

2011



BC CHAMPIONSHIPS

PRESENTED BY:



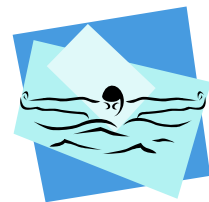
WATER POLO



DIVING



SYNCHRO



SWIMMING

BC Summer Swimming Association

205 - 2323 Boundary Road, Vancouver, BC V5M 4V8

Tel: (604) 473-9447 | Fax: (604) 473-9660

www.bcsommerswimming.com

Hosted by BCSSA & the Fraser South Organizing Committee

1st Ed. Apr 17th, 2011
2nd Ed. April 29th, 2011



BC SUMMER SWIMMING ASSOCIATION 53rd BC CHAMPIONSHIPS (BCCH)

DATES: August 15 to 21, 2011

- | | |
|--|--|
| <p>1. WATER POLO
August 15, 2011
7:00 am – 9:00 pm
August 16, 2011
7:00 am – 8:00 pm
August 17, 2011
7:00 am - 12:00 pm</p> <p>3. SYNCHRO
August 17, 2011
5:30 pm – 9:30 pm
August 18, 2011
11:30 am – 4:30 pm</p> | <p>2. DIVING
August 16, 2011
8:00 pm – 10:00 pm
August 17, 2011
12:00 pm – 4:30 pm
August 18, 2011
7:00 am – 11:30 am</p> <p>4. SWIMMING
August 19 to 21, 2011
8:00 am – 6:00 p.m.</p> |
|--|--|

All four aquatic sports including Water Polo, Diving, Synchronized Swimming and Competitive Swimming will be held at the Watermania Fitness Centre.
Address: 14300 Entertainment Blvd. Richmond, V6W 1K3

MEET COMMITTEE MEMBERS

Meet Chairperson:	Neil Wuolle
Meet Manager:	Craig Slater
Meet Referee:	Trudy Kemper
Meet Registrar:	Brenda Krueger
Diving Coordinator:	Joanna Linardis
Water Polo Coordinator:	David Bassett
Synchronized Swim Coordinator:	Shannon Berg
Meet Treasurer:	Ken Davidson
Hospitality:	Phil Freiberger

Fraser South Organizing Committee (FSOC)

Co-Chair	Stephanie Christie
Co-Chair & Venue Coordinator	Eleanor Girard
Marketing Coordinator	Phil Freiberger
Corporate Sponsorship	Ron Gracan
Local Sponsorship Coordinator & Recognition	Deanna Bogart
Equipment Coordinator	Willy Arundel
Vendor Liaison	Vicki Wakefield

Contact the Organizing Committee @ richmondprovincials2011@hotmail.com



Venue:

Watermania Fitness Centre

- A 50 metres long, 8 lanes indoor pool which will be divided into 2 pools; senior pool at the North end and junior pool at the South end for Water Polo and Speed Swimming. All Diving and Synchro events will be in the senior pool at the north end. Both pools will be used concurrently for speed swimming competitions.
- Spectator viewing area and bleachers are located on the deck along the east side of the swimming pool. Access will be through the doorways to the lobby and outside, but please respect the signs and barriers that are on deck to ensure a safe and enjoyable experience.
- Coaches' bleachers are located on deck along the west side of the swimming pool.
- Marshalling and vendors area are located in the northwest part of the adjacent parking lot behind the pool.
- Parking is available at the Centre and in the surrounding parking lots. Please respect the parking attendants as they will assist you in finding a spot.
- RV parking is available in the surrounding parking lots, which will be allocated to RV's. Ensure you reserve your spot if you plan on bringing an RV. Find the information on our website.
- **A detailed Venue Site Map can be found on the "Provincials" Page on the BCSSA Website.**

RULES:

The BCSSA Rules and Regulations as published in April 2011 will apply.

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

STARTING SYSTEM FOR SPEED SWIMMING:

The Omega Timing System (ARES 2.24b) will be used as the approved automatic judging and timing system for the Speed Swimming Championships in accordance with the BCSSA rules as published April 2011. Electronic plunger results shall be recorded and reported to 100^{ths} of a second only. If a malfunction or light touch invalidates the touch pad results, the electronic plunger results are considered as the Official times. Swimmers with identical Official Times shall be tied both for places and time in accordance with Swimming Section 8C.3. and 9B.3.

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



REGIONS & CLUBS - 2011

CARIBOO (CA)

DAW Dawson Creek Seals	FIN Fort Nelson Finns	MAC Mackenzie Rainbows
PGP Prince George Pisces	QUE Quesnel Aquatic Club	

FRASER SOUTH (FS)

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

FRASER VALLEY (FV)

ABB Abbotsford Whalers	AGA Agassiz/Harrison S.C.	CWK Chilliwack Stingrays
HAN Haney Neptunes	HOP Hope Otters	LAN Langley Flippers
MIS Mission Marlins		

KOOTENAY (KO)

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

OKANAGAN (OK)

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

SIMON FRASER (SF)

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

VANCOUVER & DISTRICT (VD)

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

VANCOUVER ISLAND (VI)

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

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



AWARDS

Water Polo

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

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

Synchro

Final placing in the figure competition for each figure event is determined by the figure scores. Medals will be awarded to the top three finishers in each figure event. Final placing for the routine competition for each event is determined by the composite figure and routine score (Championship Score). Medals will be awarded to the top three finishers (Championship Score) in each routine event. Ribbons will be awarded from 4th - 8th place.

Regional Scoring:

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

Diving

Medals: 1st, 2nd, 3rd
Ribbons: 4th to 8th

Awards will be presented to *all* divers, at the end of the meet. It is important **ALL** divers be there on Thursday, August 18, 2011 immediately following the competition and **NOT** just the award winners.

