

2009 BC CHAMPIONSHIPS



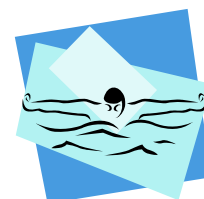
WATER POLO



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

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| <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.

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



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



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	\$ _____



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
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**BCSSA PROVINCIAL CHAMPIONSHIP SYNCHRONIZED SWIMMING
COMPULSORY FIGURES FORM (continued)**

CLUB:		MEET:		
SYNCHRO DIRECTOR:		LOCATION:		
	Competitor's Last Name	First Name & Initial	Division	Tier
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