



2010  
Kootenay Regional  
Swim Championships



August 7 and 8, 2010  
Nelson, BC  
KO Regional Championship Meet Package



**KOOTENAY SWIMMING**

[www.bcssa.bc.ca/ko/](http://www.bcssa.bc.ca/ko/)

**DATE:** August 7 and 8, 2010  
**LOCATION:** Nelson, BC  
**TYPE OF MEET:** BCSSA Kootenay Regional Championships  
**REGIONAL DIRECTOR:** Linda Afford  
**MEET MANAGER:** Mike Lorusso  
**MEET REFEREE:** James Welychko

### **2010 KO REGIONAL BOARD RESPONSIBILITIES**

#### **1. Regional Director: Linda Afford**

- a. Responsible for Regional Supplies: KO Swim Caps and Regional/Provincial T-shirts.
- b. Responsible for Regional Volunteer & Coaching Awards.
- c. Responsible for Provincial Sign-up for swimmers and parents and to ensure that all our KO Provincial Meet responsibilities in Langley/Abbotsford are filled.
- d. Responsible for KO Region Provincial Championship Meet entries to be delivered on time to the BCSSA Office.
- e. Responsible to ensure that KO Regional Coach forms KO Regional Relays in accordance to the BCSSA Provincial Championship eligibility rules and Regional Policy.

#### **2. Regional Director of Officials: James Welychko**

- a. Regional Meet Referee in charge of the working deck.
- b. Will arrange for Provincial Sign-up for Officials.
- c. Organize and assign all qualified deck officials shifts for Regional Championship:
  - Timers
  - Place Judges
  - Stroke & Turn
  - Referees & Starters

#### **3. Director of Competition / Meet Manager: Mike Lorusso**

- a. Responsible to ensure that Regional Championship Meet is properly organized and conducted.
- b. Inventory of medals and ribbons.
- c. Oversee and distribute Regional Invitation.
  1. Responsible to collect and oversee all meet entries and distribute to Data Entry person and Regional Dir.
- d. Oversee volunteer assignments and that numbers of volunteers needed are provided for each area. Club signup list located in the meet package .
- e. Rotate and Assign Club Responsibilities. Areas of responsibility will be delegated to clubs based on their areas of strength and volunteer manpower. Larger clubs are given min 2 areas to cover.

#### **4. Regional Registrar: Cathie McLaren**

- a. To ensure that all Regional Championship swimmers are eligible to swim at the Regional Championship.
- b. Responsible for registering all provincial qualifiers for Provincial Championship in conjunction with the Regional Director and to ensure that the entries are sent to BCSSA Office as by the deadline.
- c. Check eligibility of KO Regional Relay members using BCSSA Prov Championship eligibility rules.

#### **5. Regional Treasurer: Cathie McLaren**

- a. Provide 2010 Regional Championship Budget.
- b. To collect all regional entry fees from clubs.
- c. Responsible for collecting and remuneration of costs incurred at Regionals.

#### **6. Regional Equipment Manager: Dave Afford**

- a. Responsible to ensure all equipment located in the Regional Timing Trailer is in good working order for use at Regionals

- b. Overseeing Set-up / Take Down Crew – **(all clubs are to provide help)**
- c. Organize and assign all qualified Colorado Electronic officials shifts for Regional Championship

**7. KO Club Presidents:**

- a. Responsible for all individual club meet entries being submitted by the Sunday Aug 1, 2010 deadline outlined in the Regional Championship Meet Package. No entries will be accepted after the deadline, re: Administration, page 31 of the BCSSA Rule Book Section 8, A, 1.
- b. Club Presidents or delegates are responsible to fill their assigned club duties and return completed Sign-up sheet via e-mail to Mike L. by Fri, July 30, 2010.
- c. Clubs to distribute completed club volunteer list to their members prior to Regionals.

**8. Host Club : Randy DeJong, NEL President**

- a. Responsible to work in conjunction with Director of Competitions.
- b. Organize and Oversee Camping, if applicable.
- c. Provide Portable Toilet Rentals for campers, if applicable.
- d. Provide Garbage containers. Arrange for supplies and disposing during weekend use
- e. Provide listing of local accommodations for Championship Meet Package.
- f. Provide Announcers
- g. Provide Anthems Singers
- h. Provide Office Equipment & Supplies – Photocopier (MUST HAVE THIS), Tables, Chairs
- i. Provide Deck Food Manager and Storage Equipment- Food to be donated from all KO Clubs, Region will reimburse for all dry goods and beverages. Receipts to be submitted to regional Treasurer.
- j. Supply Marshalling area tents and benches
- k. Supply tables, chairs for officials & coaches.
- l. Supply seating for spectators.
- m. Supply Runners.
- n. Host Club Fundraising – Concession
- o. Host Club Fundraising – Regional Championship Meet Program (profits to host club).

**Notes:**

The Regional Championship is to mirror the Provincial Championship. All Regional Executive members are involved in Regionals. The Regional goal is to create consistency at our Regional Championship.