ALL Divers should be dressed in their competitive bathing suits, OR TEAM/REGIONAL T-SHIRT. Coaches, **please** make sure your team is ready and on time. **TEAM PICTURES** will be taken after awards. All team divers in **MUST** be dressed appropriately in order to have their photos & awards. Parents, please stay for awards it makes the event awards more valuable for everyone.

The recipients of trophies are responsible for having them engraved. PLEASE ensure that the trophy is brought to the competition, ready for it to be awarded to the next winning team. COACHES, and EXECUTIVE, it is your responsibility to ensure this is completed.

Trophies

Junior Girls Team	Army and Navy Department Stores
Junior Boys Team	Army and Navy Department Stores
Senior Girls Team	Super Value Stores
Senior Boys Team	Super Value Stores
Girls Team	Woodwards Stores
Boys Team	CKWX Radio
Regional Team	BCSSA Regional Award
Overall Team	BCSSA Challenge Cup

All trophies will be awarded at the end of all the diving events, immediately after the individual awards. Please have the entire team present Thursday, August 18. Have everyone there a half hour early, dressed correctly.



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

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

Speed Swimming

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

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

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

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

Regional Points will be awarded:

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

Medals & Ribbons

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

REGIONAL DIRECTORS ARE RESPONSIBLE FOR THE RETURN OF ANY TROPHIES.
Trophies are to be returned in the same condition as received and prior to next year's Championships Meet.



ENTRIES **For Speed Swimming**

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

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

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

2. BCCH qualifiers, from each region, must be submitted using Hy-Tek's Meet Manager 3.0 program "Advancer" file.
3. Entries are to be emailed to **office@bcsummerswimming.com** and **csslater@shaw.ca** by 12:00 PM on August 9, 2011. **However, it is recommended that regions should send in their entries as soon as possible after the completion of the Regional Championships Meet.** Those entries from each region will be entered into the BCCH Meet; a verification list will be emailed back to the Regional Directors by August 9, 2011 11:59 PM. Any changes or corrections the region needs to make must be emailed back to the above email addresses by 12:00 noon on August 10, 2011. If there are no changes or corrections, an email with the file attached confirming that the submitted entries are correct must be sent to the above addresses by 12:00 noon.

An unlocked copy of the BCCH meet, the "Advancers" file and email confirming that these are the correct entries and all entry information for Diving, Synchro, and Water Polo must be in the BCSSA office no later than 12 noon on Wed, August 10, 2011.

Completed Entries to BCSSA Office are due by:

Wednesday, August 10, 2011

4. The Payment Form, 1 cheque for all BCCH entry fees and 2 copies of the Regional Championships Final Results showing alternates for swimming must be received in the BCSSA office at 2323 Boundary Road, Vancouver, BC V5M 4V8 Attn: Michael Hutchinson before 4:00pm on **Thursday August 11, 2011.**

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

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

If you have any questions or need any help, please contact Director of Competitions at csslater@shaw.ca or the BCSSA Office at office@bcsummerswimming.com or 604-473-9447. If you email, please include a phone number which you can be reached.

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



BCSSA PAYMENT FORM

Return To:

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

PAYMENT DUE DATE: **Thursday, August 11, 2011**

REGION: _____

CONTACT PERSON: _____ TELEPHONE: _____

1. SPEED SWIMMING			
a) Individual Swims	_____	x \$8.00 =	_____
b) Relays	_____	x \$12.00 =	_____
c) Reg. Medley Relay	_____	x \$12.00 =	_____
d) Lane Rentals (Warm-up) (Mandatory)	2	x \$150.00 =	\$300.00
		Sub-total =	_____ \$ _____
2. DIVING			
a) Events	_____	x \$25.00 =	_____
		Sub-total =	_____ \$ _____
3. SYNCHRO			
a) Figures	_____	x \$5.00 =	_____
b) Duets	_____	x \$10.00 =	_____
c) Teams	_____	x \$20.00 =	_____
d) Judges Fee (\$40 per family)	_____	x \$40.00 =	_____
		Sub-total =	_____ \$ _____
4. WATER POLO			
a) Teams	_____	x \$325.00 =	_____
b) Referee Fee	_____	X\$150.00 =	_____
		Sub-total =	_____ \$ _____
<u>ONE CHEQUE ONLY</u> (Payable to "BCSSA")		GRAND TOTAL	\$ _____



WATER POLO

Monday, August 15, 2011

7:00 am – 9:00 pm

Senior: Open formally P5

18 & Under: Formally P4

16 & Under: Formally P3

14 & Under: Formally P2

12 & Under: Formally P1

Tuesday, August 16, 2011

7:00 am - 8:00 pm

Senior: Open formally P5

18 & Under: Formally P4

16 & Under: Formally P3

14 & Under: Formally P2

12 & Under: Formally P1

Wednesday, August 17, 2011

7:00 am – 12:00 Noon

All AWARDS

Wednesday, August 17, 2011

Following the Tournament

COACHES AND MEMBERS:

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



WATER POLO BC CHAMPIONSHIPS POLICY

INTRODUCTION

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

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

1. Governance

Rules for the 2011 Provincial Championship Competitions.

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

2. Categories of Play

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

- i) Senior formally P5: Open
(See Section B item 3(ii) for minimum composition.)
- ii) 18 & Under (formally P4): Players born in 1993 1994 1995 or later.
Players shall be within this age group as of Dec 31st, 2011
(See Section B item 3(ii) for minimum composition.)
- iii) 16 & Under (formally P3): Players born in 1996, 1997 or later.
Players shall be within this age group as of Dec 31st, 2011
(See Section B item 3(ii) for minimum composition.)
- iv) 14 & Under (formally P2): Payers born in 1998, 1999 or later.
Players shall be within this age group as of Dec 31st, 2011
(See Section B item 3(ii) for minimum composition.)
- v) 12 & Under (formally P1): Players born in 2000 or later.
Players shall be within this age group as of Dec 31st, 2011
(See Section B item 3(ii) for minimum composition.)

