meet Manager. Disciplined members or individuals may appeal to the BCSSA Provincial Board. The decision rendered by the BCSSA Provincial Board on the matter shall be final.

Marshalling Rules for 2024

1. Senior Divisions Check in Procedure for Finals (Div 5 and older)

- a. Finalists, Consolation Finalists and Alternates will report directly to the starting end of the pool prior to the start of their race. They are independent, and will not be marshalled. Failure to be ready will result in the swimmer being scratched from the event.
- b. Finals will be swum first, followed by Consolation Finals. The Clerk of the Course, or designate, will be conspicuously stationed adjacent to the start end of the finals pool, and will assist the session referee with alternate substitutions.

2. Alternate Process

- a. Each Region must appoint a contact person for all matters relating to **Regional Alternate** and **Wildcard** entries. This person, with contact info, must be forwarded to the Meet Manager prior to the meet, and shall be easily reachable before and during morning preliminaries.
- b. **Regional Alternate** substitutions should be submitted by the Regions to the Meet Manager prior to the deadline of **12:00 PM of the Monday of Provincials week (August 12, 2024)**. Regional Alternates (along with Wildcard entries) will be added to the meet file and will be included on the prelim heat sheets distributed to coaches and officials.
- c. A list will then be produced and published showing the 'official' two fastest **Provincial Alternates** for each preliminary event, drawn from all eligible swimmers in the Province not already qualified

through the Wildcard or Regional Alternate process. This **Provincial Alternates** list will be used by the Clerk of the Course, both in marshalling (for the Junior events), and behind the blocks (for the Senior events), to fill empty lanes. It is the responsibility of these alternates to be at marshalling (junior pool) or near the session referee (senior pool) when the preliminary race is marshalled/called.

- d. Any late substitutions of **Regional Alternates** (after the Monday deadline and up to the session referee calling that race) will be the sole responsibility of the **Region**. A '**Regional Alternate**' slip must be completed by the **Region**, and must be brought to the Clerk of the Course, or Senior Pool designate, by the alternate swimmer. No late Regional Alternate substitutions will be permitted without this slip.

3. Elite Athlete Eligibility

- a. Any swimmer who has achieved a SNC Senior National Qualifying Time during the preceding 3 years shall compete in Division O8, regardless of their age.

SPEED SWIMMING STARTING SYSTEM:

The Quantum Timing System will be used as the approved automatic judging and timing system for the Speed Swimming Championships in accordance with the BCSSA rules.

2024 BCSSA REGIONS AND CLUBS

CARIBOO (CA)							
SEALS	Dawson Creek Seals	PGP	Prince George Pisces	QAC	Quesnel Aquatic Club	NVSC	Nechako Valley Otters
MRSC	Mackenzie Rainbows						
FRASER SOUTH (FS)							
BOU	Boundary Bay Bluebacks	CLO	Cloverdale Tritons	CBSC	Crescent Beach S.C.	LS	Ladner Stingrays
NOD	North Delta Sunfish	KIGOO	Richmond Kigoos	FSSSL	Surrey Sea Lions	WRASA	White Rock Amateur Swimming Assoc.
AASC	Aquasonics Artistic Swimming Club						
FRASER VALLEY (FV)							
ASM	Aldergrove Sea Monkeys	AWAC	Abbotsford Whalers	AHA	Agassiz/Harrison Swim Club	CWK	Chilliwack Stingrays
HAN	Haney Neptunes	HOP	Hope River Monsters	LFSC	Langley Flippers	MIS	Mission Marlins

KOOTENAY (KO)

CAS	Castlegar Aquanauts	CVSC	Colville Sharks	CST	Creston Waves	GFA	Grand Forks Piranhas
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KSSC	Kimberley Sea Horses	KONEL	Nelson Neptunes	TRA	Trail Stingrays
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OKANAGAN (OK)

DOLPH	Golden Dolphins	KAM	Kamloops Tsunami	OKOGO	Kelowna Ogopogos	OKLUM	Lumby Lightning
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MER	Merritt Otters	PEN	Penticton Pikes	PRI	Princeton Kokanees	REV	Revelstoke Aquaducks
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SAA	Salmon Arm Sockeyes	SSC	Similkameen Swim Club
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SIMON FRASER (SF)

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

NSWC	North Shore Winter Club	NVC	North Vancouver Cruisers	VIK	Vancouver Vikings	SQU	Squamish Pirates
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SUP	Super Sharks Swim Club
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VANCOUVER ISLAND (VI)

CRSK	Campbell River Salmon Kings	BD	Courtenay Blue Devils	CVB	Cowichan Valley Breakers	GHG	Gordon Head Gee Gees
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NAN	Nanaimo White Rapids	ORCAS	Oak Bay Orcas	PDI	Pender Island Otters	POW	Powell River Aquatic Club
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SPSC	Sidney Piranhas	JUA	Juan de Fuca Royals	SSS	Salt Spring Stingrays
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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

Diving

Medals shall be awarded to the top three finishers in each event. Ribbons will be awarded to the 4th to 8th place finishers.

All divers should attend the awards ceremony on Monday, August 12 immediately following the competition. Divers must be dressed in their competitive suits or team/regional T-shirt to receive their awards. The BCSSA Office will be responsible for having trophies engraved. Coaches and Executives please ensure that trophies are returned to the Director of Diving in advance of the competition.

Team Points for Diving will be awarded as follows: 36, 32, 30, 28, 26, 24, 22, 20.

Water Polo

Medals shall be awarded to each player on the gold, silver, and bronze medal teams. A maximum of fifteen (15) medals per team will be provided. Coaches will not receive medals.

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

Artistic Swimming

All technical and free routines are scored in their individual category and level with awards for each. Medals will be awarded to the top three finishers in each category of events (free and technical). Ribbons will be awarded for the 4-8 place in each category of events (free and technical).

Speed Swimming

Provincial Records:

Certificates will be awarded for any new BCSSA Championship Meet record if it remains standing after Finals (for “S” and “O” – Individual Events and Club Relays only) and if there was a time established for that event at a previous BCSSA Championship Meet. Provincial Record certificates will be mailed to recipients after the conclusion of the Championships. See Section “Awards and Medals Pick up” below for information on receiving individual recognition items at the Championship meet. Provincial Record Holders will receive a gold ‘Record Holders’ swim cap, which will be presented at the podium during the medals presentation.

Medals:

1 st , 2 nd and 3 rd	Individual Events
1 st , 2 nd and 3 rd	Relay Events

Ribbons:

4 th to 8 th	Individual and Relay
9 th to 16 th	Individual

Regional Points will be awarded as follows:

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

Only Regional points will be published during the Championships. Club points will be posted to the BCSSA website within one week of the conclusion of the meet.