All Registered Div 1, Div 8 and Cat 0 swimmers are eligible to attend the KO Regional Championship Meet provided they have swam in one Kootenay swim meet during the 2010 season. Novices do not attend. All parents who have children swimming at the Regionals are expected to help with this regional event. The KO Region covers most of the costs of holding the Regionals except for the meet program and concession, as these are fundraising events for the Host club. Pinks and Blues, office paper, medals and ribbons provided by Region, all other supplies needed for office will be reimbursed. Receipts to be submitted to regional Treasurer. All clubs will be expected to provide food donations for deck food as requested by Deck Food Manager.

<b>CLUB</b>	<b>RESPONSIBILITIES</b>
ALL CLUBS	To supply deck food, deck officials, set-up/take down volunteers
Castlegar	CMR & Crash Desk; Hy-Tek data input
Creston	Food preparation and distribution
Trail	Clerk & Marshalling
Grand Forks	Food prep & distribution, Clerk & Marshalling
Kimberley	Food prep & distribution
Nelson	Awards, Printing & posting results; food prep & distribution, Deck Food Manager, announcers, runners
Colville	Clerk & Marshalling, food prep & distribution

**POOL CONFIGURATION:**

- 25m – 6 lane indoor pool

#### **RULE APPLICATION:**

- The BCSSA Rules of Competition and Swimming, published February 2008, including the updates listed on the webpage will apply.

#### **STARTING SYSTEM:**

- Electronic Timing System via Colorado Timing system, which is initiated by a “beep” start, will be used in accordance with BCSSA rules

#### **BCSSA KO REGION CLUBS:**

- **CAS** - CASTLEGAR AQUANAUTS
- **COL** – COLVILLE VALLEY SHARKS
- **CST** – CRESTON WAVES SWIM CLUB
- **GFA** - GRAND FORKS PIRANHAS
- **KIM** – KIMBERLEY SEAHORSES
- **NEL** – NELSON NEPTUNES
- **TRA** – TRAIL and AREA STINGRAYS

#### **REGIONAL CHAMPIONSHIP AWARDS:**

- Individual Awards ceremony at the end of each day.
- Medals for individual events, first three places Div 1 – 8 and ‘O’ Cat 1 & 2.
- Ribbons for individual events 4<sup>th</sup> – 12<sup>th</sup> place. Ribbons for relay 1<sup>st</sup> – 4<sup>th</sup> place.
- Points for 1<sup>st</sup> – 12<sup>th</sup> place will be awarded.  
    Finals:           14-12-11-10-9-8  
    Consolations:   7-5-4-3-2-1  
    Relays:           28-24-22-20-18-17

#### **REGIONAL VOLUNTEER AWARDS:**

- **Russell Beattie Memorial Trophy** - Awarded to the best Div 6 male breast stroke at Regionals
- **Dick Buckingham Memorial Trophy**-Awarded to the most sportsmanlike team in the Region
- **Cora Lee Schuepfer Trophy**- Awarded for volunteer work for the Region
- **Pat McLean Memorial Trophy** Awarded for volunteer work for a Regional Club
- **Jeli Orrell Memorial Spirit of Kootenay Swimming Trophy** -Awarded to a Kootenay swimmer that has entered the coaching field and shows a positive encouraging method of coaching young children at swim meets

**NOTE: Club presidents are responsible for returning any trophies from 2009.**

#### **REGIONAL CHAMPIONSHIP ENTRIES:**

- Please e-mail the Hy-Tek Meet Entry File and Hy-Tek Meet Entry Report (validation list) in soft copy word or text format to KO Region co-Director of Competitions, m\_lorusso@shaw.ca
- Clubs are to enter relay teams in to the Hy-Tek entry file.
- **ENTRY DEADLINE, FIRST DRAFT IS SUNDAY, AUGUST 1, 2010 by 7:00 pm, (PST). In accordance with the BCSSA Submission Process of June 7, 2008; clubs have agreed to submit first draft of verification Electronically Sunday evening or by 10:00 am Monday Morning. A validation will then be produced of how your own club swimmers are attached to their events and sent back to the club President for confirmation or correction. Final confirmation must be completed ASAP or by 3:00 pm Tuesday August 3, 2010 (no later than). This will allow the Meet to be built, time sheets to be printed and the appropriate information to be sent off to the printers for submission to the Program.** No entries will be accepted after the deadline. In accordance with Administration, page 31 of the BCSSA Rule Book Section 8, A, 1.- Switching or adding events are not permitted once entries have been submitted, scratches only. Please include a phone number where you can be reached for emergencies with the entry submission.

- **E-Scratches** All scratches, must be emailed to Mike Lorusso on the KO Region Scratch Form (**Appendix II**), to m\_lorusso@shaw.ca by 7:00 PM on Thursday, August 5, 2010. **Please include a phone number where you can be reached for emergencies with the entry submission.**
- **There are no novice 25m events or exhibition events at any BCSSA Regional Championship.**
- Presidents are responsible to ensure their clubs meet entries are submitted by the above deadline.
- The entry fee is **\$12.00** per swimmer. No refunds for scratches.
- Payment: cheque made out to "BCSSA Kootenay Summer Swimming" is due no later than the Sunday of Regionals. Please pass cheque on to Cathie McLaren or designate.

