

2009 BC CHAMPIONSHIPS



WATER POLO



DIVING



SYNCHRO



SWIMMING

BC Summer Swimming Association

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

Hosted by Fraser Valley Organizing Committee



BC SUMMER SWIMMING ASSOCIATION 51st BC CHAMPIONSHIPS (BCCH)

DATES: August 17th to 23rd, 2009

- | | |
|--|--|
| <p>1. WATER POLO
August 17, 2009
7:00 am – 9:00 pm
August 18, 2009
7:00 am – 8:00 pm
August 19, 2009
7:00 am - 12:00 pm</p> <p>3. SYNCHRO
August 19, 2009
4:30 pm – 9:30 pm
August 20, 2009
11:30 am – 4:30 pm</p> | <p>2. DIVING
August 18, 2009
8:00 pm – 10:00 pm
August 19, 2009
12:00 pm – 4:30 pm
August 20, 2009
7:00 am – 11:30 am</p> <p>4. SWIMMING
August 21 to 23, 2009
8:00 am – 6:00 p.m.</p> |
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Water Polo, Diving and Synchronized Swimming will be held at the Walnut Grove Community Centre.
Address: 8889 Walnut Grove, Langley, BC

Competitive swimming will be held at the Centennial Outdoor Pool.
Address: 2310 Emerson Road, Abbotsford, BC

MEET COMMITTEE MEMBERS

Meet Chairperson:	Neil Woulle
Meet Manager:	Tony Tsang
Assistant Meet Manager:	James Welychko
Meet Referee:	Trudy Kemper
Meet Registrar:	Brenda Krueger
Diving Coordinator:	Joanna Linardis
Water Polo Coordinator:	Jim Toy
Synchronized Swim Coordinator:	Chris Bolton
Meet Treasurer:	Mike Lorusso
Hospitality:	Cindi Borsoi

Fraser Valley Organizing Committee

Chairperson	Karen Bennett
Treasurer	Nick Eshuis
Secretary	Diane Kamagianis
Marketing coordinator	Heather Stein
Equipment coordinator	Dwayne Bennett
Venue coordinator	Cos Van Wermeskerken
Volunteer coordinator	Mike Perrin



Venue:

Walnut Grove Swimming Pool

- A 50 metres long, 8 lanes indoor pool.
- Spectator viewing area and bleachers are located at the north side of the swimming pool.
- Grass area located west of the pool will be used by vendors.
- Parking is available at Walnut Grove Secondary School.

Centennial Outdoor Pool

- A 25 metres long, 8 lanes outdoor pool.
- Spectator viewing area and bleachers are located at the east and west side of the swimming pool.
- Grass area located east and south of the pool will be used by vendors, day tents and RVs.
- Parent supervision of children at the venue including marshalling area is strongly recommended.
- Parking is available at MSA arena around the street from the pool.
- Fraser Valley Organizing Committee will operate a concession.

RULE APPLICATION:

The BCSSA Rules and Regulations, published February 2008, 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, 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:

Colorado Timing System 6 will be used as the automatic judging and timing system for the Speed Swimming Championships in accordance with the BCSSA rules. Automatic timing system will be back up by three (3) electronic plungers per lane. Plungers will be operated by lane timers and recorder.

NOTE:

Should the automatic judging and timing system fail for an extended period of time (20 minutes or more), the meet will proceed with manual timing (3 stopwatches with "starting gun" *See Swimming section(s) 8 B and C 4, 5 & 6 of the BCSSA rule book*) until the electronic 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 rules governing re-swims will apply in this instance (20 minute rule).

BCSSA REGIONS & CLUBS-2009



CARIBOO (CA)

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

FRASER SOUTH (FS)

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

FRASER VALLEY (FV)

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

KOOTENAY (KO)

CAS Castlegar Aquanauts	COL Colville Valley S.C.	CST Creston Swim Club
GFA Grand Forks Piranhas	KIM Kimberly Sea Horses	NEL Nelson Neptunes
TRA Trail/Warfield Stingrays		

OKANAGAN (OK)

GOL Golden Dolphins	KAM Kamloops Tsunami	OGO Kelowna Ogopogos
LIL Lillooet Killer Whalers	LUM Lumby Lightning	MER Merritt Otters
PEN Penticton Pikes	PRI Princeton Kokanees	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.	

VANCOUVER ISLAND (VI)

CAM Campbell Rr. Salmon Kings	COU Courtenay Blue Devils	ESQ Esquimalt F.A.S.T.
JUA Juan de Fuca Royals	NAN Nanaimo White Rapids	OAK Oak Bay Orcas
PAA Port Alberni S.C.	PDI Pender Island Otters	SID Sidney Piranhas
POW Powell River Aquatic Club	VKC Victoria Kingfish	SSS Salt Spring Stingrays
CVB Cowichan Valley Breakers		

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

AWARDS



Water Polo

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

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

Synchro

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

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

Diving

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

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

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

Trophies

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

All trophies will be awarded at the end of all the diving events, immediately after the individual awards. Please have the entire team present Thursday, August 20. 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 BC Championships (BCCH) Meet.