3. Definition

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

4. Entry Format

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

Attached Water Polo Entry forms must be duly completed and submitted to the Director for Water Polo c/o the BCSSA office 205-2323 Boundary Road, Vancouver, B.C., V5M 4V8, not later than **August 10, 2011 12 noon (earlier where possible)**.



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

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

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

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

SECTION B - GENERAL RULES

1. Rules of Play

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

2. Team Eligibility

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

3. Team Composition

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



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

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

4. **Regional Selection**

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

5. **Competition Format**

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

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

7. **Veto**

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

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

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

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

11. **Forfeits/Defaults**

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

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

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

12. **Selection of Game Referees**

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

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

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

13. **Water Polo Caps**

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

14. **Team Benches**

Refer to Rules and Regulations Section 2.C

15. **Articles Causing Injury**

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

The following objects are **not** permitted:

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

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

SECTION C - GENERAL INFORMATION

1. **Pre-Competition Meeting**

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

The following agenda items will be discussed at the meeting:

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

2. **Championship Awards**

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

SECTION D - RESPONSIBILITIES

1. **BCSSA**

BCSSA shall ensure the following:

- i) That all teams have paid the entry fee by the deadline and that all players are registered members of BCSSA and eligible to play.
- ii) That a competition Referee-In-Chief is selected.
- iii) That all referees are eligible to referee, and coaches are registered with BCSSA.
- iv) That a referee schedule is compiled at the discretion of the Referee-in-Chief.
 - v) That the host organization and all participating teams are provided with a competition schedule as soon, as is practical.
 - vi)
 - a) The ball used for all 12 & U BCSSA competitions shall be the Mikasa #6008, #6608 or equivalent.
 - b) The Mikasa #6009 ball or equivalent shall be used for all other age groups.
 - vii) That a minimum of three (3) minor officials are provided for each **Senior, 18U** and **16U** game and two (2) for each **14U** and **12U** games. Minor officials are not permitted to work more than three (3) games in succession.
 - viii) That an adequate swimming area is provided for team warm-ups prior to the start of each game, where possible.
 - ix) That official closing ceremonies are included for each competition.

2. **Club/Team**

a) Responsibilities

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

- i) That the entry fee is paid directly to the region and forwarded to BCSSA by **August 11, 2011**.
- ii) That all players are registered with BCSSA.
- iii) That a duly completed Provincial Championship Water Polo Entry Form is submitted to BCSSA by the same date as indicated for the submission of the entry fee.
- iv) That all Provincial Rules and Regulations are maintained and adhered to and that the club/team is in good standing with BCSSA.
- v) That all expenses incurred by the team are paid for by the club organization.
- vi) Each team **must** provide, at its own expense, a minor official for each game (who is expected to be on deck ten (10) minutes prior to game time) and a responsible adult other than the head coach or player who will be responsible for the team.

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

b) Sanctions that may apply:

- i) Removal from area of competition.
- ii) Loss of game(s) 7-0.
- iii) Non-acceptance of entry.
- iv) Forfeit of entry fee.
- v) Cannot participate in the medal round.
- vi) Other sanctions may apply.

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

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

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

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

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

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



**BCSSA WATER POLO
PROVINCIAL CHAMPIONSHIP
Entry Form**

Regional Team _____ Club Team _____

Team Contact _____ Phone _____ Senior
 18 & Under 16 & Under
 14 & Under 12 & Under

Team Minor Officials _____

Team Chaperon _____

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

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

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

SIGNATURE OF CLUB OFFICIAL: _____

Please return this form prior to 12 noon, AUGUST 10, 2011 to BCSSA.

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



SYNCHRONIZED SWIMMING

FIGURES

Wednesday, August 17, 2011 5:30 pm – 9:30 pm
Warm ups 5:30 – 6:30

ROUTINES

Thursday, August 18, 2011 11:30 am – 4:30 pm (Routines)
Warm ups 11:30 – 12:30

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



SYNCHRONIZED SWIMMING PROVINCIAL CHAMPIONSHIP POLICY

1. ELIGIBILITY

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

2. SWIMMER DIVISIONS

- 2.1 Swimmers' Divisions are based on the 2011 BCSSA Age Locator according to age as of April 30 and Skill assessment.
- 2.2 Swimmers will compete in the events according to Age Divisions and Skill Level.

3. EVENTS

- 3.1 The events are:

FIGURES

Beginners' Tier

- Div 3 and under
- Div 4 and over

Intermediate Tier

- Div 3 and under
- Div 4 and over

Advanced Tier

- Div 3 and under
- Div 4 and over

'O' CATEGORY

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

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



DUET AND TEAM ROUTINES

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

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

BEGINNERS' TIER

- All Divisions

INTERMEDIATE TIER

- All Divisions

ADVANCED TIER

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

3.2 TIER GROUPS

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

BEGINNER TIER

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

INTERMEDIATE TIER

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



ADVANCED TIER

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

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

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

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

3.3 ELEMENT REQUIREMENTS

All figures and elements will be performed as per the FINA Synchronized Swimming Manual for Judges, Coaches and Referees, 2010-2013 edition.