## 2010 REGIONAL CHAMPIONSHIP POLICIES AND RULES

### SCHEDULE OF EVENTS:

#### START TIMES:

- Warm ups - 7:30-8:30 AM Saturday & Sunday
- National Anthems - 8:45
- Marshalling - will commence at 8:50 a.m. Saturday & Sunday
- Heats - will commence at 9:00 AM Saturday & Sunday
- Lunch Break - will commence directly after Heats
- Finals - will commence 1 hour after the completion of the heats
- Relays - will follow the finals
- All heats and finals will be run for all events for Regionals except relays

#### TEAM WARM-UPS FOR ALL CLUBS ARE AS FOLLOWS:

- A Coach or Team official must be on deck for each team's warm-ups. Warm-ups for heats will be 30 minutes shifts per age group. Warm-ups for finals will be 15 minutes shifts per age group. **Regional Coach will be responsible for assigning club lanes during each shift.**

#### TEAM WARM-UP TIMES FOR SATURDAY HEATS:

- Shift 1- Seniors / Div 4 and up - 7:30 am - 8:00am
- Shift 2- Juniors / Div 1-3 - 8:00 am - 8:30am

#### TEAM WARM-UP TIMES FOR SATURDAY FINALS:

- To start approximately 30 minutes after last heat.
- Shift 1- Seniors / Div 4 and up -15 minutes
- Shift 2- Juniors / Div 1-3 -15 minutes

#### TEAM WARM-UP TIMES FOR SUNDAY HEATS:

- Shift 1- Juniors / Div 1-3 -7:30 am - 8:00am
- Shift 2- Seniors / Div 4 and up - 8:00 am - 8:30am

#### TEAM WARM-UP TIMES FOR SUNDAY FINALS:

- To start approximately 30 minutes after last heat.
- Shift 1- Juniors / Div 1-3 -15 minutes
- Shift 2- Seniors / Div 4 and up -15 minutes

#### OFFICIALS MEETING:

- 8:15 AM Saturday & Sunday in the marshalling area. All Stroke & Turn and Senior Officials **must** be present.
- Timers and Place Judge meeting will take place at 8:40 AM Saturday & Sunday by the starting blocks.

#### COACHES MEETING:

- 8:35-8:45 AM Saturday & Sunday in the marshalling area.

### REGIONAL MEETING:

- There will be Regional meetings during the lunch break on Saturday and Sunday in the Marshalling area. Each club should be represented by 2 club designates

### RELAY ENTRY FORMS:

- For relays, 4 swimmers and up to 2 alternates, must be listed on the BCSSA Official Relay Entry Form. The age division for all swimmers and alternates must be entered on the BCSSA Official Relay Entry Form. The form must be submitted by the deadline 9:00AM the day of the event, in order to be checked for eligibility by the Regional Registrar. Disqualifications will result where it is confirmed that an improperly constituted team swum. If one of the listed swimmers is ineligible to swim, an alternate may replace that swimmer to participate prior to the team reporting to the clerk.

### MARSHALLING:

- All swimmers are encouraged to participate in the National anthems and Regional cheers. Marshalling calls will not be made until the completion of the Anthems.
- The Regionals will be run as follows, the Clerk will announce the availability of the event cards two (2) times with two (2) minutes between each announcement.
- It is responsibility of each competitor to be close enough to the Clerk to hear the announcements.
- There will not be "personal Calls" from the public address system.
- Coaches will be allowed to pick up their own cards and are not required to go through marshalling, but coaches will be responsible to be at the blocks prior to the start of the race. This will be at the discretion of the Session Referee.
- Swimmers will be marshaled in the designated marked area.

### HEATS, FINALS AND CONSOLATIONS:

- Tier "S" and Tier "O" swimmers will compete in Heats, Finals and Consolations according to Division or Category.
- This Meet will have consolation finals for the 9th – 16th place finishers in the morning heats for individual events.
- Consolations will be swum **first** and finals **second**.
- Swimmers qualifying for the consolation finals cannot place higher than 9th place irrespective of their afternoon time.

### SCRATCHES FROM HEATS AND FINALS:

#### HEATS:

- Scratches **must** be on a KO Region Scratch Form (**Appendix II**). These will be available from the Clerk of the Course.
- Saturday August 7 & Sunday August 8, 2010 each club shall advise the Clerk Of the Course in writing of any scratch from any HEAT by 8:00 AM on the day in which the event is scheduled.

#### FINALS:

- Scratching may be done up to 30 minutes following the posting of the heat results. The referee on deck and/or the clerk must be advised in writing, by the coach of this scratch. Request to scratch after the 30-minute period of time must be made in writing to the Meet Manager. Requests must be fully documented, signed by the swimmer and the swimmers coach, in both cases. This is to allow alternates to have adequate notice to prepare for the event and to ensure that all parties agree. Failure to report for finals on time may render the swimmer or team liable to disqualifications from that event PLUS the consolations or finals of all events on that days program including relays.

### ALTERNATES:

- A maximum of 2 alternates will be eligible. If no alternate appears the heat will be swum without a replacement.
- Once an alternate is called the listed qualifier is **SCRATCHED**.
- All alternates for Finals must go to the Clerk and be available when the event is called.