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

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

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

Regional Points will be awarded:

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

Medals & Ribbons

- a) Friday’s Awards will be ready by Saturday (TBA)
 - b) Saturday’s Awards will be ready by Sunday (TBA)
 - c) Sunday’s Awards will be ready Sunday (TBA)
- Individual trophies for each discipline will be awarded to the winning region

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



ENTRIES

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

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

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

2. BCCH qualifiers, from each region, must be submitted using Hy-tek's Meet Manager program.
3. Entries are to be emailed to office@bcssa.bc.ca and mtcoach@shaw.ca 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 produced and emailed back to the Regional Director. Any changes or corrections the region needs to make will be emailed back to the above addresses. If there are no changes or corrections an email with the file attached, sent to the above addresses, stating that the submitted entries are correct will suffice.

An unlocked copy of the BCCH meet, the advancers file and email stating that these are the correct entries, as well as all entry information for water polo, Synchro and diving must be in the office no later than 3:00 PM on Tuesday August 11, 2009.

Completed Entries to BCCH are due by: Tuesday, August 11, 2009

The payment form; 1 cheque for all BCCH entry fees and 2 copies of the alternate sheets for swimming must be received in the office before close of business on **Thursday August 13, 2009.**

If you have any questions or need any help please contact Tony Tsang at mtcoach@shaw.ca or phone (604) 313-2286. If you email, please include a phone number where you can be reached.

4. Please submit your BCCH entry fees to the BCSSA office at 2323 Boundary Road, Vancouver, BC V5M 4V8 Attn. Tony Tsang

Please hand deliver Payment Form with cheque or send it by mail using express post.

Note: If sent via mail by noon on Tuesday, it will get to the office by Thursday.

The approximate cost will be \$7.00

Please note: Lane Rentals for Warm Ups are mandatory fees.

5. \$5.00 per Individual Event; \$10.00 per Relay; \$10.00 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:

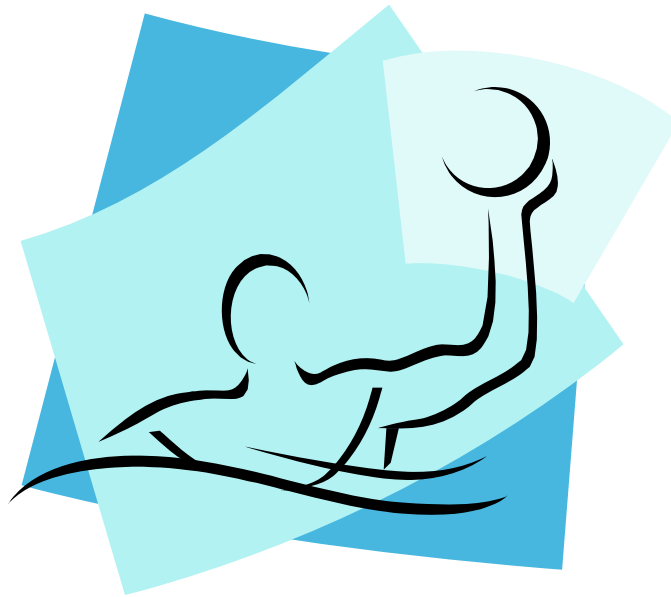
BCSSA Office
#205-2323 Boundary Road
Vancouver, BC
V5M 4V8

DATE DUE: **Thursday, August 13, 2009**

REGION: _____

CONTACT PERSON: _____ TELEPHONE: _____

1.	COMPETITIVE SWIMMING			
	a) Individual Swims	_____	x \$5.00 =	_____
	b) Relays	_____	x \$10.00 =	_____
	c) Reg. Medley Relay	_____	x \$10.00 =	_____
	d) Lane Rentals (Warm-up) (Not Optional)	2	x \$150.00 =	\$300.00
			TOTAL =	_____ \$ _____
2.	DIVING EVENTS			
	a) Events	_____	x \$15.00 =	_____
			TOTAL =	_____ \$ _____
3.	SYNCHRO EVENTS			
	a) Figures	_____	x \$5.00 =	_____
	b) Duets	_____	x \$10.00 =	_____
	c) Teams	_____	x \$20.00 =	_____
			TOTAL =	_____ \$ _____
4.	WATER POLO TEAMS	_____	x \$325.00 =	_____
	REFEREE FEE	_____	X\$150.00 =	_____
			TOTAL =	_____ \$ _____
	<u>ONE CHEQUE ONLY</u>		GRAND TOTAL	\$ _____



WATER POLO

Monday, August 17 2009

7:00 am – 9:00 pm

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

Tuesday, August 18 2009

7:00 am - 8:00 pm

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

Wednesday, August 19 2009

7:00 am – 12:00 Noon

All AWARDS

Wednesday, August 19 2009

Following the Tournament

COACHES AND MEMBERS:

PLEASE VISIT THE BCSSA WEBSITE FOR INFORMATION ON SCHOLARSHIPS AND BURSARIES www.bcssa.bc.ca; go to "About Us".



WATER POLO BC CHAMPIONSHIP 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 2009 Provincial Championship Competitions.

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

2. Categories of Play

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

- i) P5: Open
(See Section B item 3(ii) for minimum composition.)
- ii) P4: 18 & Under. Players born in 1991 1992 1993 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)
- iii) P3: 15 & Under. Players born in 1994, 1995 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)
- iv) P2: 13 & Under. Payers born in 1996, 1997 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)
- v) P1: 11 & Under. Players born in 1998 or later.
Players shall be within this age group as of Dec 31st, 2009
(See Section B item 3(ii) for minimum composition.)

3. Definition

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

4. Entry Format

- i) **Entries:** All provincial championships, as indicated in **Section A-2** are Co-educational categories. Teams qualify for Provincial Championships by regional play downs.
No fill-in teams will be allowed in the case where one or more regions are unable to field teams. (We should delete this if we are allowing additional teams where regions do not have teams)



Entry forms must be 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 11, 2009 12 noon (earlier where possible) (Appendix A-1)**.