TIER	FIGURE EVENTS <i>Judged as per FINA descriptions (for FINA figures) or use Synchro Canada Star Manual for guidance with performance standards (where there is no FINA Descriptions)</i>	DD	DUET EVENTS <i>All elements to be performed in order given. All elements must be performed with all swimmers facing the same direction and as per FINA descriptions (for FINA figures) or use Synchro Canada Start Manual for guidance with performance standards (where there is no FINA description)</i>	TEAM or MODIFIED COMBO* EVENTS <i>All elements to be performed in order given. All elements must be performed with all swimmers facing the same direction and as per FINA descriptions (for FINA figures) or use Synchro Canada Star Manual for guidance with performance standards (where there is no FINA descriptions)</i>
BEGINNER	• Sailboat Alternate (Star 2)	1.2	• 4 meters side flutter kick with arm sequence (Star 2).	• 4 meters traveling sailboat alternative (Star 2).
	• Somersault Back Tuck (Fig 310)	1.1	• Somersault back tuck (full figure – Fig 310).	• Somersault back tuck (full figure – Fig 310).
	• 3 meters paddle scull (Star 2)	1.0	• 4 meters heads up breast stroke (Star 2).	• 4m. back flutter with arm sequence (Star 1).
	• Pretzel Turn 360 degrees one-way (Star 2)	1.0	• Pretzel turn 360 degrees one way, beginning and ending in back layout (Star 2).	• Tub turn 360 degrees one way, beginning and ending in back layout (Star 1)
			Time limit 2:00 minutes	Time limit 2:00 minutes
INTERMEDIATE	• Somersault Front Pike (Fig 320)	1.7	• 4 meters traveling eggbeater forwards and/or sideways with single arm sequence (Star 3/4)	• Traveling ballet leg sequence to include any 2 of the following: sailboat left, sailboat right, ballet leg left, ballet leg right
	• Bent knee vertical position – hold 3 secs and descend (Star 5)	1.5	• Front pike pull down, from front layout position to front pike position (Star 3)	• Split position (Star 4)
	• Ballet leg single (Fig 101)	1.6	• 4 meters Kick-pull-kick, shoulders square, alternating 2 strokes right, 2 strokes left (Star 3)	• 4 meters traveling eggbeater forwards and/or sideways with single arm sequence (Star 3/4)
	• 3 meter kick-pull-kick, shoulders square, alternating lead arm (Star 3)	1.0	• Split position, join to vertical at ankles (Star 4)	• Bent knee vertical position and descend in knee bent knee vertical (Star 5)
			Time limit 2:30 minutes	Time limit 2:30 minutes

ADVANCED	<ul style="list-style-type: none"> Ballet leg single (Fig 101) 	2.0	<ul style="list-style-type: none"> 3 meters traveling eggbeater forwards and/or sideways to include some double arm sequence 	<ul style="list-style-type: none"> Traveling ballet leg sequence to include any 3 of the following positions: ballet leg left, ballet leg right, flamingo left, flamingo right
	<ul style="list-style-type: none"> Walkover Front (Fig 360) 	2.1	<ul style="list-style-type: none"> Ariana (Full figure) 	<ul style="list-style-type: none"> Walkover front from split position to end of the figure (Fig 360)
	<ul style="list-style-type: none"> Neptunes (Fig 344) 	1.8	<ul style="list-style-type: none"> Single arm body boost, sink to full submerged body (Star 6) 	<ul style="list-style-type: none"> 4 meters traveling eggbeater forwards and/or sideways, to include some double arm sequence
	<ul style="list-style-type: none"> Kipnus (Fig 315) 	1.6	<ul style="list-style-type: none"> Bent knee vertical position, to vertical position, and vertical descent (Star 5/6) <p style="text-align: center;">Time limit 2:30 minutes</p>	<ul style="list-style-type: none"> Bent knee vertical position, join to vertical position, followed by a vertical descent <p style="text-align: center;">Time limit 3:00 minutes</p>

* Modified Combo – For the 2011 season, BCSSA is trialing the addition of “modified combination” as a choice within the team events. The intent of trialing the addition of “modified combination” is to provide coaches with as much flexibility as possible to include all swimmers in a team event. Whenever possible, team is preferred. However, where limited pool time and/or variation in swimmer ability make it difficult to complete a full team routine, a coach may choose to choreograph a “modified combination”. The modified combo routine must have no more than 2 parts with less that 3 swimmers. There must be at least one team part(s) that includes all swimmers in the routine, performing the required elements. It is permitted to have parts with less than all swimmers between parts with all swimmers performing the required elements. Judges will consider additional factors specific to combination routine (as per FINA manual) when judging the routine, but will use the marking percentages as per Free Team Routines.

4. **ENTRY PROCEDURE**

- 4.1 All Clubs must register swimmers through the Club Registrar and the Regional Registrar.
- 4.2 Regional Registrars must provide the swimmers names to the Regional Director.
- 4.3 **Final competition entry forms are sent to the BCSSA Office (Attn: Shannon Berg), with a copy to be sent to Shannon’s email (shannonberg@shaw.ca). Entry Form deadline August 10, 2011.**

5. **ENTRY FEES**

- 5.1 All meet entry fees must be to the BCSSA Office by **Thursday August 11, 2011 @ NOON.**

Entry Fees Schedule

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

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



6. **PENALTIES**

6.1 PENALTIES FOR FIGURES

6.1.1 Penalties for figures will be assessed as per FINA Synchronized Swimming Rules SS11.

6.2 PENALTIES FOR ROUTINES

6.2.1 Penalties for routines will be assessed as per FINA Synchronized Swimming Rules SS18.2.1, SS18.2.2, 18.2.5, 18.2.7, 18.2.8, and 18.2.9.

7. **MUSIC**

7.1 One music selection or routine per CD.

7.2 No more than a 10 second lead-in, before the music begins.

7.3 CD's must be handed in at the start of the competition, and left with the competition chairperson until after the event.