---

**REGIONAL CHAMPIONSHIPS:**

(copied from The Administration of the BCSSA Rules and Regulations Feb/08 / Section 8 )

**A. SWIMMING**

*BCSSA swimmers as defined by these Rules and Regulations, shall be eligible to compete at the Regional Championship Meet only if they have competed in one scheduled OFFICIAL BCSSA SWIM MEET prior to this event.*

*An OFFICIAL BCSSA SWIM MEET is a swim meet that is attended by three or more clubs and offers all seven individual events in every age Division and Category. Further, it must be conducted using the rules of swimming as defined by the BCSSA rulebook.*

- 1. Regional entries (individual and relay teams) must be submitted to the appropriate individuals by the date indicated in the Regional Meet Package. No entries will be accepted after the deadline.*
- 2. All swimmers will be checked for eligibility by the Regional Registrar or designate.*
- 3. A competitor may enter only 4 individual events and 2 club relays.*
- 4. All individual events must be swum as heats and finals at Regionals.*
- 5. Events may be combined.*
- 6. Relays are swum as timed finals unless there are more teams than lanes. In that event, it shall be swum as heats and finals.*
- 7. For relays, 4 swimmers and up to 2 alternates, must be listed on the Official Relay Entry Form. The age division for all swimmers and alternates must be entered on the Official Relay Entry Form. The form must be submitted by the deadline on the day of the event, in order to be checked for eligibility by the Regional Registrar. Disqualifications will result where it is confirmed that an improperly constituted team swum. If one of the listed swimmers is ineligible to swim, an alternate may replace that swimmer to participate prior to the team reporting to the clerk.*

---

**PROVINCIAL CHAMPIONSHIPS**

(copied from Administration of the BCSSA Rules and Regulations /sec 9 )

**A. SWIMMING****1. General Eligibility**

*a) All swimmers must have swum at the*

*Regional Championship Meet, except for swimmers entered in as club relay swimmers.*

*b) All swimmers must be registered as "S" swimmers to participate in an "S" event (individual, club relay, or regional relay).*

c] All swimmers must be registered as "O" swimmers to participate in an "O" event (individual, club relay, or regional relay).

d] All swimmers must swim in the competitor category (Division 1 - Division 8, Category 1 or 2) in which they were registered, except when participating on relay teams, and then subject to the conditions of relay team eligibility described in the rule book.

e] A competitor may enter only 4 individual events, 2 club relays and 1 regional relay.

f] For club and regional relays, 4 swimmers, and up to 2 alternates, must be listed on the Official Relay Entry Form. The age division for all swimmers and alternates must be entered on the Official Relay Entry Form. The form must be submitted by the deadline on the day of the event, in order to be checked for eligibility by the Regional Registrar. Disqualifications will result where it is confirmed that an improperly constituted team swum. If one of the listed swimmers is ineligible to swim, a listed alternate may replace that swimmer to participate prior to the team reporting to the clerk.

## 2. Individual Events

### a] Qualifiers

i] The top 3 swimmers from the Regional Championship Final of each individual event qualify for the Provincial Championship Meet.

ii] Any swimmer who attains a PQT in a Regional Championship Final individual event and does not place among the top three swimmers in the Final, also qualifies for the Provincial Championship Meet.

### b] Replacements and Alternates

i] From Regionals, replacements may be made for the top 3 qualifiers from the top swimmers placing 4th or lower from a Regional Championship Event Final (see chart below).

Only swimmers who qualify as the 1st, 2nd or 3rd place finishers from the Regional Championship Finals are eligible to be replaced.

### Example

8 lane pool

Place Ex 1 Ex 2 Ex 3 Ex 4

No PQT No PQT PQT PQT

1st 1st not going 1st PQT 1st PQT  
2nd 2nd 1st 2nd PQT not going  
3rd 3rd not going 3rd PQT 2nd PQT  
4th 1st alt 2nd 4th PQT\* not going  
5th 2nd alt 3rd 5th PQT\* 3rd PQT  
6th - 1st alt 1st alt 4th PQT\*  
7th - not going 2nd alt 5th PQT\*  
8th - 2nd alt - 1st alt

\* Not eligible to be replaced by alternate.

ii] The top one or two swimmers

placing 4th or lower in a Regional Championship event finals who did not obtain a PQT in the final may be listed as alternates for that event.

iii] Alternates for an individual event can only replace the top three swimmers representing their Region in that event at the Provincial Championship.

## 3. Club Relays

### a] Team Composition

i] A club relay team shall consist of 4 swimmers. The composition may change between Regional and Provincial Championship, provided that all swimmers meet the registration criteria of BCSSA.

ii] For a relay team to be legal, at least one swimmer must be from the division entered.

iii] Swimmers who did not participate at their Regional Championship are eligible to participate on a club relay.

### b] Qualifiers

i] The top 2 club relays in each relay event at a Regional Championship will qualify for the Provincial Championship.

ii] Any club relay team that attains a PQT in the Final of a relay event when that event is swum as a Heats and Finals Event, also qualifies for the Provincial Championship Meet.

iii] Any club relay team that attains a PQT in the final of a relay event when that event is swum as a Timed Finals event, also qualifies for the Provincial Championship.

### c] Alternates

i] Up to 2 alternate swimmers may be included on a club relay team and must be listed on the Official Relay Entry form.