- 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.
- iii) **Team Rosters:** The full names of all participants must be included on the team roster to be submitted to the Director for Water polo c/o the **BCSSA Office, August 11, 2009 by 12 noon (earlier if possible)**. (**Appendix A-2**) 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 team roster (maximum 13 players) for each game must be presented to the recording/official's table 20 minutes before scheduled game time.

SECTION B - GENERAL RULES

- 1. **Rules of Play**
The rules of play for all championship categories shall be in accordance with the BCSSA Rules and Regulations.
- 2. **Team Eligibility**
 - i) In order to be eligible to participate in the Provincial Championship, club teams (other than as provided for in Section B6(i)) **must be registered with a member club and BCSSA by the second Thursday in July.**
 - ii) **A responsible adult/chaperone, other than the Head Coach or players, must accompany and be responsible for each team participating in the Provincial Championships. This adult/chaperone must be present at all Team Games.**
 - iii) **The Head Coach of each team is to be fully certified NCCP Level One or current Canadian equivalent.**
 - iv) **ANY COACH WHO HAS COACHED A TEAM DURING THE SEASON WILL NOT BE PERMITTED TO PLAY WITH THAT TEAM; EXCEPT FOR P5**
- 3. **Team Composition**
 - i) Teams in all categories are permitted to select **thirteen (13) players**, all of whom must individually be properly registered with BCSSA and be collectively registered as a **Member Team (Appendix A-2)**,
 - 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. (**Appendix D**)

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

7. **Vetoes**
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 before scheduled game start time will forfeit.

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



12. **Selection of Game Referees**

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

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

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

13. **Water Polo Caps**

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

14. **Team Benches**

Refer to Rules and Regulations Section 2.C

15. **Articles Causing Injury**

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

The following objects are **not** permitted:

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

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

SECTION C - GENERAL INFORMATION

1. **Pre-Competition Meeting**

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

The following agenda items will be discussed at the meeting:

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

2. **Championship Awards**

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

SECTION D - RESPONSIBILITIES

1. **BCSSA**

BCSSA shall ensure the following:

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

2. **Club/Team**

a) Responsibilities

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

- i) That the entry fee is paid directly to the region and forwarded to BCSSA by August **12, 2009**.
- ii) That all players are registered with BCSSA.
- iii) That a completed Provincial Championship Entry Form is submitted to BCSSA by the same date as indicated for the submission of the entry fee (**Appendix A-1**).
- 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) That all players adhere to the **Player Code of Conduct**.
- vii) Release forms (**Appendix C**) are fully completed and provided to the Director of Water Polo / Minor Officials' Table before the teams' first game.
- viii) 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**

Please Print

Category of Championship (P5:Open, P4:U18, P3:U15, P2:U13, P1:U11) _____

Date of Championship _____

Team Name _____

Team/Region/Coaches _____

Address _____

_____ Telephone: _____

Team Minor Official

Address _____

_____ Telephone: _____

Team Chaperon _____

Address _____

_____ Telephone: _____

Signature of Club President/Regional Director

Date

Please return this form prior to 12 noon, AUGUST 11, 2009 to BCSSA.

Entry Fee of \$325.00

Referee Fee of \$150.00



WATER POLO TEAM ROSTER

Regional Team _____ Club Team _____

Club Name _____ Region _____ **P5: Open**
P4:18 & Under **P3:15 & Under**
P2:13 & Under **P1:11 & Under**

Team Contact _____ Address _____ Phone _____

Team Minor Officials _____

Team Chaperon _____

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

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

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

SIGNATURE OF CLUB OFFICIAL: _____



PLAYER INFORMATION CARD

Name: _____ Date of Birth: _____
Day / Month / Year

Person to be contacted in case of emergency: _____

Phone Numbers: Day: _____ Night: _____

Alternative Contact: _____

Phone Numbers: Day: _____ Night: _____

Family Doctor: _____

Hospital Insurance Number: _____

Relevant Medical History

Medications: _____

Allergies: _____

Previous Injuries: _____

Does the player carry and know how to administer his/her own medications?
Yes No

Other conditions (braces, contact lenses, etc): _____

Note: *Medical information is confidential. Keep this form with the team at all times. These forms should be available only to authorized individuals.*



COMPETITORS' CODE OF CONDUCT

It is the duty of all competitors to:

- a) Respect and compete by the BCSSA rules.
- b) Resolve conflicts without resorting to hostility or violence.
- c) Respect your opponents.
- d) Respect all coaches and officials.
- e) Support all efforts to eliminate verbal and physical abuse from all sporting activities.
- f) Accept responsibility for your actions and behaviour.

PLAYER RELEASE
EVENT: 2009 BCSSA PROVINCIAL WATER POLO CHAMPIONSHIP

Participant Name: _____

Date of Birth: (Day) _____ (Month) _____ (Year) _____

Address: _____

Phone Number: _____

I, _____, my parents and or guardians, heirs, executors and administrators hereby release BCSSA and its representatives and the organizers of this event from any and all claims or actions I may have for any injuries I may sustain during the course of the event.

I acknowledge that I have read and understand the Player Code of Conduct set out above, and agree that should I not comply with these responsibilities, I or my parents will accept all costs incurred should it be deemed necessary to sent me home as a result.