8. **AWARDS**

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

9. **COACHES AND OFFICIALS**

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

10. **OTHER**

- 10.1 Swimmers may wear a plain coloured bathing suit of their choice for the figure competition. Black is the preferred colour, but not necessary. It is not permitted for swimmers to wear suits or swim caps that identify a club or region affiliation.
- 10.2 Nose clips are allowed for all events. Goggles are allowed for figure events and with medical certification for routine events. Medical certification must be submitted to the Chief Referee at least 30 minutes before the event.
- 10.3 For routines, bathing suits shall conform to FINA specification as per GR 5.1 – 5.3.
- 10.4 In all synchronized swimming events, it is not permitted for swimmers to wear jewellery (other than medical alert bracelets) or nail polish.
- 10.4 If you have any questions regarding the Synchro competitions contact Shannon Berg at shannonberg@shaw.ca



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

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



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

CLUB:		MEET:		
SYNCHRO DIRECTOR:		LOCATION:		
	Competitor's Last Name	First Name & Initial	Division	Tier
1				
2				
3				
4				
5				
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23				
24				
25				



BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING
COMPULSORY FIGURES FORM (continued)

CLUB:		MEET:		
SYNCHRO DIRECTOR:		LOCATION:		
	Competitor's Last Name	First Name & Initial	Division	Tier
26				
27				
28				
29				
30				
31				
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DIVING

Coaches Meeting & workshops:

TUESDAY, AUGUST 16, 2011

**Coaches meeting & education module
3:00-7:00 at pool, follow the signs**

Warm Ups:

TUESDAY, AUGUST 16, 2011

**GENERAL OPEN WARM UP
8:00 PM -10:00PM**

Competition:

**WEDNESDAY, AUGUST 17, 2011
THURSDAY, AUGUST 18, 2011**

**12:00PM – 5:30 PM
7:00AM – 11:30 AM**

**ALL AWARDS
IMMEDIATELY FOLLOWING THE COMPETITION**



2011 – BCSSA PROVINCIAL DIVING CHAMPIONSHIPS

TUESDAY, AUGUST 16, 2011

DIVE COACHES EDUCATION SEMINAR & MEETING
3:00PM – 7:00PM

DIVER - GENERAL OPEN WARM UP
8:00 PM -10:00PM

WEDNESDAY, AUGUST 17, 2011

Competition 12:00PM – 5:30 PM

THURSDAY, AUGUST 18, 2011

Competition 7:00AM – 11:30 AM

A full schedule will be faxed, emailed or mailed once all entries are received.

ANNUAL GENERAL MEETING

Date: Thursday August 18, 2011

TIME: 7:30p.m. – 9:30p.m.

Place: Watermania Fitness Centre (room to be confirmed)
14300 Entertainment Blvd, Richmond, BC, V6W 1K3

All Diving Coaches / Parents & Officials should make every effort to attend.

DIVING COACHES' MEETING

Date: TUESDAY AUGUST 16, 2011 3:00 – 7:00PM

WEDNESDAY AUGUST 17, 2011 10:30AM – 11:30AM

Place: MEET ON DECK AT THE MAIN ENTRANCE

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

Awards will be presented to *all* divers, at the end of the meet. It is important **ALL** divers be there on Thursday, August 18, 2011 immediately following the competition and **NOT** just the award winners.

ALL Divers should be dressed in their competitive bathing suits, OR TEAM/REGIONAL T-SHIRT. Coaches, **please** make sure your team is ready and on time. **TEAM PICTURES** will be taken after awards. All team divers in **MUST** be dressed appropriately in order to have their photos & awards. Parents, please stay for awards it makes the event awards more valuable for everyone.

The recipients of trophies are responsible for having them engraved. PLEASE ensure that the trophy is brought to the competition, ready for it to be awarded to the next winning team. COACHES, and EXECUTIVE, it is your responsibility to ensure this is completed.



TROPHIES

Junior Girls Team	Army and Navy Department Stores
Junior Boys Team	Army and Navy Department Stores
Senior Girls Team	Super Value Stores
Senior Boys Team	Super Value Stores
Girls Team	Woodwards Stores
Boys Team	CKWX Radio
Regional Team	BCSSA Regional Award
Overall Team	BCSSA Challenge Cup

RULES

Please refer to the current Edition of the BCSSA Diving Rules and Regulations, on the website: <http://www.bcsummerswimming.com> under the diving section!

RESULTS

All results will be scored and awarded separately for each division and category, and the team points for diving will be awarded 36, 32, 30, 28, 26, 24, 22, and 20.

ENTRY FEES

There will be a \$25.00 entry fee per event. All Fees, Dive Entry Forms and BCSSA Dive Sheets must be into your Regional Director as the entire package is due to the office by 12:00 noon Wednesday, August 10, 2011.

A written or typed copy of ALL dive meet results must be sent or faxed to the BCSSA Office immediately following the completion of each competition. Fax # (604) 473-9660.

ENTRIES

All Diving Entries must be sent to:
JOANNA LINARDIS
c/o BCSSA Office
205 - 2323 Boundary Road
Vancouver, BC V5M 4V8

NO LATE ENTRIES. ALL ENTRIES MUST BE IN BEFORE 12:00 NOON WEDNESDAY, AUGUST 10, 2011.

Entries must be filled out on the attached BCSSA Diving Entry Forms and a copy of all REGIONAL RESULTS must accompany the entries. Submit your regional dive sheets (a copy), and your Provincial Dive Sheets at this time.

THE ENTRY FORM MUST be signed by ONE coach, the REGIONAL DIVE COORDINATOR or DIRECTOR & THE REGIONAL REGISTRAR



DIVE SHEETS

Must be completed and turned in with registration on **Wednesday August 10, 2011**. **Dive Sheets must be completed in pencil**. All changes (or new dive sheets) must be completed before specific event warm ups start on the day of competition. (A FAXED COPY WILL BE ACCEPTED IF NECESSARY, BUT THIS MUST BE ARRANGED IN ADVANCE.)