*ii] One alternate relay team may be listed from each Regional Championship Relay event.*

*iii] The alternate relay team may only replace those relay teams entered from the Region in the Provincial Championship as the top 2 qualifiers in the event.*

#### **4. Regional Medley Relays**

##### **a] Qualifiers**

*i] A Regional Medley Relay team shall consist of 4 swimmers.*

*ii] All swimmers must have competed at their Regional Championship*

*iii] All swimmers must be from the same division or category for which the event is being staged, unless there is an insufficient number of swimmers available from that division. In that case, swimmers from lower divisions may be included to form the Regional Relay Team.*

##### **b] Alternates**

*Up to 2 alternate swimmers can be included on a regional relay team and must be listed on the Official Relay Entry Form.*

**KO REGION POLICY REGIONAL MEDLEY RELAYS:**

The last event at Provincials is the Regional Medley Relays. Each Region is allowed to enter one elite medley relay team per division with members drawn from any club in the Region. For example, the division 3 Boys team could have swimmers from Kimberley, Trail, Colville and Grand Forks, provided that all team members are competitors in at least 1 individual event at Provincials. To assist families to make their travel plans, membership for these teams will be determined before Provincials and will not be change unless one of the selected swimmers does not show up at Provincials, or is unable to compete due to illness or injury. There is a KO Regional Policy for Regional relay team members that are “no shows” at Provincials. The Regional Coach may of course, juggle the stroke assignments within the Regional Relay Team in order to take advantage of the strengths of each swimmer following the Provincial rules.

**SIGNING UP FOR PROVINCIALS: (PARENT RESPONSIBILITY)**

If your child qualifies for the Provincials in one or more events, please come to the Provincial Sign-up Table as soon as possible. If the swimmer is going, we will ask the parents or guardian to sign up for two per family of the Kootenay Region Duties during Provincials. Our 2010 duties are Clerking and Marshalling, timing, site cleanup and garbage collection, site set-up and take down. All intermediate, senior and master Officials' sign-up through KO Region Director of Officials James Welychko. **If no one shows up to confirm a swimmers attendance at Provincials, the Regional Director will assume that he/she has declined. If the swimmer is not going the Regional Director will need to locate the alternates, and to notify them!**

**ACCOMODATIONS:**

<http://ilovenelson.com/community-directory/accommodations/#>

**Appendix # I**

Licensed To: BCSSA KO Region

Hy-Tek's MEET MANAGER

**2010 KO Regional Championships - 07/08/2010 to 08/08/2010**

**Session Report**

Session: 1 Saturday Preliminary Heats

Day of Meet: 1 Starts at 09:00 AM

Round	Event
Prelims	301 Girls Div 5 50 Butterfly
Prelims	302 Boys Div 5 50 Butterfly
Prelims	303 Girls Div 6 50 Butterfly
Prelims	304 Boys Div 6 50 Butterfly
Prelims	305 Girls "O" Cat 2 50 Butterfly
Prelims	306 Boys "O" Cat 2 50 Butterfly
Prelims	307 Girls Div 7 50 Butterfly
Prelims	308 Boys Div 7 50 Butterfly
Prelims	309 Girls Div 8 50 Butterfly
Prelims	310 Boys Div 8 50 Butterfly
Prelims	101 Girls Div 1 100 IM
Prelims	102 Boys Div 1 100 IM
Prelims	103 Girls Div 2 100 IM
Prelims	104 Boys Div 2 100 IM
Prelims	105 Girls Div 3 100 IM
Prelims	106 Boys Div 3 100 IM
Prelims	107 Girls "O" Cat 1 100 IM
Prelims	108 Boys "O" Cat 1 100 IM
Prelims	109 Girls Div 4 200 IM
Prelims	110 Boys Div 4 200 IM
Prelims	111 Girls Div 5 200 IM
Prelims	112 Boys Div 5 200 IM
Prelims	113 Girls Div 6 200 IM
Prelims	114 Boys Div 6 200 IM
Prelims	115 Girls "O" Cat 2 200 IM
Prelims	116 Boys "O" Cat 2 200 IM
Prelims	117 Girls Div 7 200 IM
Prelims	118 Boys Div 7 200 IM
Prelims	119 Girls Div 8 200 IM
Prelims	120 Boys Div 8 200 IM
Prelims	121 Girls Div 1 50 Freestyle
Prelims	122 Boys Div 1 50 Freestyle
Prelims	123 Girls Div 2 50 Freestyle
Prelims	124 Boys Div 2 50 Freestyle
Prelims	125 Girls Div 3 50 Freestyle
Prelims	126 Boys Div 3 50 Freestyle
Prelims	127 Girls "O" Cat 1 50 Freestyle
Prelims	128 Boys "O" Cat 1 50 Freestyle
Prelims	129 Girls Div 4 50 Freestyle
Prelims	130 Boys Div 4 50 Freestyle
Prelims	131 Girls Div 5 50 Freestyle
Prelims	132 Boys Div 5 50 Freestyle
Prelims	133 Girls Div 6 50 Freestyle
Prelims	134 Boys Div 6 50 Freestyle
Prelims	135 Girls "O" Cat 2 50 Freestyle
Prelims	136 Boys "O" Cat 2 50 Freestyle
Prelims	137 Girls Div 7 50 Freestyle
Prelims	138 Boys Div 7 50 Freestyle
Prelims	139 Girls Div 8 50 Freestyle