Signature of Participant _____

Date: _____

Signature of Parent _____

(if participant is under age of 18)

Date _____



SYNCHRONIZED SWIMMING

FIGURES

Wednesday, August 19, 2009 4:30 pm – 9:30 pm
Warm ups 4:30 – 5:30

ROUTINES

Thursday, August 20, 2009 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.bcssa.bc.ca; go to "About Us".**



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 BCSSA President, prior to the start of Regional Championships.)**

2. SWIMMER DIVISIONS

- 2.1 Swimmers’ Divisions are based on the 2009 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 I and II
- Div III and IV
- Div V and over

Intermediate Tier

- Div I and II
- Div III and IV
- Div V and over

Advanced Tier

- Div I and II
- Div III and IV
- Div V and over

‘O’ CATEGORY

- O cat 1
- O cat 2 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

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
-
- 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 (first year), or the Swimmer may have swum winter maintenance, or have competed in only One Provincial Meet.

INTERMEDIATE TIER

The swimmer has at least two (2) competitive swimmer season of experience (Have competed in two or more Provincials), or 2 seasons of Winter maintenance 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 **or is a Star 5 and above**. 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.

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

3.3 ELEMENT REQUIREMENTS

All figures and elements will be performed as per the FINA Synchronized Swimming Manual for Judges, Coaches and Referees, 2005-2009 edition, and the Synchro Canada Star Program Manual, 2005 edition. **All routine elements to be performed in order as indicated.**

TIER	FIGURE EVENTS	DD	DUET EVENTS	TEAM EVENTS
BEGINNER	<ul style="list-style-type: none"> Sailboat Alternate Back Tuck Somersault 3 meters paddle scull. Pretzel turn 360 degrees one way 	1.2 1.1 1.0 1.0	<ul style="list-style-type: none"> Traveling eggbeater, arms optional. (1) Back tuck somersault.(2) Traveling head up breast stroke.(3) 360 degree pretzel turn.(4) Time limit 2:00 min. 	<ul style="list-style-type: none"> 3 metre traveling sailboat alternative.(1) Back tuck somersault.(2) Traveling side flutter with arms.(3) Tub turn 360 degrees one way.(4) Time limit 2:00 min.
INTERMEDIATE	<ul style="list-style-type: none"> Front layout to front pike position to submerged ballet leg double position with split scull. Bent knee vertical position. Hold 3 seconds. Ballet leg single Eggbeater traveling sideways 3 m. with one arm sculling 	1.2 1.5 1.6 1.0	<ul style="list-style-type: none"> Traveling eggbeater with single arm sequence. (1) Body boost, sink to full body submerged.(2) Kick-pull shoulders square, 2 strokes alternating lead arm.(3) Split position, join to vertical at ankles.(4) Time limit 2:30 min. 	<ul style="list-style-type: none"> Traveling Ballet sequence to include any two the following-sailboat left, sailboat right, ballet left ballet right.(1) Split position.(2) Traveling eggbeater with single arm sequence.(3) Bent knee vertical position and sink.(4) Time limit 2:30 min.
ADVANCED	<ul style="list-style-type: none"> Ballet leg single Front walkover Neptunus Kipnus 	1.6 2.1 1.8 1.8	<ul style="list-style-type: none"> Traveling eggbeater with some double arm sequence.(1) Ariana. (2) Single arm body boost sink to full submerged body.(3) Bent knee position to vertical position, and descend.(4) Time limit 2:30 min. 	<ul style="list-style-type: none"> Traveling ballet sequence to include, any 2 of the following positions: ballet leg left/right or flamingo left/right.(1) Walkover front from split position.(2) Traveling eggbeater, to include some double arms Seq.(3) Bent knee vertical to vertical and sink

4. ENTRY PROCEDURE

- 4.1 All Clubs must register swimmers through the Club Registrar and the Regional Registrar.
- 4.2 Regional Registrars must provide the swimmers names to the Regional Director.
- 4.3 **Final competition entry forms are sent to the Synchro Director (Chris Boulton) at the BCSSA Office. Entry Form deadline July 11, 2008.**

5. **ENTRY FEES**

- 5.1 All meet entry fees must be to the BCSSA Office by **Friday, August 8, 2008.**
Figures \$5.00; Duets \$10.00; Team \$20.00
- 5.2 One cheque from the Region for all Regional Competitors (4 aquatics) will be issued to the BCSSA.

6. **PENALTIES**

6.1 PENALTIES FOR FIGURES

- 6.1.1 A one-point penalty shall be deducted from the total score for the figure after the degree of difficulty has been computed if:
 - * A swimmer performs other than the figure posted for that panel and then performs the correct figure on the second attempt, after being informed of the nature of the error by the referee, or
 - * If a swimmer stops during the figure and requests to do the figure again.
- 6.1.2 The judges shall award (but not flash) a zero if the swimmer does not make a second attempt or if on the second attempt performs the wrong figure.

6.2 PENALTIES FOR ROUTINES

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

7. **MUSIC**

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

8. **AWARDS**

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

9. **COACHES AND OFFICIALS**



- 9.1 An Officials' Meeting will be held 1 hour before the Meet begins in order to review assignments, procedures, and responsibilities.
- 9.2 A Coaches' Meeting will be held, ½ hour before the Meet begins, to review competition details and procedures.
- 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, ½ hour after the Figure and Routine competitions, to provide feedback from the Judges.
- 9.5 Coaching swimmers while they are actively competing will not be permitted. Coaches and Club Directors are expected to inform their Club members and parents before the Meet begins.