MEDALS AND RIBBONS PICK UP

All Speed Swimming medals and ribbons will be picked up by the **Regional Director, or pre-determined Designate**, at the completion of the Provincial Championships. Awards will not be given to individual swimmers, parents, or coaches.

Coaches and Members

Visit the BCSSA website for information on Scholarships and Bursaries <http://www.bcsummerswimming.com>.

ENTRIES: SPEED SWIMMING

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

All information submitted for the BCSSA Championships Meet Registration must use the BCSSA Championship Meet Event Numbers. **No exceptions.**

1. BCSSA Championship qualifiers from each region must be submitted using the most recent version of Hy-Tek's **Meet Manager "advancer" function**. Detailed instructions will be provided to Regional Directors, **including instructions on creating a separate 'wildcard/alternate' database**.
2. It is recommended that regions submit their entries as soon as possible after the completion of the Regional Championships Meet.
3. Swim meet entry files **MUST** be emailed to office@bcsummerswimming.com and competition@bcsummerswimming.com by **12:00 noon on August 5, 2024**. Entries from each region will be entered into the BCSSA Championship Meet and a verification list will be emailed back to the Regional Director by 12:00 noon August 6th, 2024. Any entry changes or corrections must be emailed back to the above email addresses by 12:00 noon on August 8th, 2024. If there are no changes or corrections, an email with the entries report attached, confirming that the entries are correct, must be sent to the above email addresses by 12:00 noon on August 9th, 2024.

An unlocked copy of the Regional Championship Meet, the "Advancers" file and email confirming the correct entries and all entry information for Diving, Artistic, and Water Polo must be in the BCSSA office no later than 12 noon on Monday, August 5, 2024.

**Completed Entries are due to BCSSA by:
12:00 noon Monday, August 5th, 2024**

PLEASE NOTE THE FOLLOWING CHANGE IN REGIONAL PAYMENTS

No payment is required from the Regions prior to the Provincial Meet. Fees will be compiled and calculated after the meet is completed, and Regions will receive detailed invoices from the Provincial Office.

4. **Speed swimming entry fees are:** \$9.00 per Individual Event; \$15.00 per Relay; \$15.00 per Regional Medley Relay; \$5.00 Athlete Facility Surcharge per Swimmer.
5. Any entry discrepancies to the BCSSA Championship Meet will be resolved by the Meet Manager at their discretion.
6. **Wildcard Entries:** Regional Directors will notify swimmers who have been selected to fill wildcard lanes by Friday August 9, 2024. It is the responsibility of the Regional Director to contact and notify the club and coaches within their region of swimmers who have been selected for a wildcard spot. It is an expectation that all wildcard swimmers will swim that event at Provincials - any swimmers who do not wish to be considered for a wildcard should 'scratch' from provincials for that event at the completion of the Regional meet.



BC Summer Swimming Association
SWIMMING | **DIVING** | WATER POLO | ARTISTIC

DIVING

MONDAY, AUGUST 12, 2024
8:00 am - 8:00 pm

DIVING AWARDS
Monday, August 12, 2024
Immediately following Competition

DIVING COACH MEETINGS

Date: AUGUST 11, 2024 **7:00 pm** via Zoom. Link will be emailed to all Clubs
(Final Dive sheets due Monday, August 5, 2024 at noon)

All judging and other decisions will be made here, as well as discussion and suggestions about rules/regulations and any future changes.

AWARDS

Medals: 1st, 2nd, 3rd
Ribbons: 4th to 8th place
Trophies: Top Female Team
Top Male Team
BCSSA Regional Award (Top Regional Team)
BCSSA Challenge Cup (Top Overall Team)

Awards will be presented to divers on Thursday, August 18th, immediately following the competition.

RULES

Please refer to the 2024 edition of the BCSSA Diving Rules available on the BCSSA website or in the BCSSA Rule Book.

RESULTS

All results will be scored and awarded separately for each division and category. Team points for diving will be awarded as follows: 36, 32, 30, 28, 26, 24, 20, and 18.

ENTRY FEES

There will be a **\$45.00 entry fee per event**, and a **\$5.00 per athlete surcharge**. All Dive Entry Forms and BCSSA Dive Sheets must be sent to the **Regional Director and Provincial Director** as the entire Regional package is due to the office by 12:00 noon on **Monday, August 5th, 2024**. **No payment is required prior to the Provincial Meet. Fees will be compiled and calculated after the meet is completed, and Regions will receive detailed invoices from the Provincial Office.**

A typed copy of ALL dive meet results must be emailed to the BCSSA Office immediately following the completion of each competition at office@bcsummerswimming.com and diving@bcsummerswimming.com.

ENTRIES

All Diving Entries must be sent by email to diving@bcsummerswimming.com (Subject: 2024 Provincial Diving Entries) by Monday August 5, 2024.

**NO LATE ENTRIES WILL BE ACCEPTED.
ALL ENTRIES MUST BE IN BEFORE 12:00 NOON MONDAY, AUGUST 5, 2024.**

Entries must be entered using the **BCSSA Diving Entry Form**. Entries must include a copy of Regional results, Regional Dive Sheets and Provincial Dive Sheets.

The Diving Entry Form must be signed by a coach, the Regional Dive Coordinator or Director and the Regional Registrar.

DIVE SHEETS

Must be completed and emailed by Monday, **August 5, 2024**. All changes must be completed before specific event warmups start on the day of competition.

Divers should remain at the pool for the entire competition. Events will run consecutively and will not be paused for divers as time is limited. It is the competitor's and coach's responsibility to be there on time for each event, dressed appropriately and ready to dive. Divers shall ensure proper attire is worn, which allows the judges to clearly see the lines of the body while a dive is being executed. Events may be combined as needed.

A schedule of events will be emailed to Dive Directors and Head Coaches on **August 7, 2024** along with Zoom link for Coaches meeting.

Each club is required to supply at least one Judge. Please let BCSSA Director of Diving (diving@bcsummerswimming.com) know the judge's name as soon as possible. There will be a sign-up app circulated prior to the Diving Competition to facilitate table workers.

2024 BCSSA – Age Group Dive Requirements

Summer Divers

Age Group	Compulsory Dives on 1m	Optional Dives on 1m or 3m	3m
8& Under (Total 5 dives)	Any 3 of: 100 200 001 or 101 002	2 dives Compulsory dives may be repeated once in a different position.	Do not need to have ANY dives on 3m, however, divers can choose to have up to 2 dives on 3m.
9/10 (Total 6 dives)	Any 3 of: 100 200 001 or 101 002	3 dives The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 3 dives on 3m.
11/12 (Total 7 dives)	Any 3 of: 100 200 001 or 101 002 or 201	4 dives The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.
13/14 (Total 8 dives)	All 4 of: 100 200 001 or 101 002 or 201	4 dives The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.