Prelims	140	Boys Div 8 50 Freestyle
Prelims	201	Girls Div 1 50 Butterfly
Prelims	202	Boys Div 1 50 Butterfly
Prelims	203	Girls Div 2 50 Butterfly
Prelims	204	Boys Div 2 50 Butterfly
Prelims	205	Girls Div 3 50 Butterfly
Prelims	206	Boys Div 3 50 Butterfly
Prelims	207	Girls "O" Cat 1 50 Butterfly
Prelims	208	Boys "O" Cat 1 50 Butterfly
Prelims	209	Girls Div 4 50 Butterfly
Prelims	210	Boys Div 4 50 Butterfly
Prelims	211	Girls Div 5 100 Butterfly
Prelims	212	Boys Div 5 100 Butterfly
Prelims	213	Girls Div 6 100 Butterfly
Prelims	214	Boys Div 6 100 Butterfly
Prelims	215	Girls "O" Cat 2 100 Butterfly
Prelims	216	Boys "O" Cat 2 100 Butterfly
Prelims	217	Girls Div 7 100 Butterfly
Prelims	218	Boys Div 7 100 Butterfly
Prelims	219	Girls Div 8 100 Butterfly
Prelims	220	Boys Div 8 100 Butterfly

Session: 2 Saturday Finals Heats

Day of Meet: 1

Round	Event
Finals	301 Girls Div 5 50 Butterfly
Finals	302 Boys Div 5 50 Butterfly
Finals	303 Girls Div 6 50 Butterfly
Finals	304 Boys Div 6 50 Butterfly
Finals	305 Girls "O" Cat 2 50 Butterfly
Finals	306 Boys "O" Cat 2 50 Butterfly
Finals	307 Girls Div 7 50 Butterfly
Finals	308 Boys Div 7 50 Butterfly
Finals	309 Girls Div 8 50 Butterfly
Finals	310 Boys Div 8 50 Butterfly
Finals	101 Girls Div 1 100 IM
Finals	102 Boys Div 1 100 IM
Finals	103 Girls Div 2 100 IM
Finals	104 Boys Div 2 100 IM
Finals	105 Girls Div 3 100 IM
Finals	106 Boys Div 3 100 IM
Finals	107 Girls "O" Cat 1 100 IM
Finals	108 Boys "O" Cat 1 100 IM
Finals	109 Girls Div 4 200 IM
Finals	110 Boys Div 4 200 IM
Finals	111 Girls Div 5 200 IM
Finals	112 Boys Div 5 200 IM
Finals	113 Girls Div 6 200 IM
Finals	114 Boys Div 6 200 IM
Finals	115 Girls "O" Cat 2 200 IM
Finals	116 Boys "O" Cat 2 200 IM
Finals	117 Girls Div 7 200 IM

Finals	118	Boys Div 7 200 IM
Finals	119	Girls Div 8 200 IM
Finals	120	Boys Div 8 200 IM
Finals	121	Girls Div 1 50 Freestyle
Finals	122	Boys Div 1 50 Freestyle
Finals	123	Girls Div 2 50 Freestyle
Finals	124	Boys Div 2 50 Freestyle
Finals	125	Girls Div 3 50 Freestyle
Finals	126	Boys Div 3 50 Freestyle
Finals	127	Girls "O" Cat 1 50 Freestyle
Finals	128	Boys "O" Cat 1 50 Freestyle
Finals	129	Girls Div 4 50 Freestyle
Finals	130	Boys Div 4 50 Freestyle
Finals	131	Girls Div 5 50 Freestyle
Finals	132	Boys Div 5 50 Freestyle
Finals	133	Girls Div 6 50 Freestyle
Finals	134	Boys Div 6 50 Freestyle
Finals	135	Girls "O" Cat 2 50 Freestyle
Finals	136	Boys "O" Cat 2 50 Freestyle
Finals	137	Girls Div 7 50 Freestyle
Finals	138	Boys Div 7 50 Freestyle
Finals	139	Girls Div 8 50 Freestyle
Finals	140	Boys Div 8 50 Freestyle
Finals	201	Girls Div 1 50 Butterfly
Finals	202	Boys Div 1 50 Butterfly
Finals	203	Girls Div 2 50 Butterfly
Finals	204	Boys Div 2 50 Butterfly
Finals	205	Girls Div 3 50 Butterfly
Finals	206	Boys Div 3 50 Butterfly
Finals	207	Girls "O" Cat 1 50 Butterfly
Finals	208	Boys "O" Cat 1 50 Butterfly
Finals	209	Girls Div 4 50 Butterfly
Finals	210	Boys Div 4 50 Butterfly
Finals	211	Girls Div 5 100 Butterfly
Finals	212	Boys Div 5 100 Butterfly
Finals	213	Girls Div 6 100 Butterfly
Finals	214	Boys Div 6 100 Butterfly
Finals	215	Girls "O" Cat 2 100 Butterfly
Finals	216	Boys "O" Cat 2 100 Butterfly
Finals	217	Girls Div 7 100 Butterfly
Finals	218	Boys Div 7 100 Butterfly
Finals	219	Girls Div 8 100 Butterfly
Finals	220	Boys Div 8 100 Butterfly
Finals	141	Girls Div 1 200 Medley Relay
Finals	142	Boys Div 1 200 Medley Relay
Finals	143	Girls Div 2 200 Medley Relay
Finals	144	Boys Div 2 200 Medley Relay
Finals	145	Girls Div 3 200 Medley Relay
Finals	146	Boys Div 3 200 Medley Relay
Finals	147	Girls "O" Cat 1 200 Medley Relay
Relay		
Finals	148	Boys "O" Cat 1 200 Medley Relay
Relay		
Finals	149	Girls Div 4 200 Medley Relay
Finals	150	Boys Div 4 200 Medley Relay
Finals	151	Girls Div 5 200 Medley Relay
Finals	152	Boys Div 5 200 Medley Relay
Finals	153	Girls Div 6 200 Medley Relay
Finals	154	Boys Div 6 200 Medley Relay