10. **OTHER**

- 10.1 Swimmers may wear a plain coloured bathing suit of their choice for the figure competition. Black is the preferred colour, but not necessary.
- 10.2 Nose-plugs are not necessary to adequately perform figures, but some swimmers may wish to wear them.
- 10.3 Swimmers swim one figure skill at a time. Each swimmer swims out in front of a panel of judges and performs the figure indicated to the best of his/her ability. The judges use flashcards to evaluate the swimmer's execution of the figure skill. All scores given are out of ten.
- 10.4 If you have any questions regarding the Synchro competitions contact Chris Boulton at (604) 916-0855



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

CLUB:		MEET:		
SYNCHRO DIRECTOR:		LOCATION:		
	Competitor's Last Name	First Name & Initial	Division	Tier
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
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25				



**BCSSA PROVINCIAL CHAMPIONSHIP 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				
32				
33				
34				
35				
36				
37				
38				
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49				
50				

**COACHES AND MEMBERS:
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BURSARIES www.bcssa.bc.ca; go to "About Us".**



DIVING

Warm Ups:

TUESDAY, AUGUST 18 2009

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

Competition:

**WEDNESDAY, AUGUST 19, 2009
THURSDAY, AUGUST 20, 2009**

**12:00PM – 4:30 PM
7:00AM – 11:30 AM**

**ALL AWARDS
FOLLOWING THE COMPETITION**



2009 – BCSSA PROVINCIAL DIVING CHAMPIONSHIPS

TUESDAY, AUGUST 18 2009

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

WEDNESDAY, AUGUST 19 2009 12:00PM – 4:30 PM

THURSDAY, AUGUST 20 2009 7:00AM – 11:30 AM

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

ANNUAL GENERAL MEETING

Date: Thursday August 20, 2009

Time: 7:30p.m. – 9:30p.m.

Place: Abbotsford Exhibition Park – Ag Rec Gallery
32470 Haida Drive, Abbotsford, B.C.

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

COACHES' ASSOCIATION MEETING

DATE: Thursday, August 20, 2009

TIME: 2:00p.m. – 4:00p.m.

Place: Abbotsford Exhibition Park – Ag Rec Gallery
32470 Hiada Drive, Abbotsford, B.C.

DIVING COACHES' ASSOCIATION MEETING

DATE: WED, August 19, 2009

TIME: 10:30 AM

Place: On the pool deck.

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 14, 2008 immediately following the competition and **NOT** just the award winners.

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

The recipients of trophies are responsible for having them engraved. The trophy must be returned to the Diving Director **IN ADVANCE** of the 2008 Provincial Championship. IF you choose to bring them to the competition, this must be cleared in advance.

TROPHIES

Junior Girls Team

Junior Boys Team

Senior Girls Team

Senior Boys Team

Girls Team

Army and Navy Department Stores

Army and Navy Department Stores

Super Value Stores

Super Value Stores

Woodwards Stores

Boys Team
Regional Team
Overall Team

CKWX Radio
BCSSA Regional Award
BCSSA Challenge Cup



RULES

Please refer to the current Edition of the BCSSA Diving Rules and Regulations.

A diver's competitive age category will be determined by the 2009 Age locator (located on the BCSSA website).

All divers must be fully and properly registered with the BCSSA, and have proof of having participated in ONE qualifying meet and Regional Championships.

Please mark all "O" **Dive Sheets** clearly in the appropriate spaces. **All coaches and divers must sign all dive sheets prior to the start of each event.**

RESULTS

All results will be scored and awarded separately for each division and category.

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

ENTRY FEES

There will be a **\$20.00** entry fee per event. All Fees, Dive Entry Forms and BCSSA Dive Sheets must be into your region by 6:00pm Sunday August 9, 2009. Regions must have all applicable forms into BCSSA office by **12:00 noon Tuesday, August 11, 2009.**

A diver must have competed in at least **one scheduled BCSSA competition** in the correct age group and category with a complete list, before the Regional Championships.

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 TUESDAY, AUGUST 11, 2009.

Entries must be filled out on the appropriate BCSSA Diving Forms and a copy of all REGIONAL RESULTS must accompany the entries. Please send a Diving Entry Form for each club entered in your Region. Please ensure that all Dive Sheets are submitted as well at this time.

DIVE SHEETS

Must be completed and turned in with registration on **Tuesday August 11, 2009. Dive Sheets must be completed in pencil.** All changes (or new dive sheets) must be completed before event specific 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 Wednesday, **August 12, 2009.**



Each club is asked to supply at least one Judge. Please let the Meet Manager know the judges' names as soon after Regional Championship as possible.

Each Club must have two Table Workers ready to help for each event. Please sign-in at the beginning of General Warm-ups. We need lots of help as we are running in a restricted amount of time!

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.