15+ (Total 8 dives)	All 4 of: 100 200 001 or 101 002 or 201	4 dives The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.
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Open Divers 1m

Age Group	Compulsory Dives	Optional Dives	Optional Clarification
8& Under (Total 6 dives)	100 200 001 002	2 dives	<ul style="list-style-type: none"> All jumps and fall-ins are permitted, but only one in each direction. Compulsory dives may be repeated once in a different position.
9/10 (Total 6 dives)	100 200 101 002 or 201	2 dives	<ul style="list-style-type: none"> No Jumps Fall-ins are permitted, but only one in each direction. Compulsory dives may be repeated once in a different position 2 categories must be used.
11/12 (Total 6 dives)	101 201 or 301 401	3 dives	<ul style="list-style-type: none"> No Jumps Fall-ins are permitted, but only one in each direction. Must have one optional that demonstrates flipping rotational movement. Compulsory dives may be repeated once in a different position 2 categories must be used.
13/14 (Total 6 dives)	101 201 or 301 401	3 dives	<ul style="list-style-type: none"> No Jumps Fall-ins are permitted, but only one in each direction. Must have one optional that demonstrates flipping rotational movement. Compulsory dives may be repeated once in a different position 3 categories must be used.
15+ (Total 7 dives)	101 002 or 201 401	4 dives	<ul style="list-style-type: none"> No Jumps or Fall-ins Must have one optional that demonstrates flipping rotational movement. Compulsory dives may be repeated once in a different position 3 categories must be used.

2024 BCSSA – Age Group Dive Requirements, continued

Open Divers 3m

Age	Compulsory Dives	Optional Dives	Optional Clarification
8 & Under (Total 5 dives)	100 200 001	2 dives	<ul style="list-style-type: none"> All jumps and fall-ins are permitted, but only one in each direction. Compulsory dives may be repeated once in a different position.
9 & 10 (Total 6 dives)	Any 3 of: 100 200 001 101	3 dives	<ul style="list-style-type: none"> No Jumps Fall-ins are permitted, but only one in each direction. Compulsory dives may be repeated once in a different position 2 categories must be used.
11 & 12 (Total 6 dives)	Any 3 of: 200 001 002 101	3 dives	<ul style="list-style-type: none"> No Jumps One additional Fall-in is permitted Compulsory dives may be repeated once in a different position 2 categories must be used.
13 & 14 (Total 6 dives)	001 002 101	3 dives	<ul style="list-style-type: none"> No Jumps/ 1 Fall-in allowed Compulsory dives may be repeated once in a different position 2 categories must be used.
15+ (Total 6 dives)	001 002 101	3 dives	<ul style="list-style-type: none"> No Jumps or Fall-ins Must have one optional that demonstrates flipping rotational movement. Compulsory dives may be repeated once in a different position. 3 categories must be used.

Degree of Difficulty Table- This table is to be used for both Summer and Open - All Age Categories

SPRINGBOARD		1 Metre				3 Metres			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
100	Front Jump	1.0				1.0			
001	Front Dive FALL IN	1.1				1.1			
101	Forward Dive	1.2	1.4	1.3		1.4	1.6	1.5	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1 ½ Somersault		1.7	1.6			1.6	1.5	
104	Forward Double Somersault		2.3	2.2			2.1	2.0	
105	Forward 2 ½ Somersault		2.6	2.4			2.4	2.2	
106	Forward Triple Somersault			2.9			2.8	2.5	
107	Forward 3 ½ Somersault			3.0			3.1	2.8	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward Flying 1 ½ Somersault		1.9	1.8			1.8	1.7	
115	Forward Flying 2 ½ Somersault							2.5	
BACK GROUP		A	B	C	D	A	B	C	D
200	Back Jump	1.0				1.1			
002	Back Dive FALL IN	1.1				1.2			
201	Back Dive	1.4	1.7	1.6		1.6	1.9	1.8	
202	Back Somersault	1.7	1.7	1.6		1.9	1.9	1.8	
203	Back 1 ½ Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2 ½ Somersault			3.0			3.0	2.8	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1 ½ Somersaults							2.1	
REVERSE GROUP		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.8	1.7		2.0	2.0	1.9	
302	Reverse Somersault	1.8	1.8	1.7		2.0	2.0	1.9	
303	Reverse 1 ½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault		2.6	2.3			2.4	2.1	
305	Reverse 2 ½ Somersault		3.2	3.0			3.0	2.8	
312	Reverse Flying Somersault		1.8	1.7				1.8	
313	Reverse Flying 1 ½ Somersault							2.2	
INWARD GROUP		A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.6	1.5		1.8	1.6	1.5	
402	Inward Somersault		1.7	1.6			1.6	1.5	
403	Inward 1 ½ Somersaults		2.4	2.2			2.1	1.9	
404	Inward Double Somersaults			2.8			2.6	2.4	
405	Inward 2 ½ Somersaults		3.4	3.1			3.0	2.7	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault			2.7				2.4	

TWIST GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive, ½ Twist	1.8	1.7			1.8	1.7		
5112	Forward Dive, 1 Twist	2.0	1.9			2.0	1.7		
5121	Forward Som., ½ Twist		1.8		1.7		1.8		1.7
5122	Forward Som., 1 Twist				1.9				2.0
5124	Forward Som., 2 Twist				2.3				
5126	Forward Som., 3 Twist				2.7				
5131	Forward 1 ½ Som., ½ Twist		2.1	2.0			2.0	1.9	
5132	Forward 1 ½ Som., 1 Twist				2.2				2.1
5134	Forward 1 ½ Som., 2 Twists				2.6				2.5
5136	Forward 1 ½ Som., 3 Twists				3.0				2.9
5138	Forward 1 ½ Som., 4 Twists								3.3
5152	Forward 2 ½ Som., 1 Twist		3.2	3.0			3.0	2.8	2.8
5154	Forward 2 ½ Som., 2 Twists						3.4	3.2	3.2
5211	Back Dive ½ Twist	1.4				1.5			
5212	Back Dive, 1 Twist	1.6				1.7			
5221	Back Somersault, ½ Twist				1.8				1.8
5222	Back Somersault, 1 Twist				1.9				
5223	Back Somersault, 1 ½ Twists				2.3				
5225	Back Somersault, 2 ½ Twists				2.7				
5227	Back Somersault, 3 ½ Twists								3.2
5231	Back 1 ½ Som., ½ Twist				2.1				2.0
5233	Back 1 ½ Som., 1 ½ Twists				2.5				2.4
5235	Back 1 ½ Som., 2 ½ Twists				2.9				2.8
5237	Back 1 ½ Som., 3 ½ Twists								3.2
5251	Back 2 ½ Som., ½ Twist						3.1	2.8	2.7
5253	Back 2 ½ Som., 1 Twist						3.5	3.3	3.1
5311	Reverse Dive ½ Twist	1.9				2.0			
5312	Reverse Dive, 1 Twist	2.1				2.2			
5321	Reverse Somersault, ½ Twist				1.8				
5322	Reverse Som., 1 Twist				2.0				
5323	Reverse Som., 1 ½ Twists				2.4				
5325	Reverse Som., 2 ½ Twists				2.8				
5331	Reverse 1 ½ Som., ½ Twist				2.2				2.1
5333	Reverse 1 ½ Som., 1 ½ Twists				2.6				2.5
5335	Reverse 1 ½ Som., 2 ½ Twists				3.0				2.9
5337	Reverse 1 ½ Som., 3 ½ Twists								3.3
5351	Reverse 2 ½ Som., ½ Twist						3.1	2.9	2.7
5371	Reverse 3 ½ Som., ½ Twist							3.5	3.6
5411	Inward Dive, ½ Twist	2.0	1.7			1.9	1.6		
5412	Inward Dive, 1 Twist	2.2	1.9			2.1	1.8		
5421	Inward Som., ½ Twist		1.8	1.7			1.6	1.5	
5422	Inward Som., 1 Twist				2.1				
5432	Inward 1 ½ Som., 1 Twist				2.7				2.4
5434	Inward 1 ½ Som., 2 Twists				3.1				2.8