Finals	155	Girls "O" Cat 2 200 Medley Relay
Finals	156	Boys "O" Cat 2 200 Medley Relay
Finals	157	Girls Div 7 200 Medley Relay
Finals	158	Boys Div 7 200 Medley Relay
Finals	159	Girls Div 8 200 Medley Relay
Finals	160	Boys Div 8 200 Medley Relay

Session: 3 Sunday Preliminary Heats  
Day of Meet: 2 Starts at 09:00 AM

Round	Event
Prelims	221 Girls Div 1 50 Backstroke
Prelims	222 Boys Div 1 50 Backstroke
Prelims	223 Girls Div 2 50 Backstroke
Prelims	224 Boys Div 2 50 Backstroke
Prelims	225 Girls Div 3 50 Backstroke
Prelims	226 Boys Div 3 50 Backstroke
Prelims	227 Girls "O" Cat 1 50 Backstroke
Prelims	228 Boys "O" Cat 1 50 Backstroke
Prelims	229 Girls Div 4 100 Backstroke
Prelims	230 Boys Div 4 100 Backstroke
Prelims	231 Girls Div 5 100 Backstroke
Prelims	232 Boys Div 5 100 Backstroke
Prelims	233 Girls Div 6 100 Backstroke
Prelims	234 Boys Div 6 100 Backstroke
Prelims	235 Girls "O" Cat 2 100 Backstroke
Prelims	236 Boys "O" Cat 2 100 Backstroke
Prelims	237 Girls Div 7 100 Backstroke
Prelims	238 Boys Div 7 100 Backstroke
Prelims	239 Girls Div 8 100 Backstroke
Prelims	240 Boys Div 8 100 Backstroke
Prelims	311 Girls Div 1 50 Breaststroke
Prelims	312 Boys Div 1 50 Breaststroke
Prelims	313 Girls Div 2 50 Breaststroke
Prelims	314 Boys Div 2 50 Breaststroke
Prelims	315 Girls Div 3 50 Breaststroke
Prelims	316 Boys Div 3 50 Breaststroke
Prelims	317 Girls "O" Cat 1 50 Breaststroke
Prelims	318 Boys "O" Cat 1 50 Breaststroke
Breaststroke	
Prelims	319 Girls Div 4 100 Breaststroke
Prelims	320 Boys Div 4 100 Breaststroke
Prelims	321 Girls Div 5 100 Breaststroke
Prelims	322 Boys Div 5 100 Breaststroke
Prelims	323 Girls Div 6 100 Breaststroke
Prelims	324 Boys Div 6 100 Breaststroke
Prelims	325 Girls "O" Cat 2 100 Breaststroke
Breaststroke	
Prelims	326 Boys "O" Cat 2 100 Breaststroke
Breaststroke	
Prelims	327 Girls Div 7 100 Breaststroke
Prelims	328 Boys Div 7 100 Breaststroke
Prelims	329 Girls Div 8 100 Breaststroke
Prelims	330 Boys Div 8 100 Breaststroke
Prelims	331 Girls Div 1 100 Freestyle
Prelims	332 Boys Div 1 100 Freestyle
Prelims	333 Girls Div 2 100 Freestyle

Prelims	334	Boys Div 2 100 Freestyle
Prelims	335	Girls Div 3 100 Freestyle
Prelims	336	Boys Div 3 100 Freestyle
Prelims	337	Girls "O" Cat 1 100 Freestyle
Prelims	338	Boys "O" Cat 1 100 Freestyle
Prelims	339	Girls Div 4 100 Freestyle
Prelims	340	Boys Div 4 100 Freestyle
Prelims	341	Girls Div 5 100 Freestyle
Prelims	342	Boys Div 5 100 Freestyle
Prelims	343	Girls Div 6 100 Freestyle
Prelims	344	Boys Div 6 100 Freestyle
Prelims	345	Girls "O" Cat 2 100 Freestyle
Prelims	346	Boys "O" Cat 2 100 Freestyle
Prelims	347	Girls Div 7 100 Freestyle
Prelims	348	Boys Div 7 100 Freestyle
Prelims	349	Girls Div 8 100 Freestyle
Prelims	350	Boys Div 8 100 Freestyle