Everyone must be there for the entire evening. Events will run consecutively and we will wait for no one. Time is limited. It is the competitors and coaches' responsibility to be there on time for each event, dressed appropriately and ready to dive. Events may be combined as needed.

A schedule of events will be faxed or emailed on Thursday, **August 11, 2011**.

Each club is asked to supply at least one Judge. Please let the Diving Coordinator know the judges' names as soon after Regional Championship as possible. There will be a SIGN UP Sheet circulated PRIOR to the Diving Competition in order to facilitate the TABLE WORKERS.

Divers shall ensure proper attire is worn which will allow the judges to clearly see the lines of the body while a dive is being executed.



2011 BCSSA Age Group Dive Requirements

“S” DIVERS

Age Group - 1 Metre	Required dives	Optional dives	Optional - Clarification
8 & Under	100 – Front Jump 200 – Back Jump 101 or 001 (Front Fall in) 201 or 002 (Back Fall In)	Any 3 dives	<ul style="list-style-type: none"> • All jumps & fall-ins are permitted BUT only one in each direction. • Required dives may be repeated as optional dives, however the position must be different. • 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
9 & 10	100 – Front Jump 200 – Back Jump 101 or 001(Front Fall in) 201	401 + Any 2 dives	<ul style="list-style-type: none"> • All jumps & fall-ins are permitted BUT only one in each direction. • Required dives may be repeated as optional dives, however the position must be different. • 3 categories/groups (3 of the following:100/ 200/300/400/5000) must be used.
11 & 12	100 – Front Jump 200 – Back Jump 101 201 or 301	401 + Any 2 dives	<ul style="list-style-type: none"> • NO JUMPS • Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. • Required dives may be repeated as optional dives, however the position must be different. • 3 categories/groups (3 of the following:100/ 200/300/400/5000) must be used.
13 & 14	100 – Front Jump 200 – Back Jump 101 201 or 301 401	Any 4 dives	<ul style="list-style-type: none"> • NO JUMPS • Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. • Required dives may be repeated as optional dives, however the position must be different. • 3 categories/groups (3 of the following:100/ 200/300/400/5000) must be used.
15 & 16	101 201 or 301 401	Any 4 Dives	<ul style="list-style-type: none"> • NO JUMPS • Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. • Required dives may be repeated as optional dives, however the position must be different. • 4 categories/groups (4 of the following:100/ 200/300/400/5000) must be used.
17 – 19 / 20 & Over	101 201 or 301 401	Any 4 Dives	<ul style="list-style-type: none"> • ONE jump OR fall in is permitted in each direction • Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. • Required dives may be repeated as optional dives, however the position must be different. • 3 categories/groups (3 of the following)100/ 200/300/400/5000) must be used.



2011 BCSSA Age Group Dive Requirements

“S” DIVERS

Age Group – 3 Metre	Required dives	Optional dives	Optional Clarification
8 & under	100 – Front Jump 200 – Back Jump 001 fall in or roll in 1 Step hurdle + Jump	Back Jump (arm swing) + Any 1 Dive	<ul style="list-style-type: none"> • All jumps & fall-ins are permitted BUT only one in each direction. • Required dives may be repeated as optional dives, however the position must be different. • 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
9 & 10	100 – Front Jump 200 – Back Jump 001 fall in or roll in 1 Step Hurdle + Jump	101 + Any 1 DIVE	<ul style="list-style-type: none"> • NO Additional Jumps • Fall-ins are permitted BUT only one in each direction. • Required dives may be repeated as optional dives, however the position must be different. • 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
11 & 12	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	401 + Any 3 dives	<ul style="list-style-type: none"> • NO JUMPS, NO FALL-INS • Required dives may be repeated as optional dives, however the position must be different. • 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
13 & 14	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	201 401 + 2 Dives	<ul style="list-style-type: none"> • NO JUMPS, NO FALL-INS • Required dives may be repeated as optional dives, however the position must be different. • Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. • 3 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
15 & 16	001 fall in or roll in 002 101 201	401 + Any 3 Dives	<ul style="list-style-type: none"> • Fall-ins are permitted BUT only one in each direction. • Required dives may be repeated as optional dives, however the position must be different. • 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
17 – 19 / 20 & Over	001 fall in or roll in 002 101 201	Any 3 Dives	<ul style="list-style-type: none"> • All jumps & fall-ins are permitted BUT only one in each direction. • Required dives may be repeated as optional dives, however the position must be different. • 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.



2011 BCSSA Age Group Dive Requirements

“O CAT” DIVERS

Age Group – 1 Metre	Required dives	Optional dives	Optional Clarification
10 & Under “O Cat 1”	100 – Front Jump 200 – Back Jump 101 201	Front Option + any 2 dives	<ul style="list-style-type: none"> All jumps & fall-ins are permitted. Required dives may be repeated as optional dives however the position must be different. 2 categories must be demonstrated.
11 – 13 O Cat 2	100 – Front Jump 200 – Back Jump 101 201 or 301 401	Any 4 dives	<ul style="list-style-type: none"> In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. 3 categories must be demonstrated.
14 – 19 O Cat 3	101 201 301 401 Twisting Category (your choice)	Any 4 dives	<ul style="list-style-type: none"> In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. 4 categories must be demonstrated.
20 & Over O Cat 4	Front or Inward Back or Reverse Twisting Category (your choice)	Front Optional Back or Reverse Optional Inward Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. 4 categories must be demonstrated.