2024 BCSSA Dive Entry Form

Club	Date
Judge Name/Designate	Coach Phone No.

Name					8 & Under		9 & 10		11 & 12		13 & 14		15 +		Total Fee	Regional Score
	M	F	S	O	1m	3m	1m	3m	1m	3m	1m	3m	1m	3m		

***Note:** Summer Divers, please select only the 1m event. Open Divers, please select 1m and/or 3m as appropriate.*

Signature _____

Total Entries _____

Total Athletes _____

Regional Registrar Signature: _____

Regional Diving Coordinator / Director: _____

2024 BCSSA Dive Sheet

Event No. _____ Grp./Cat _____ S/O _____ 1m _____ 3m _____ Gender _____ Diving Order _____

Name _____ Club _____ Coach _____

Meet 2024 Provincial Championships

Date 12-August-2024

Dive Order	Board 1m/ 3m	Dive No.	Description of Dive	POS	Judges Awards					DD	Total	Points
					1	2	3	4	5			
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Competitor's Signature: _____

Final Score: _____

Coaches Initials: _____

Final Place: _____

Referee's Initials: _____



BC Summer Swimming Association
SWIMMING | DIVING | **WATER POLO** | ARTISTIC

WATER POLO

TUESDAY, AUGUST 13, 2024
8:00 am - 8:00 pm

WEDNESDAY, AUGUST 14, 2024
8:00 am – 8:00 pm

ALL AWARDS
Wednesday, August 14, 2024
Immediately following Tournament

WATER POLO

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.

Governance

Rules for the 2024 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, as presented in Section 6 (Water Polo) of the 2024 BCSSA Rulebook.

Categories of Play

Co-educational Provincial Championships will be played in the following categories: **Updated 27-June-2024**

BCSSA 2024 Water Polo		
Age Locator		
Cat "S"	Birth Year	Cat "O"
19 and older	2005	O8 (19 years or older)
18U	2006	O Cat 2: 15 - 18 years. Rostered for *WPC's *NCL Westerns and/or National Championships
18 & Under	2007	
16U	2008	
16 & Under	2009	
14U	2010	
14 & Under	2011	
	2012	
12U	2013	
12 & Under	2014	

Note: An Athlete's age as of December 31st each year shall be used to determine the Athlete category
 *WPC - Water Polo Canada;
 *NCL - National Championships League
 In case of any discrepancy between this document and BCSSA rules, the current BCSSA rulebook shall prevail.

(See Section B3ii for team minimum composition rules.)

Players' age will be calculated as of December 31, 2024.

Definitions (Section 6.1.1)

- On a trial basis, there will be no O-Cat 1 players.
- On a trial basis, O-Cat 2 players will be defined by being on an NCL roster for Western or National Finals.
- O-Cat 2 is **16U** and **18U**.
- O-Cat 2 players are **15** to 18 years old.
- S-POLO players can play up with O-Cat but O-Cat cannot play down with S-POLO.

Entry Format

- i) **Entries:** As per the 2024 BCSSA Water Polo Rule Book (Section 6.3 Team Eligibility) all eligible teams must be mixed. Teams qualify for Provincial Championships by regional play downs. Wild card entries will be announced the weekend before entries are due.

Attached **Water Polo Entry forms** must be duly completed and submitted to waterpolo@bcsummerswimming.com and office@bcsummerswimming.com by Monday, **August 5th, 2024 at 12 noon** (or earlier where possible).

The full names (as registered) 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 **12 players for 12U/14U, 10 players for all other categories**) for each game must be presented to the recording/official's table 20 minutes before scheduled game time.

- ii) **Fees:** A three hundred and twenty five-dollar (**\$325.00**) entry fee and a one hundred and fifty dollar (**\$150.00**) referee fee as well as a \$5.00 per athlete facility surcharge will apply.

PLEASE NOTE THE FOLLOWING CHANGE IN REGIONAL PAYMENTS: No payment is required from the Clubs or Regions prior to the Provincial Championships. Fees will be compiled and calculated after the event is completed and Regions will receive detailed invoices from the Provincial Office.

General Rules

1. Rules of Play

As per the 2024 Water Polo Rules (section 6.4 Rules of Play), the style of play will follow the 4 x 4 Beach Water Polo.

On a trial basis, the following rules will also apply:

- 12U-5X5, 14U-5X5, 16U-4X4, 18U-4X4
- Junior nets for all games
- Longer pool for older divisions (16U, O-Cat2, O8)
- Game length changed to 10-minute halves and 3-minute half time
- No scoring from your half of the pool
- There will be no 3-goal rule for players (Wayne Gretzky rule)
- Stop time after a goal and restart at centre
- Two referees will be scheduled for each game
- At least one female player must be in the game at all times
- Each player can be rostered for the maximum of 2 teams regardless of format of play

2. **Team Eligibility (Section 6.5)**

- To be eligible to participate in the Provincial Championship, club teams (other than as provided for in #4 below) must be registered with a member club and BCSSA by the second Thursday in July
- 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.
- The Head Coach of each team is to be fully certified NCCP Level One or current **Canadian** equivalent.
- All teams must supply one certified referee to provincials
- **ANY COACH WHO HAS COACHED A TEAM DURING THE SEASON WILL NOT BE PERMITTED TO PLAY WITH THAT TEAM.**

3. **Team Composition**

- i. Teams in all categories are permitted to **select twelve (12) players for 12U/14U and ten (10) players for other categories**, 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 **five (5) players (goalie included) for 12U/14U and four (4) players (goalie included) for all other categories; at least one player who identifies as female must be in the game at all times.** If a team has only one **player who identifies** as female, and due to exclusions was reduced to no eligible the **team will forfeit the game.**
- iii. **Alternates:**
Each team may list **(2)** alternates on their roster. The same player may be listed as an alternate for more **than (1)** one team if 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.
 - a) 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](mailto:office@bcsummerswimming.com) (office@bcsummerswimming.com, waterpolo@bcsummerswimming.com) prior to the Game/ Tournament, or contact the **Meet Manager** BEFORE the player(s) enter the water.