BCSSA DIVING RULES – REFER TO THE 2009 BCSSA RULE BOOK

BCSSA EXCEPTIONS:

1. **Dive Requirements see below**
2. **2009 DEGREE OF DIFFICULTY SHEET (DD Sheet) see below.**
3. **Section 6 Rule 7 b)Feet First Entries ii) when one or both of the arms are held beyond the head in a feet first entry, the Referee shall instruct the Judges to award the dive a maximum of 4.5 point.**
 - a. **This rule does NOT apply to any of the REQUIRED DIVES LISTED IN THE 2008 Age Group Dive Requirements**
 - b. **This is the Same rule, sited in different sections: Section 7 – L; Section 8 – B – 6; and Section 8 - H – 3 ALL sections need to be noted.**

2009 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. • Required dives may be repeated as optional dives, however the position must be different. • 2 categories must be used.
9 & 10	100 – Front Jump 200 – Back Jump 101 or 001(Front Fall in) 201 401	Any 3 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 • 3 categories must be used.
11 & 12	100 – Front Jump 200 – Back Jump 101 201 or 301 401	Any 3 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 • 3 categories 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"> • All jumps & fall-ins are permitted. • Required dives may be repeated as optional dives, however the position must be different • 3 categories must be used.
15 & 16	101 201 or 301 401	Any 4 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 • 4 categories must be used.
17 – 19 / 20 & Over	101 201 or 301 401	Any 4 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 • 3 categories must be used.



"S" DIVERS

Age Group – 3 Metre	Required dives	Optional dives	Optional Clarification
10 & Under	100 – Front Jump 200 – Back Jump 001 fall in or roll in	Any 3 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 & 12	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	Any 3 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
13 & 14	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	Any 4 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
15 & 16	001 fall in or roll in 002 101 201	Any 4 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
17 – 19 / 20&Over	001 fall in or roll in 002 101 201	Any 4 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

"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 3 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 301 401	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 301 401	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.

DEGREE OF DIFFICULTY

NOTE THERE ARE CHANGES

DIVING 200 VERSION

SPRINGBOARD		1 Meter				3 Meters			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
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	
109	Forward 4 ½ Somersault							3.5	
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
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	
207	Back 3 ½ Somersault							3.4	
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	
307	Reverse 3 ½ Somersault							3.5	
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	
407	Inward 3 ½ Somersaults							3.4	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault			2.7				2.4	

BCSSA 2008
DEGREE OF DIFFICULTY

****NOTE THERE ARE CHANGES****

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
5239	Back 1 ½ Som., 4 ½ Twists								3.6
5251	Back 2 ½ Som., ½ Twist						3.1	2.8	2.7
5253	Back 2 ½ Som., 1 ½ Twists						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
5353	Reverse 2 ½ Som., 1 ½ Twists						3.5	3.3	3.1
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



2009 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 \$20.00 = \$ _____

Total \$ _____

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 _____



REGIONAL DIRECTOR & REGIONAL REGISTRAR CHECKLIST - PROVINCIAL CHAMPIONSHIP DIVING ENTRIES

The following steps must be completed in order for Dive Entries to be eligible for Provincial Championships:

REGIONAL DIRECTORS: _____ (sign here)

1. Check to ensure a list of your Dive Coaches & Dive Regional Representatives for diving are in to the Provincial Diving Director.
2. Ensure that your Dive Director is in contact with the BCSSA Dive Director.
3. Collect Regional Results, Entry Forms and completed Dive Sheets.
4. Collect your diving cheques and submit entry funds with the Speed Swimming/Synchronized Swimming/Water Polo in ONE payment.
5. Ensure that the Regional Registrar has the "Athlete Competition Lists" are signed off by each of the Diving Coaches in your region BEFORE the Registration Deadline.
6. Ensure that the Divers in your region are registered for Diving, on their registration.

REGIONAL REGISTRARS _____ (sign here)

1. Ensure that the "Athlete Competition Lists" are signed off by each of the Diving Coaches in your region.
2. Ensure that the Divers in your region are registered for Diving, on their registration.

REGIONAL DIVING DIRECTORS: _____ (sign here)

1. Check to ensure a list of your coaches for diving are in to the Regional Dive Director
2. Ensure that your Dive Director is in contact with the BCSSA Dive Director.
3. Collect Regional Results, Entry Forms and completed Dive Sheets.
4. Ensure that the Regional Registrar has the "Athlete Competition Lists" are signed off by each of the Diving Coaches in your region.
5. Ensure that the Divers in your region are registered for Diving, on their registration.

DIVING COACHES OR DIVING CLUB REPRESENTATIVE: _____ (sign here)

1. Submit all entries to the Regional Director (Regional Results, Entry Forms and completed Dive Sheets).
2. Include a cheque from the Club to the **REGION** for all entries.
3. **COMPLETE** the Dive Entry Form.
4. Complete Dive Sheets for all Divers: 1m and 3m.
5. Submit a copy of Dive Sheets for All Divers for eligibility from:
 - a. Regional
 - b) One(1) Competition
6. Submit a list of Table Workers. Each club must have at least one Table Worker to help for each event.
7. Submit names of Judges from your club. We require you to have two judges available from each of your CLUBS. If you do NOT, you must contact Joanna ASAP (diving@bcssa.bc.ca). IN ADDITION, NOTE: Parents are NOT permitted to judge their own children. COACHES names should be included in these fields as well.

Club Name: _____

Contact Name (Print)

Telephone Number

(Sign)

Date

Please ensure all items are enclosed with your entries and received by the office on Tuesday, August 11, 2009 BEFORE 12 NOON



CHECKLIST - PROVINCIAL CHAMPIONSHIP DIVING ENTRIES

The following steps must be completed in order for Dive Entries to be eligible for Provincial Championships:

1. Submit all entries to the Regional Director (Regional Results, Entry Forms and completed Dive Sheets).
2. Include a cheque from the Club to the **REGION** for all entries.
3. **COMPLETE** the Dive Entry Form.
4. Complete Dive Sheets for all Divers: 1m and 3m.
5. Submit a copy of Dive Sheets for All Divers for eligibility from:
 - a) Regional
 - b) One(1) Competition
6. Submit a list of Table Workers. Each club must have at least one Table Worker to help for each event.
7. Submit names of Judges from your club. We require you to have two judges available from each of your CLUBS. If you do NOT, you must contact Joanna ASAP (diving@bcssa.bc.ca). IN ADDITION, NOTE: Parents are NOT permitted to judge their own children. COACHES names should be included in these fields as well.