“O CAT” DIVERS

Age Group – 3 Metre	Required dives	Optional dives	Optional Clarification
10 & Under O Cat 1	100 – Front Jump 200 – Back Jump 001 – Front Fall in or roll in 002 - Back Roll in 101	401 +Any 2 dives	<ul style="list-style-type: none"> All jumps & fall-ins are permitted. Required dives may be repeated as optional dives, however the position must be different. 2 categories must be demonstrated.
11 – 13 O Cat 2	001 – Front Fall in or Roll in 002 101 201 or 301	Front Optional Inward Optional Back or Reverse Optional	<ul style="list-style-type: none"> In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. 3 categories must be demonstrated.
14 – 19 O Cat 3	001 – Front Fall in or Roll in 002 101 201 or 301	Front Optional Inward Optional Back or Reverse Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. 4 categories must be demonstrated.
20 & Over O Cat 4	001 002 Front or Inward Back or Reverse Twisting Category (your choice)	Front Optional Back or Reverse Optional Inward Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. 3 categories must be demonstrated.



SPRINGBOARD		1 Meter				3 Meters			
		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	

DEGREE OF DIFFICULTY



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



2011 BCSSA Dive Entry Form

Host Club _____

Date _____

Visiting Club _____

Coach _____ Phone No. _____

Name					"O" Cat 1 10 & Under				"O" Cat 2 11 - 13				"O" Cat 3 14 - 19				"O" Cat 4 20 & Over		Total Fee	Regional Score		
	8 & Under		9 & 10		11 & 12		13 & 14		15 & 16		17 - 19		20 & Over									
	M	F	O	S	1m	3m	1m	3m	1m	3m	1m	3m	1m	3m	1m	3m	1m	3m				

Signature _____ Total Entries _____ X \$25.00 = \$ _____ Total \$ _____

Regional Registrar Signature: _____ Regional Diving Coordinator / Director: _____

BC Summer Swimming Association
Dive Sheet

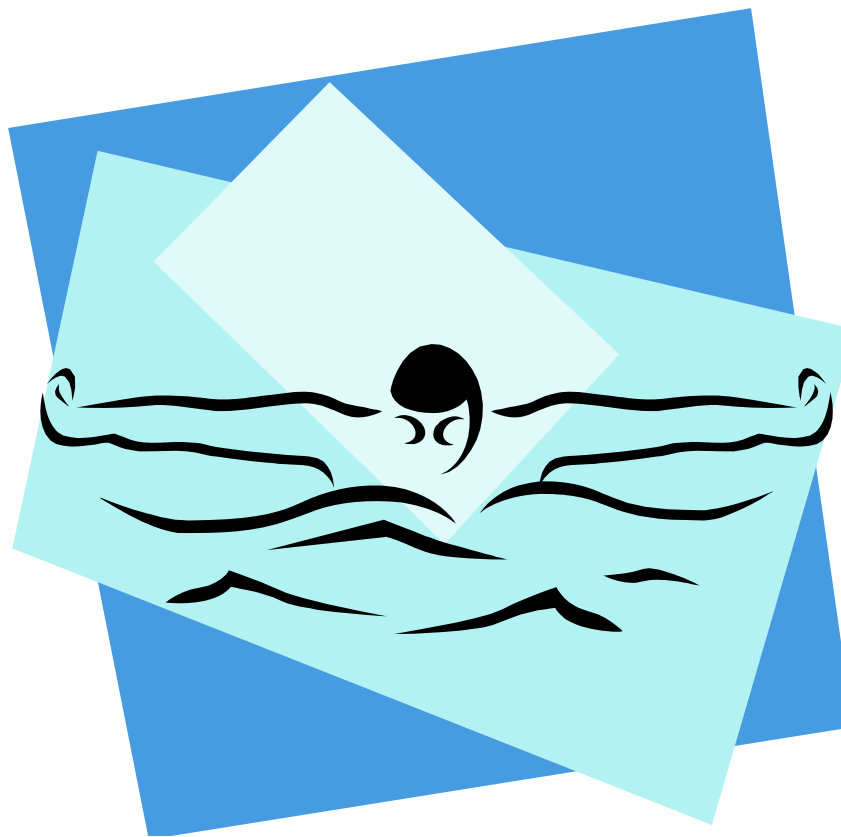


Event No. _____ Grp./Cat _____ S/O _____ 1m _____ 3m _____ Sex _____ Diving Order _____
 Name _____ Club _____ Coach _____
 Meet _____ Date _____

Dive No.	Description of Dive	POS	Judges Awards					DD	Total	Score
			1	2	3	4	5			
	Compulsory Dives									-----

	Optional Dives									-----

Competitor's Signature _____ Coaches Initials _____ Total Points _____
 _____ FINAL PLACE _____



SWIMMING

Thursday, August 18, 2011
Regional Practice Times
5:30 – 7:00 pm
7:00 – 8:30 pm

Friday, August 19, 2011
Speed Swimming
8:00 a.m. Start

Saturday, August 20, 2011
Speed Swimming
8:00 a.m. Start

Sunday, August 21, 2011
Speed Swimming
8:00 a.m. Start

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



**SPEED SWIMMING
BC CHAMPIONSHIPS (BCCH) POLICY**

REGIONAL PRACTICE TIME / WARM UPS

Pool facility: Watermania Fitness Centre, Richmond
 Procedure: 2 Lanes per region in Senior Pool (North End)
 2 Lanes per region in Junior Pool (South End)
 Rental Cost: \$300 per region

Times and Lane Assignments for Regional Practice - Thursday, August 18, 2011

5:30 PM – 7:00 PM

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

7:00 PM – 8:30 PM

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

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

During the Speed swimming events of the Championships, no parents or guests will be permitted on the pool deck or within the marshalling area. The Warm-Up rules will be in effect and coaches must pre-clear lanes prior to any dive sprints. Safety Marshals will be monitoring lanes and ensuring this rule adhered to.