1. **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.
- iii. The team that wins their respective Regional championship will advance to the Provincial championship. The top 2 losing teams that have the highest total goals scored amongst the Regions will qualify via the wildcard option.
- iv. Regions with only 1 team will advance to the Provincials by default.

2. Competition Format

Unless otherwise indicated and approved by BCSSA, the normal format shall be a round robin when 4 to 16 teams enter. If possible, teams will play a maximum of 3 games per day. BCSSA will not host an age group (12U, 14U, 16U, 18U, O-Cat 2, O8) tournament with less than 4 teams registered.

3. Tie Breaking Procedures

Refer to Section 6.9 of the 2024 Water Polo Rules.

4. Vetoes

No vetoes, pertaining to referees, shall be permitted during the Provincial Championships. Referees are assigned wherever possible based on geographic neutrality.

5. Protests

Refer to Section 6.16 of the 2024 BCSSA Water Polo Rule Book.

6. Conduct/Discipline

Refer to Section 6.17 of the 2024 BCSSA Water Polo Rule Book.

7. Brutality/Misconduct/Disrespect

Section 6.15 of the 2024 BCSSA Water Polo Rule Book.

8. Forfeits/Defaults

- i. Any team which forfeits a game will lose by a score of 2-0. Additional action will be based on a review of the circumstances by the Discipline Committee.
- ii. If all males / females from one team are excluded from the game, the team will forfeit the game.
- iii. A forfeit occurs when less than **five (5) for 12U/14U or four (4) for all other categories** 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 **one (1) player who identifies as female** to start the game.

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

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

9. 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.

10. 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.

11. Team Benches

Refer to Section 6.6 of the 2024 BCSSA Water Polo Rule Book.

12. 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	eyeglasses
necklaces	long fingernails & toenails
earrings	
Swimming goggles (<i>prescription goggles may be worn in special cases and will be examined by the officials</i>)	

Other objects not listed here will be examined by the officials before the tournament begins.

General Information

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

Championship Awards

Medals shall be presented to each player on the gold, silver, and bronze medal teams. A maximum fifteen (15) medals per team will be provided. Coaches will not receive medals.

Responsibilities

1. BCSSA

BCSSA shall ensure that:

- i. All players are registered members of BCSSA and eligible to play.
- ii. A competition Referee-In-Chief is selected.
- iii. All referees are eligible to referee, and coaches are registered with BCSSA.
- iv. A referee schedule is compiled at the discretion of the Referee-in-Chief.

- v. The host organization and all participating teams are provided with a competition schedule as soon, as is practical.
- vi. The ball used for all 12U BCSSA competitions shall be the Mikasa #6008.5/ size 3, or equivalent.
- vii. The Mikasa #6009/ size 4 ball or equivalent shall be used for all other age groups.
- viii. That a minimum of three (3) minor officials are provided for each **18U, 16U, and O-Cat 2** game and two (2) for each **14U** and **12U** games. Minor officials are not permitted to work more than three (3) games in succession.
- ix. That an adequate swimming area is provided for team warm-ups prior to the start of each game, where possible.
- x. That official closing ceremonies are included for each competition.

2. Club/Team

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

- i. That entry forms are submitted by **Monday, August 5, 2024 at 12 noon** (or earlier where possible).
- ii. That all players are registered with BCSSA.
- iii. That all Provincial Rules are maintained and adhered to and that the club/team is in good standing with BCSSA.
- iv. That all expenses incurred by the team are paid for by the club organization.
- v. 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 THE PROVINCIAL CHAMPIONSHIPS 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) 2-0
- 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 2-0 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 2-0 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 0-2 for each game in which they have intentionally tried to gain an unfair advantage

Water Polo Provincial Registration 12U/ 14U

[Form found here](#)



REGIONAL TEAM: _____

CLUB TEAM: _____

_____ Team Contact (First & Last name)

Phone Number 12U 14U

_____ Team Minor Officials

_____ Team Chaperone

	Cap #	Gender (F/M)	First Name	Last Name	Registration #	Club Initial	DOB (YYY/M/DD)	Polo Only
example	33	F	Julie	Smith	BCSSA#	RIV	2011-01-01	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
Alternate								
Alternate								
(Coach)								
(Coach)								

- 1 List Female players first, then male 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.
- 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.

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

Entry Fee of \$325.00, Referee Fee of \$150.00
Athlete Facility Fee of \$5.00/athlete

Please return this form to BCSSA
by 12NOON, August 5, 2024

Signature of Club Official

Water Polo Provincial Registration 16U/ 18U/ OCat

[Form found here](#)



REGIONAL TEAM: _____

CLUB TEAM: _____

_____ Team Contact (First & Last name)

_____ Phone Number

16U 18U
 O-Cat 2

_____ Team Minor Officials

_____ Team Chaperone

	Cap #	Gender (F/M)	First Name	Last Name	Registration #	Club Initial	DOB (YYY/M/DD)	Polo Only
example	33	F	Julie	Smith	BCSSA#	RIV	2008-01-01	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
Alternate								
Alternate								
(Coach)								
(Coach)								

- 1 List Female players first, then male 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.
- 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.

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

Entry Fee of \$325.00, Referee Fee of \$150.00
Athlete Facility Fee of \$5.00/athlete

Please return this form to BCSSA
by 12NOON, August 5, 2024

_____ Signature of Club Official



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | **ARTISTIC**

ARTISTIC SWIMMING

THURSDAY, AUGUST 15, 2024

8:00 am - 2:00 pm

Warmups/ Team, Duet and Solo

Technical and Free Competitions

ARTISTIC SWIMMING

PROVINCIAL CHAMPIONSHIP POLICY

Unless specific wording is found in the BCSSA Rules or in the Provincial Meet Package, all officials shall refer to the 2018 FINA rulebook for artistic competitions.

NO HAIR GEL IS TO BE USED AT ALL ANYWHERE IN THE UBC AQUATIC CENTRE. COMPETITORS MUST WEAR SWIM CAPS.

Eligibility

Competitors must be correctly registered with the BCSSA for the current season.

All athletes must have competed at a Regional Artistic Championship (Rulebook 7.2 Competitions) to be eligible to compete at Provincial Championships (exemptions are covered within this rule).