Club Name: _____

Contact Name (Print)

Telephone Number

(Sign)

Date

Please ensure all items are enclosed with your entries and received by the office on Tuesday, August 11, 2009 BEFORE 12 NOON



CLUB NAME: _____

REGION: _____

EMAIL ADDRESS: _____

(WHERE WE WILL SEND THE MEET SCHEDULE)

JUDGES AVAILABLE TO HELP WITH THE JUDGING (INCLUDE YOUR COACHES PLEASE)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LIST OF PEOPLE AVAILABLE TO HELP WITH THE TABLES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



BCSSA DIVING INFORMATION - PLEASE READ, and REPLY. RETURN AS
INSTRUCTED.

Please note:

1. The dive requirements have slight changes
2. The Degree of Difficulty (DD) sheets have been updated and there are changes on the DD sheet
4. **THERE ARE CHANGES TO THE 2009 RULE BOOK. PLEASE READ IT CAREFULLY AS THE RULES WILL BE IN EFFECT THIS YEAR.**
5. The 2009 DIVE – BCSSA PROVINCIAL MEET PACKAGE along side of the 2009 OFFICIAL BCSSA RULE BOOK govern this season.

Please sign here _____ when you have read this information sheet, and coaches please ensure that your judges are apprised of this information, prior to meets; Fax this sheet to BCSSA or email: diving@bcssa.bc.ca with the following information:

1. I have read the dive meet package for 2009. _____ (initial here)
2. I understand there are changes to both the AGE GROUP DIVING REQUIREMENTS & the DEGREE OF DIFFICULTY SHEET _____ (initial here)
3. I acknowledge if OUR TEAM / REGION has any trophies we will be responsible and bring them to the 2009 FRASER VALLEY REGION – Walnut Grove Pool, engraved and ready to be given to the next team. _____ (initial here)
4. NOTE: NEW ! 8&under 3Metre event.

Thank you everyone, and here is to an AWESOME 2009 SEASON!
Our Next Meeting will be on Wednesday, August 19, 2009 at 10:30am.

Joanna Linardis BA, RMT
BCSSA DIVING COORDINATOR
604-761-0440 (if you need anything)
email: diving@bcssa.bc.ca or jlinardis@hotmail.com



SWIMMING

Thursday, August 20
Regional Practice Times
5:30 – 7:00 pm
7:00 – 8:30 pm

Friday, August 21
Competitive Swimming
8:00 a.m. –

Saturday, August 22
Competitive Swimming
8:00 a.m. -

Sunday, August 23
Competitive Swimming
8:00 a.m. -

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



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

REGIONAL PRACTICE TIME / WARM UPS

Pool facility: Centennial Outdoor Pool, Abbotsford
 Procedure: 2 Lanes per region
 Rental Cost: \$300 per region

Times and Lane Assignments for Regional Practice - Thursday, August 20

5:30 pm – 7:00 pm		7:00 pm – 8:30 pm	
Region	Lanes	Region	Lanes
Vancouver Island	1 & 2	Fraser South	1 & 2
Cariboo	3 & 4	Okanagan	3 & 4
Simon Fraser	5 & 6	Fraser Valley	5 & 6
Kootenay	7 & 8	Vancouver & District	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.

Warm up each day: 6:45 A.M. to 7:45 A.M.
 1 lane per region during designated time; same lanes assignment throughout competition.

Region	Lane
Fraser South	1
Fraser Valley	2
Okanagan	3
Vancouver & District	4
Simon Fraser	5
Vancouver Island	6
Cariboo	7
Kootenay	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	10:00 am
Medley Relays	11:00 am
Break	1 hour
Warm ups (1/2 hour)	2:30 pm

Saturday

50/100 Fly	7:50 am
50/100 Backstroke	9:15 am
Free Relays	10:45 am
Break	1 hour
Warm ups (1/2 hour)	1:30 pm

Sunday

50 Fly (Div 5-8, 'O' Cat 2)	7:50 am
50/100 Breaststroke	8:15 am
100 Free	10:00 am
Break	1 hour
Warm ups	12:30 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 - **APPENDIX I-A, I-B, I-C**)
2. Consolations will be swum **first** and finals **second**.

SCRATCHES (OFFICIAL FORM - APPENDIX II)

1. HEATS:

- A) Scratches **must** be reported to the clerk
- B) Scratches **prior** to the start of the Provincial Meet **MUST** be submitted to the BCSSA office by NOON Thursday August 7, 2008.
- C) August 15 through August 17 **EACH CLUB SHALL ADVISE THE CLERK OF THE COURSE OF ANY SCRATCHES FROM ANY HEAT**. 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.



2009 BC CHAMPIONSHIPS MEET SWIMMING EVENTS

Friday, August 21, 2009

6:45 a.m. - 7:45 a.m. Warm-ups

6:30 a.m. Coaches' Meeting

7:15 a.m. Officials' Meeting

<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!!



2009 BC CHAMPIONSHIPS MEET SWIMMING EVENTS

Saturday, August 22, 2009
Coaches' Meeting 6:30 a.m.