Warm up each day: 6:45 A.M. to 7:45 A.M.
 1 lane per region during designated time per random draw; same lane assignment for both junior and senior pools throughout Championships (Aug 19 – 21, 2011).

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

Coaches' Meeting: 6:30 A.M. each day
Officials' Meeting: 7:15 A.M. each day



Marshalling and Warm Up Times

Friday

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

Saturday

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

Sunday

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

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



HEATS, FINALS AND CONSOLATIONS

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

SCRATCHES (See Appendix II for Scratch Sheet)

1. **HEATS:**

- A) Scratches **must** be reported to the Clerk
- B) Scratches **prior** to the start of the BCCH Meet **MUST** be submitted to the BCSSA office by NOON Thursday August 11, 2011.
- C) August 11 through August 21 **EACH CLUB SHALL ADVISE THE CLERK OF THE COURSE OF ANY SCRATCHES FROM ANY HEAT as soon as possible.**
The club must also advise the Regional Director, who will then be responsible for ensuring that the alternate is advised that he/she is swimming.

1. **FINALS:**

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

ALTERNATES:

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

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

www.bcsummerswimming.com/realtime2011



2011 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Friday, August 19, 2011

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

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

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

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



2011 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Saturday, August 20, 2011

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

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

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

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



2011 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Sunday, August 21, 2011

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

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

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



Appendix IIIA - 2011 BC CHAMPIONSIPS QUALIFYING STANDARDS

Qualifying Standards are based on the average of 8th place in Heats for 2006-2010 inclusive

Any swimmer who **equals or betters** the following times in the **FINALS** at a **2011** Regional Championship Meet automatically qualifies for the respective events at the BC Championships.

DIV	50 FREE	100IM	200IM	50 FLY	100 FLY	50 BR.	100 BR.	50 BACK	100BACK	100FREE
1G	:41.19	1:43.08		:49.93		:55.09		:48.93		1:31.31
2G	:35.64	1:30.27		:41.19		:46.79		:42.06		1:18.25
3G	:32.06	1:21.79		:36.37		:42.43		:37.66		1:10.74
4G	:30.46		2:48.70	:34.33			1:26.97		1:18.04	1:07.29
5G	:29.81		2:48.04	:33.62	1:18.41		1:25.88		1:15.90	1:06.12
6G	:29.21		2:45.10	:32.67	1:15.85		1:25.65		1:15.12	1:04.85
7G	:30.58		2:55.62	:34.75	1:24.25		1:31.07		1:19.84	1:08.25
8G	:29.73		2:52.81	:33.13	1:22.81		1:29.11		1:21.70	1:06.67
1B	:39.10	1:43.13		:50.10		:54.84		:48.21		1:30.21
2B	:35.46	1:30.19		:41.93		:46.93		:42.97		1:18.73
3B	:32.26	1:22.11		:37.21		:42.75		:38.54		1:11.20
4B	:29.01		2:46.20	:33.37			1:25.29		1:16.64	1:05.35
5B	:27.53		2:36.08	:31.36	1:11.72		1:19.30		1:11.20	1:01.09
6B	:26.14		2:29.85	:29.48	1:08.35		1:15.55		1:08.42	:58.58
7B	:26.36		2:33.93	:29.25	1:08.66		1:18.01		1:10.24	:58.82
8B	:25.94		2:36.93	:27.79	1:03.88		1:14.97		1:08.07	:56.69
O1G	:32.21	1:21.54		:36.66		:41.96		:37.64		1:10.76
O2G	:29.47		2:44.98	:33.58	1:16.53		1:27.15		1:15.54	1:05.25
O1B	:32.25	1:22.74		:37.63		:42.91		:38.80		1:11.32
O2B	:26.81		2:30.09	:29.74	1:08.24		1:17.68		1:08.92	:58.64



Appendix III B 2011 BC CHAMPIONSHIPS QUALIFYING STANDARDS RELAY TEAMS

Qualifying Standards are based on the average of 3rd place in Heats for 2006-2010 inclusive

Any relay team finishes in the top two (2) and/or equals or betters the following times in the **FINALS** at a **2011** Regional Championships Meet automatically qualifies for the respective events at the Provincial Championships.

<i>DIV</i>	200 MEDLEY	200 FREE
1G	3:21.56	2:58.09
2G	2:50.12	2:36.50
3G	2:31.91	2:15.30
4G	2:21.69	2:07.40
5G	2:18.92	2:03.59
6G	2:16.56	2:02.75
7G	2:20.90	2:05.87
8G	2:16.93	2:02.60
1B	3:25.67	2:59.38
2B	2:54.35	2:34.89
3B	2:37.37	2:19.93
4B	2:20.44	2:08.21
5B	2:15.10	1:02.75
6B	2:05.32	1:51.64
7B	2:04.60	1:49.77
8B	1:57.35	1:44.56
O1G	2:30.08	2:11.05
O2G	2:14.57	2:00.60
O1B	2:33.41	2:15.09
O2B	2:03.91	1:48.40



REGIONAL RESPONSIBILITIES

LANE ASSIGNMENTS FOR TIMERS & RECORDERS

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

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



REGIONAL RESPONSIBILITIES

Key Appointments:

Clerk of the Course: Wendy Jordan-Olive (FV)

Chief Meet Recorder: David Hutchinson (V&D)

Chief Electronics: Dean Peckinpaugh (FS)

<i>Duties</i>	<i>Region</i>
Electronics & RV Parking	Fraser South
Meet Office & Crash Desk	Vancouver & District
Clerk & Marshalling	Fraser Valley
Security	Vancouver Island
Awards & Runners	Simon Fraser
Deck Food Purchasing	Fraser South
Deck Food Preparation & Serving	Okanagan Cariboo Kootenay