Athlete Categories, Skill Levels and Age Divisions

DIVISIONS

An Athlete's age as of December 31st each year, aquatic participation in the non-competitive season and skill level shall be used to determine the Athlete's category. All athletes shall declare all artistic swimming participation that occurs from September 1 of the previous year through to April 30 of the current year. The Athlete categories and skill levels for Artistic swimming are (Rulebook 7.1 Athlete Categories, Skill Levels and Age Divisions):

Categories	Skill Level	Age Divisions
Summer Categories (S)	Once an athlete's marks from element panel from the technical routine reaches 4.6, they will move up to Intermediate.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Once an athlete's marks from element panel from the technical routine reaches 5.6, they will move up to Advanced.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Advanced Athletes can stay as advanced once the marks from the technical routine reaches 5.6 and they remain in this category.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)

Open Categories (o-cat)	O category 1 artistic athletes were registered, trained and/or have competed in a provincial stream artistic swimming program age group 11-12 or younger, excluding recreational or limited competition.	PS 12u (Provincial Stream)
	O category 2 artistic athletes were registered, trained and/or have competed in any provincial or national stream artistic swimming program age 13 and older.	PS 13-15 & NS (National Stream)

General Rules

- a) All entry packages must be completed and shall be submitted to the BCSSA office by each club by the deadline stated in the Provincial Meet Package
- b) Nose clips/plugs may be worn.
- c) Make-up that provides a natural, clean and healthy glow is acceptable. Theatrical make-up, nail polish, jewelry, accessory equipment, goggles and/ or additional clothing is not permitted, unless required for medical reasons, except for medical alerts and spiritual/ religious bracelets/ jewelry. Medical certification must be submitted to the Chief Referee/ Judge at least 30 minutes before the event.
- d) White caps and black suits are permitted for technical routines. Caps are permitted for free routines if desired.
- e) The use of goggles during routine events is not permitted unless required by medical reasons.
- f) Suits for all routines shall conform to World Aquatics specification in the latest World Aquatics manual, nothing may hang/dangle from the suits (including longties) – nothing on the suit should be able to float. In the event that the referee deems an athlete's(s') swimwear does not conform to World Aquatics standards, the athlete(s) will not be permitted to compete until changing into appropriate swimwear.

Routine Events

- a) BCSSA competes both technical and free routines in team, duet and limited solo.
- b) An athlete may be permitted to compete in a maximum of one solo (for advanced and o-cat), one duet event, one team event for free and a maximum of one solo (for advanced and o-cat), one duet event, one team event for technical routines.
- c) Every athlete must complete at least one technical routine.
- c) The solo event is for athletes competing in the advanced and o-cat levels only.
- d) The duet event is open to all levels of athletes and consists of two athletes. They will compete in the highest skill level of the duet partners.
- e) Technical routines will have 4 elements (generally figures or positions) that may change from year to year and can be found in the Provincial meet package.
- f) Technical and free routines will be judged as a free routine (with Execution, Difficulty and Artistic Impression), using the system prior to 2023, with the addition of judging of the walk-on. Two technical monitors will be assigned to technical routines.
- g) The free team and technical event is open to all skill levels and shall consist of a minimum of three (3) to a maximum of ten (10). The team event can have any number of different skill levels on the team. When there is more than one skill level on a team, the skill level with the majority of athletes will determine which skill level the team competes in. When there is the same number of athletes in more than one skill level, that team will compete at the highest skill level.

- h) Routines may start on the deck or in the water, but must finish in the water.
- i) The walk-on will no longer be timed.
- j) Deck movements will no longer be timed separately but will still be included in the routine time.
- k) All routines, technical and free will have a maximum time of four minutes which includes 10 seconds for deck movements and allows a plus or minus of 15 seconds.
- l) Timing of the routines shall start when the music starts upon a signal from the Referee and finish when the music stops.
- m) The music accompaniment shall begin upon a signal from the Referee. After the signal, the athlete(s) must perform the routine without interruption.
- n) In the case of technical problem(s) during a routine, the athletes may be allowed to re-swim at the discretion of the Chief Referee/Judge.

Elements for Technical Routines

Beginner	Intermediate	Advanced/Ocat 1	Ocat 2
Back tuck somersault	Kipnus	Kip	Seagull
Assume a Front Pike Pull-Down	Neptunus	Tower	Porpoise Spin 360°
Split Position	Surface Prawn	Barracuda	Barracuda Spin 180°
Tub Turning 360°	Walkout Front	Walkover Back	Ariana

Penalties

Coaches will be informed of any penalties after the event(s) are completed

Coaches are expected to attend the re-timing of their music. Should a coach fail to participate, the Chief Judge/Referee will make the final ruling without the coach. There will be no protest opportunity once the final ruling has occurred when a coach fails to attend the re-timing. Coaches need to be mindful that routines are timed on a "meet-by-meet" basis. Routines that did not receive a timing violation at a previous competition can still be subject to timing violations at subsequent competitions.

- a) A one (1) point penalty shall be deducted from the routine score if:
 - There is a deviation from the specified routine time limit allowed (less or more than) for the routine.
 - An athlete has made a deliberate use of the bottom of the pool during the routine.
- b) A two (2) point penalty shall be deducted from the routine score if:
 - An athlete has made a deliberate use of the bottom of the pool during a routine to assist another athlete.
 - If during the deck movements in team routines athletes are executing stacks, towers or human pyramids.

Music

There should be no more than a 10 second lead in before the music starts.

Music must be uploaded to the google drive provided by the Director of Artistic two (2) weeks prior to Regionals and submitted as follows:

Event - Skill Level - Club Name - Coach Name - athlete name for solo, athlete name for duet and theme for technical and free team

Examples: Free Solo - Advanced - CRB - Sally Sue - Charlie Smith

Free Duet - Ocat2 - CRB - Sally Sue - Charlie Smith and Jane Doe

Free Team - Beginner - COQ – Bill Boy - Beautiful Day

Technical Team – Intermediate – NVC - Nancy Road– Happy Days

Each club coach must be available with a back-up electronic version of the music for each routine in case of technical difficulties.

Coaches & Officials & Volunteers

Events may run up to 30 minutes early, please inform all athletes, parents, other coaches etc. and be prepared for warmups and events should the schedule change.

An **Artistic Swimming Coaches' Meeting** will be held ½ hour to 1 hour before the meet begins, to review competition details, "scratches", and procedures, all coaches should attend but each club should have at least one. An **Artistic Swimming Coaches' Meeting** will be held immediately following each of the routine events to provide feedback from the Judges, if wanted.

Coaches are required to sign off on the routine results ½ hour after each event has been completed.

Coaching athletes while they are actively competing will not be permitted. Coaches debriefing competitors after they compete should be well away from the competition area to avoid disadvantaging other competitors and away from the judges who are judging other competitors.