Session: 4 Sunday Finals Heats  
Day of Meet: 2

Round		Event
Finals	221	Girls Div 1 50 Backstroke
Finals	222	Boys Div 1 50 Backstroke
Finals	223	Girls Div 2 50 Backstroke
Finals	224	Boys Div 2 50 Backstroke
Finals	225	Girls Div 3 50 Backstroke
Finals	226	Boys Div 3 50 Backstroke
Finals	227	Girls "O" Cat 1 50 Backstroke
Finals	228	Boys "O" Cat 1 50 Backstroke
Finals	229	Girls Div 4 100 Backstroke
Finals	230	Boys Div 4 100 Backstroke
Finals	231	Girls Div 5 100 Backstroke
Finals	232	Boys Div 5 100 Backstroke
Finals	233	Girls Div 6 100 Backstroke
Finals	234	Boys Div 6 100 Backstroke
Finals	235	Girls "O" Cat 2 100 Backstroke
Finals	236	Boys "O" Cat 2 100 Backstroke
Finals	237	Girls Div 7 100 Backstroke
Finals	238	Boys Div 7 100 Backstroke
Finals	239	Girls Div 8 100 Backstroke
Finals	240	Boys Div 8 100 Backstroke
Finals	311	Girls Div 1 50 Breaststroke
Finals	312	Boys Div 1 50 Breaststroke
Finals	313	Girls Div 2 50 Breaststroke
Finals	314	Boys Div 2 50 Breaststroke
Finals	315	Girls Div 3 50 Breaststroke
Finals	316	Boys Div 3 50 Breaststroke
Finals	317	Girls "O" Cat 1 50 Breaststroke
Finals	318	Boys "O" Cat 1 50
Breaststroke		
Finals	319	Girls Div 4 100 Breaststroke
Finals	320	Boys Div 4 100 Breaststroke
Finals	321	Girls Div 5 100 Breaststroke
Finals	322	Boys Div 5 100 Breaststroke
Finals	323	Girls Div 6 100 Breaststroke
Finals	324	Boys Div 6 100 Breaststroke
Finals	325	Girls "O" Cat 2 100

Finals	326	Boys "O" Cat 2 100
Breaststroke		
Finals	327	Girls Div 7 100 Breaststroke
Finals	328	Boys Div 7 100 Breaststroke
Finals	329	Girls Div 8 100 Breaststroke
Finals	330	Boys Div 8 100 Breaststroke
Finals	331	Girls Div 1 100 Freestyle
Finals	332	Boys Div 1 100 Freestyle
Finals	333	Girls Div 2 100 Freestyle
Finals	334	Boys Div 2 100 Freestyle
Finals	335	Girls Div 3 100 Freestyle
Finals	336	Boys Div 3 100 Freestyle
Finals	337	Girls "O" Cat 1 100 Freestyle
Finals	338	Boys "O" Cat 1 100 Freestyle
Finals	339	Girls Div 4 100 Freestyle
Finals	340	Boys Div 4 100 Freestyle
Finals	341	Girls Div 5 100 Freestyle
Finals	342	Boys Div 5 100 Freestyle
Finals	343	Girls Div 6 100 Freestyle
Finals	344	Boys Div 6 100 Freestyle
Finals	345	Girls "O" Cat 2 100 Freestyle
Finals	346	Boys "O" Cat 2 100 Freestyle
Finals	347	Girls Div 7 100 Freestyle
Finals	348	Boys Div 7 100 Freestyle
Finals	349	Girls Div 8 100 Freestyle
Finals	350	Boys Div 8 100 Freestyle
Finals	241	Girls Div 1 200 Freestyle Relay
Finals	242	Boys Div 1 200 Freestyle
Relay		
Finals	243	Girls Div 2 200 Freestyle Relay
Finals	244	Boys Div 2 200 Freestyle
Relay		
Finals	245	Girls Div 3 200 Freestyle Relay
Finals	246	Boys Div 3 200 Freestyle
Relay		
Finals	247	Girls "O" Cat 1 200 Freestyle
Relay		
Finals	248	Boys "O" Cat 1 200 Freestyle
Relay		
Finals	249	Girls Div 4 200 Freestyle Relay
Finals	250	Boys Div 4 200 Freestyle
Relay		
Finals	251	Girls Div 5 200 Freestyle Relay
Finals	252	Boys Div 5 200 Freestyle
Relay		
Finals	253	Girls Div 6 200 Freestyle Relay
Finals	254	Boys Div 6 200 Freestyle
Relay		
Finals	255	Girls "O" Cat 2 200 Freestyle
Relay		
Finals	256	Boys "O" Cat 2 200 Freestyle
Relay		
Finals	257	Girls Div 7 200 Freestyle Relay
Finals	258	Boys Div 7 200 Freestyle
Relay		
Finals	259	Girls Div 8 200 Freestyle Relay
Finals	260	Boys Div 8 200 Freestyle
Relay		



Appendix # II  
SCRATCH FORM



REGIONAL CHAMPIONSHIP

---

**Club Name:** \_\_\_\_\_ **Abbreviation:** \_\_\_\_\_

**Handed In By:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Enter event number being scratched from.

**SCRATCHES**

EVENT #	NAME	DIV	SEX	STROKE