6:45 a.m. - 7:45 a.m. Warm-Ups
7:15 a.m. Officials' Meeting

<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" CAT1 50m Fly	208
	209	IV 50m Fly	210
	211	V 100m Fly	212
	213	VI 100m Fly	214
	215	"O" CAT2 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" CAT1 50m Back	228
	229	IV 100m Back	230
	231	V 100m Back	232
	233	VI 100m Back	234
	235	"O" CAT2 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" CAT1 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!!



2009 BC CHAMPIONSHIP MEET SWIMMING EVENTS

Sunday, August 23, 2009
Coaches' Meeting 6:30 a.m.

6:45 a.m. - 7:45 a.m. Warm-Ups
7:15 a.m. Officials' Meeting

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

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

* **NOTE: EVENTS 351-370 WILL BE SWUM AFTER FINALS OF THE INDIVIDUAL EVENTS IN P.M. SESSION.**

* 400 COACHES' "Miracle Mile" Relay Swim - Finals Only

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



Appendix III A - 2009 BC CHAMPIONSIPS QUALIFYING STANDARDS.

GENERALLY, BASED ON THE AVERAGE OF 8TH PLACE IN HEATS FOR 2004-2008 INCLUSIVE.

Any swimmer who **equals or betters** the following times in the **FINALS** at a **2009** Regional Championship Meet automatically qualifies for the applicable events at the BC Championships.

DIV	50 FREE	100IM	200IM	50 FLY	100 FLY	50 BR.	100 BR.	50 BACK	100BACK	100FREE
1G	:40.15	01:41.95		:48.80		:53.33		:47.98		01:31.09
2G	:35.68	01:31.14		:40.77		:46.72		:42.22		01:18.40
3G	:32.21	01:22.04		:37.01		:42.16		:37.63		01:11.12
4G	:30.48		02:49.64	:34.62			01:27.88		01:18.56	01:07.25
5G	:29.69		02:47.38	:33.76	01:18.55		01:25.51		01:15.89	01:05.98
6G	:29.29		02:45.19	:32.90	01:15.96		01:24.98		01:15.97	01:04.98
7G	:30.45		02:54.55	:34.09	01:24.99		01:28.57		01:18.86	01:08.99
8G	:30.56		02:54.78	:33.81	01:25.74		01:31.46		01:22.89	01:09.09
1B	:39.58	01:43.06		:50.11		:54.56		:47.45		01:30.01
2B	:35.44	01:29.89		:41.59		:47.09		:42.46		01:18.75
3B	:32.30	01:23.36		:37.28		:43.26		:38.75		01:11.79
4B	:29.25		02:47.14	:33.73			01:25.17		01:17.66	01:05.39
5B	:27.31		02:36.01	:31.11	01:11.19		01:19.04		01:11.78	01:00.81
6B	:26.24		02:30.12	:29.49	01:07.32		01:16.73		01:08.74	:58.33
7B	:26.55		02:35.52	:29.30	01:08.79		01:18.26		01:11.91	:59.08
8B	:25.60		02:29.17	:27.81	01:03.50		01:15.89		01:08.70	:57.34
O1G	:32.21	01:22.04		:37.01		:42.16		:37.63		01:11.12
O2G	:29.29		02:45.19	:32.90	01:15.96		01:24.98		01:15.97	01:04.98
O1B	:32.30	01:23.36		:37.28		:43.26		:38.75		01:11.79
O2B	:26.24		02:30.12	:29.49	01:07.32		01:16.73		01:08.74	:58.33



Appendix III B
2009 BC CHAMPIONSHIPS QUALIFYING STANDARDS.
RELAY TEAMS

GENERALLY, BASED ON THE AVERAGE OF 3rd PLACE IN HEATS FOR 2003-2007 INCLUSIVE

Any relay team that finishes in the top two (2) and/or **equals or betters** the following times in the **FINALS** at a **2009** Regional Championship Meet automatically qualifies for the applicable events at the Provincial Championships.

DIV	200 MEDLEY	200 FREE
1G	03:14.50	02:53.30
2G	02:49.18	02:28.65
3G	02:31.30	02:12.19
4G	02:22.39	02:05.79
5G	02:17.98	02:02.12
6G	02:14.30	02:00.74
7G	02:18.49	02:02.29
8G	02:16.11	02:00.46
1B	03:22.91	02:54.77
2B	02:52.59	02:28.70
3B	02:34.62	02:15.49
4B	02:21.36	02:04.43
5B	02:11.16	01:53.38
6B	02:03.10	01:48.27
7B	02:03.02	01:47.68
8B	01:56.14	01:43.24
O1G	02:31.30	02:12.19
O2G	02:14.30	02:00.74
O1B	02:34.62	02:15.49
O2B	02:03.10	01:48.27



REGIONIONAL RESPONSIBILITIES RE: LANE ASSIGNMENTS FOR TIMERS/RECORDERS

Heats & Finals: 1 LANE/REGION

	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 8
FRIDAY								
Heats	OK	VD	VI	FS	CA	SF	FV	KO
FINALS	VI	FS	CA	SF	FV	KO	OK	VD
SATURDAY								
Heats	SF	FV	KO	OK	VD	VI	FS	CA
FINALS	VD	VI	FS	CA	SF	FV	KO	OK
SUNDAY								
Heats	FS	CA	SF	FV	KO	OK	VD	VI
FINALS	CA	SF	FV	KO	OK	VD	VI	FS