Spectators who are not volunteering will not be permitted on the pool deck. Coaches are asked to inform competitors and parents that spectators are to remain in the spectator viewing area.

Gelling of hair will not be permitted in the facility change rooms or washrooms. Clubs are asked to plan for hair gelling in areas that will not be disruptive to pool patrons and ensure that facilities are left in the same condition after the competition as they were at the beginning of the competition. White caps and black suits are permitted for technical routines. Caps are permitted for free routines if desired.

Flash photography is forbidden. The flash can be disorienting for competitors and judges.

Entry Procedure

All Clubs must register athletes through the Club Registrar and the Regional Registrar.

Please use the previously provided BCSSA Excel spreadsheet (example below) with the team information to your regional registrar, artistic@bcsummerswimming.com and office@bcsummerswimming.com. Please ensure the document is saved in **Excel format** when emailed. If you require a copy of the Excel spreadsheet, please email your request to artistic@bcsummerswimming.com or office@bcsummerswimming.com.

Entry Form submission deadline is Monday, August 5, 2024.



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | ARTISTIC

SPEED SWIMMING

THURSDAY AUGUST 15, 2024

5 – 6:30 PM Regional Practice Block 1
6:30 – 8 PM Regional Practice Block 2

FRIDAY AUGUST 16, 2024

6:45 – 7:15 AM Warmups Block 1
7:15 - 7:45 AM Warmups Block 2

8:00 AM Competition Starts

SATURDAY AUGUST 17, 2024

6:45 – 7:15 AM Warmups Block 1
7:15 - 7:45 AM Warmups Block 2

8:00 AM Competition Starts

SUNDAY AUGUST 18, 2024

6:45 – 7:15 AM Warmups Block 1
7:15 - 7:45 AM Warmups Block 2

8:00 AM Competition Starts

Facility access for athletes begins 15 minutes prior to the start of each athlete's warm up time and athletes must exit the facility immediately after warm up.

SPEED SWIMMING

REGIONAL PRACTICE TIME / WARMUPS

Pool facility:	UBC Aquatic Centre - Vancouver
Procedure:	1 Lane per region in Senior Pool (South end) 1 Lane per region in Junior Pool (North end)
Rental Cost:	\$300 per region (mandatory)

Times and Lane Assignments for Regional Practice - Thursday, August 15, 2024

5:00 PM – 6:30 PM

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

6:30 PM – 8:00 PM

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

New for 2024

Due to deck capacity restrictions, all warmup sessions will be blocked by Club. Some clubs will be assigned the 'early' block, and the other clubs will be assigned the 'late' block. The Regional Coach & the Regional Director of each Region are responsible for allocating the Regional practice times, including assigning their clubs to the early or late block. Facility access for athletes begins 15 minutes prior to the start of each athlete's warm up time. Once an athlete's warm up is complete they must leave the pool deck and change rooms immediately, athletes are not allowed to hang out on deck before or after their warmups.

During the Speed swimming events, no parents or guests will be permitted on the pool deck, the pool change rooms or the marshalling area.

Working Deck: Per Rule 4.5.2, the working deck for Speed Swimming will be generally within 1.83 m (6'0") of the pool edge, other than the west side of the competition pool where it will be defined by the fixed posts and rope line.

The Warmup rules will be in effect and coaches must clear lanes prior to any dive sprints. Safety Marshals will be monitoring lanes and ensuring this rule is adhered to.

WARM-UPS EACH DAY

Block 1 - 6:45 AM to 7:15 AM

Block 2 - 7:15 AM to 7:45 AM

Each Region is assigned one lane to best manage swimmer numbers. Regions will keep the same lane assignment throughout the Championship (August 16 – August 18, 2024).

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

Coaches' Meeting: 6:30 AM Saturday and Sunday

Officials' Meeting: 7:15 AM 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	Minimum 45 Minutes
Finals Warm ups (30 mins)	@ conclusion of Break

Saturday

50 Fly	7:50 AM
50/100 Backstroke	8:45 AM
Free Relays	9:45 AM
Break	Minimum 45 Minutes
Finals Warm ups (30 mins)	@ conclusion of Break

Sunday

50/100 Breaststroke	8:15 AM
100 Free	9:15 AM
Break	Minimum 45 Minutes
Finals Warm ups (30 mins)	@ conclusion of Break

- Note:**
1. All Times are approximate. Marshalling and warmups **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 begin prior to the Anthems, which will be sung once the first preliminary heats are behind the blocks and ready to swim.
 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 they are participating.

NO MARSHALLING DIVISIONS 5 – 7, O-CAT 2, and O-CAT 8

4. There will be no check-in, marshalling calls, or marshalling for Divisions 5 – 7, O-Cat 2, and O-CAT 8 preliminary heats. It is the swimmer's sole responsibility to be behind the blocks in the correct lane when the referee calls their race. No exceptions will be entertained.

HEATS, FINALS AND CONSOLATIONS

1. Category "S" and Tier "O" swimmers will compete in Heats, Finals and Consolation Finals according to Division or Category. (See event list)
2. Consolation Finals in Div. 1-4 will be swum **first**, and Championship Finals **second**.
3. Championship Finals in Div. 5 and older will be swum **first**, and Consolation Finals **second**.

SCRATCHES

BCSSA Scratch Sheet is provided on page 42.

HEATS:

- It is the responsibility of the Region to administer any scratches **after** the Regional Advancer File has been submitted to the Provincial Office and Meet Manager.
- Scratches prior to the Regional Alternate Deadline, which will result in the Regional Alternate swimming, must be submitted to the provincial office before Noon, Monday August 12th. This will allow the changes to be made in the meet file prior to printing the coaches and deck officials heat sheets.
- If a Regional Alternate will be swimming due to a scratch after this deadline, the Region must follow the instructions in 'Alternates' guidelines below.
- The region should advise the Meet Manager or Clerk **as soon as possible** of any late scratch where there will **not** be a Regional Alternate. These empty lanes may be filled by Provincial Alternates.

FINALS:

- Scratches for finals should be done **as soon as possible** following the posting of the preliminary heat results. The Office must be advised, by the coach, on a BCSSA scratch form, of this scratch. This will ensure that all parties are aware of the change, and will allow alternates adequate notice to prepare for their race.

ALTERNATES:

- Any Regional Alternate being substituted **after** the Monday Aug 12 deadline must have a Regional Alternate Slip duly completed by the regional entries person. **No Regional Alternate will be permitted to swim without this slip.** The Regional Alternate should be at the Clerk of the Course, with slip, in place of the scratched swimmer, and identify themselves when that swimmer/ heat is called. Regional Alternates will not be called.

- A maximum of 2 Provincial Alternates will be eligible to fill empty lanes in heats. If no Provincial Alternate is present when called, the Heat will be swum with that lane empty. Provincial Alternates will not be called by name.
- All Alternates for Finals must go to the Clerk of the Course or designate and be available when the event is called. Alternates will not be called by name.

****LIVE RESULTS****
WILL BE POSTED ON THE WEBSITE

2024 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS



Friday, August 16, 2024

7:15 AM Officials' Meeting
 6:45 AM -7:45 AM Warm-ups
 7:55 AM Anthem - TBD

<u>Start</u> 8:00 AM	<u>Girls</u>		<u>Boys</u>	
	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	"O" CAT 8	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	"O" CAT 8	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	"O" CAT 8	4 x 50m Medley Relay	160

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

* The first number of the event indicates the day of the swimming Competition

2024 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS



Saturday, August 17, 2024

6:30 AM	Coaches' Meeting
7:15 AM	Officials' Meeting
6:45 AM - 7:45 AM	Warm-ups
7:55 AM	Anthem - Annoying Dads

<u>Start</u> 8:00 AM	<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	"O" CAT 8	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	"O" CAT 8	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	"O" CAT 8	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.
- * The first number of the event indicates the day of the swimming Competition.

*

2024 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS

Sunday, August 18, 2024

6:30 AM	Coaches' Meeting
7:15 AM	Officials' Meeting
6:45 AM - 7:45 AM	Warm-ups
7:55 AM	Anthem - Coaches

<u>Start</u> 8:00 AM	<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	"O" CAT 8	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	"O" CAT 8	100m Free	350

MIXED

351	DIV I	4 x 50m MIXED Med. Regional Relay
352	DIV I	4 x 50m MIXED Free Regional Relay
353	II	4 x 50m MIXED Med. Regional Relay
354	II	4 x 50m MIXED Free Regional Relay
355	III	4 x 50m MIXED Med. Regional Relay
356	III	4 x 50m MIXED Free Regional Relay
357	"O" CAT 1	4 x 50m MIXED Med. Regional Relay
358	"O" CAT 1	4 x 50m MIXED Free Regional Relay
359	IV	4 x 50m MIXED Med. Regional Relay

360	IV	4 x 50m MIXED Free Regional Relay
361	V	4 x 50m MIXED Med. Regional Relay
362	V	4 x 50m MIXED Free Regional Relay
363	VI	4 x 50m MIXED Med. Regional Relay
364	VI	4 x 50m MIXED Free Regional Relay
365	"O" CAT 2	4 x 50m MIXED Med. Regional Relay
366	"O" CAT 2	4 x 50m MIXED Free Regional Relay
367	VII	4 x 50m MIXED Med. Regional Relay
368	VII	4 x 50m MIXED Free Regional Relay
369	"O" CAT 8	4 x 50m MIXED Med. Regional Relay
370	"O" CAT 8	4 x 50m MIXED Free Regional Relay
400	"O" CAT 8	30 x 50m MIXED Free Regional Relay (Miracle Mile)

- * 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 the PM session.
- * 400 COACHES' "Miracle Mile" Relay Swim - Finals Only
- * The first number of the event indicates the day of the swimming Competition.

2024 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Appendix IIIA - 2024 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Qualifying Standards are generally based on the average of 8th place in Heats for 2017-2023 inclusive for Individual Events

Any swimmer who equals or betters the following times in **FINALS** at a **2024** 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	100 BACK	100 FREE
1G	41.50	01:46.89		50.06		56.29		49.13		01:34.78
2G	36.34	01:32.67		41.89		47.38		42.53		01:21.51
3G	32.09	01:21.73		35.97		42.46		37.63		01:10.22
4G	30.09		02:48.96	33.28			01:26.22		01:16.87	01:06.60
5G	29.32		02:43.52	32.31	01:15.38		01:24.61		01:14.83	01:05.47
6G	28.95		02:42.67	32.03	01:14.46		01:22.82		01:13.91	01:04.10
7G	29.94		02:52.32	33.09	01:17.81		01:28.68		01:17.65	01:07.15
8G	29.64		03:05.91	32.14	01:21.09		01:27.96		01:19.39	01:11.03
1B	41.47	01:49.61		51.82		55.21		49.69		01:33.95
2B	35.87	01:33.30		41.91		48.38		43.51		01:20.74
3B	31.58	01:22.24		36.96		41.75		38.41		01:11.05
4B	28.95		02:44.61	32.51			01:22.84		01:15.71	01:04.24
5B	26.89		02:33.24	29.74	01:08.83		01:17.42		01:10.35	01:00.30
6B	25.96		02:27.13	28.38	01:04.86		01:12.86		01:06.90	:57.23
7B	25.71		02:30.11	28.61	01:06.42		01:14.20		01:08.03	:57.36
8B	25.10		02:24.86	27.49	01:04.02		01:14.15		01:07.56	:55.49
O1G	38.29	01:37.02		49.17		50.88		47.32		01:30.42
O2G	30.28		02:52.33	33.28	01:22.85		01:33.35		01:18.25	01:07.00
O1B	38.50	01:41.91		45.51		54.29		46.30		01:32.76
O2B	26.74		02:36.21	30.67	01:09.15		01:20.87		01:13.34	00:59.42

2024 BC CHAMPIONSHIPS QUALIFYING STANDARDS		
RELAY TEAMS		
Qualifying Standards are generally based on the average of 3rd place in Heats for 2017-2023 inclusive.		
Any relay team that equals or betters the following times in the FINALS at a 2024 Regional Championship Meet automatically qualifies for the respective event at the Provincial Championships.		
<i>DIV</i>	200 MEDLEY	200 FREE
1G	03:21.96	02:58.64
2G	02:48.24	02:27.79
3G	02:28.24	02:12.37
4G	02:20.69	02:06.13
5G	02:15.07	02:00.07
6G	02:14.67	01:59.70
7G	02:14.88	01:59.62
8G	02:11.67	01:58.67
1B		
1B	03:30.25	02:58.86
2B	02:52.03	02:30.15
3B	02:28.66	02:12.71
4B	02:15.95	02:00.59
5B	02:05.89	01:51.02
6B	01:58.71	01:45.37
7B	01:57.97	01:45.40
8B	01:55.42	01:43.41
O1G		
O1G	02:44.46	02:24.21
O2G	02:18.26	02:02.11
O1B		
O1B	02:45.47	02:24.34
O2B	02:13.64	01:52.85

REGIONAL RESPONSIBILITIES

Region	Duties
Cariboo	<i>Refreshments Distribution</i>
Fraser South	<i>Clerk and Marshalling</i>
Fraser Valley	<i>Venue Management (Set up/ Take Down/ Daily Clean up)</i>
Kootenay	<i>Refreshments Distribution</i>
Okanagan	<i>Awards</i>
Simon Fraser	<i>Electronics</i>
Vancouver & District	<i>Volunteer Management</i>
Vancouver Island	<i>Office/ Security</i>