

SIMON FRASER REGION
2005 'B' REGIONAL CHAMPIONSHIP
August 13th & 14th
West Hill Pool- Port Moody

Scratch Meeting:7:00 am. Saturday and Sunday (Clerk, Referee, Coach from each club)

Coaches Meeting 7:05 am. Saturday and Sunday (Meet Manager, Chief Referee)

Officials meeting:7:30 am. Saturday and Sunday

Meet starts at 8:00 am.

Relay entries must be in by 9:00 am. to Clerk of Course

Warm-ups: 7:00 to 7:30 am

Lane Assignments Lanes

- 6 Coquitlam Sharks
- 5 & 6 Shared Coquitlam Sharks, Burnaby Barracudas
- 4 Burnaby Barracudas
- 3 Burnaby Mountain Mantas
- 2 Port Coquitlam Marlins
- 1 Port Moody Aquarians

BCSSA rules apply.

PA announcements: As per BCSSA rules 2.5b and 2.5c. During heats, there will be two calls per event with at least two minutes between each announcement. There will be no personal calls. For the finals, events will be called twice. After a two-minute wait the alternate will be called by name and allowed a minimum of one minute to report. After that a second alternate will be called by name. Once an alternate has been called the original swimmer and any previously called alternate is irrevocably scratched from that event.

AS PER PROVINCIAL RULES, THE ALTERNATE WILL GO TO THE CLERK WHEN HIS/HER FINAL IS CALLED AND WILL BE PREPARED TO SWIM - IF NECESSARY.

Warm-ups for the finals will take place 30 minutes after the last heat has been completed and will last 30 minutes. Finals will start 15 minutes after the pool is cleared.

All events will have heats and finals. There will be no individual events declared as finals.

Entry fees: \$5.00 per individual event

\$6.00 per relay

Swimmer and alternate must have their division number next to their name and in the medley relay, strokes to be swum by competitors. Note - Clubs are responsible for supplying their own relay forms.

"O" swimmers must be clearly marked according to the "BCSSA 'S' & 'O' Age Locator 2005", Appendix II of the 2005 Provincial Championships Rules and Regulations.

SPECIAL NOTES

1. "A" Regionals cannot be used as a qualifying meet for "B" Regionals
2. RELAY ONLY SWIMMERS - add names to the bottom of your form (gold sheet). Enter these as RELAY ONLY swimmers into dummy event number 500.
3. Jury of Appeal - will be the presidents or their designates (see section 12, pages 50/51 of BCSSA Rule Book re desirable qualifications.

C. REGIONAL "B" CHAMPIONSHIP MEET

C.1. Except as provided in Rule C2, no swimmer may compete in an event in the "8" Championship meet if, by the Monday prior to the "8" Championship meet, he/she has: a) once bettered the individual event cut-off time for that event, or

b) bettered the cut-off times for any three individual events, or

c) failed to record, a legal time (excluding 'in-house' and 'trial' meets) for each event. You must have ~~(TWO)~~ one non-DQ'd official times.

Note Change for 2005 in above Rule

Bettering a failed cutoff time in the heats of the "B" Championship shall not disqualify a swimmer from competing in the finals of that event at the meet.

C.2. A swimmer competing at the "B" Championship must compete in his or her own division in individual events. They may move up for relays.

C.3. Only those swimmers whose names appear on the Meet Entry Form may swim in relays.

C.4. Individual swimmers participating in relay events are restricted to strokes corresponding to events for which they are eligible. (Also see rule 134)

C.5. No entries will be accepted later than the Wednesday prior to the meet.

C.6. No exhibition swimming is permitted in the "B" Championship.

C.7 Rule 84 also applies to the "B" Championship meet.

SIMON FRASER REGION - REGIONAL 'B' RULES

A. GENERAL

A.1. The Simon Fraser Region strongly endorses the concept of allowing swimmers to develop at their own pace from 'B' to 'A' ratings, and recommends that all actions and achievements that support this concept should be encouraged, recognized, and rewarded where feasible by every member club.

A.2. Regional rules and cut-off times apply only to "B" meets hosted by member clubs of the Simon Fraser Region and not to invitational "B" meets attended outside this Region. Each member club

has agreed to host a minimum of one invitational "B" meet to which other member clubs will be invited, thereby providing an equal number of "B" meets in the Region for each member club. Cut-off times are established by the Regional executive prior to the start of each swim season for each individual event including the IM.

Cut-off times shall apply to all swim meets except 'in-house and 'trial' meets.

Should a swimmer in an event in which that swimmer is disqualified better a cut-off time, that time will not be recorded as an "A" time.

The onus or responsibility for full compliance with Regional rules rests solely with the executive of each Regional member club. Each club must ensure that accurate records are made and maintained of the times achieved by every swimmer in all meets.

B. SUMMER SEASON MEETS (excluding "B" Championship meet)

BI The minimum distance of an event in all divisions is 50 meters in individual races and 200 meters in relays, except in the following case: events in the '6 and under" category and Division I may, at the discretion of the host club, be shortened to 25 meters in individual races and 100 meters in relays.

B.2. A swimmer who, between May 1 and the Monday prior to the "B" Championship meet, once betters the cut-off time for an individual event shall be considered to have achieved an "A" time for that event and shall not be permitted to continue competition for an award in that event.

B.3. A swimmer who has bettered the cut-off times for one or two individual events may be given exhibition status in "B" meets for the events in which he or she has achieved "A" times. A swimmer who has bettered the cut-off times for three or more individual events shall not be permitted to continue competition at the "B" level.

B.4. A swimmer who has achieved an "A" time in the Freestyle event and who chooses to swim a stroke other than freestyle (front crawl) in the Free Relay event must perform that other stroke correctly or be subject to disqualification. A swimmer who chooses to do the backstroke in the Free Relay must be the lead swimmer.

PROCESS FOR REGIONALS AT SIMON FRASER

SOS and ALTERNATES

For Heats, The Clerk will announce the availability of the event cards at least two times with at least two minutes between each announcement. It is the responsibility of each competitor to be close enough to the Clerk to hear these announcements. There is no requirement for the Clerk to make "personal calls".

For finals, if the Clerk has completed the required call from above and the swimmer has not picked up their card, it can be reasonably concluded that that swimmer does not intend to compete in that event and may replace the swimmer with the designated alternate. Should this occur the Clerk will call the alternate allowing a minimum of one minute for: he/she to report? Once an alternate has been called, the original swimmer and any previously called alternate are deemed irrevocably scratched from that event.

RELAYS

If there are three or more teams of one age group, then there will be no combining

If there are two or less teams, then an attempt to combine may be made - but put an empty lane between teams - in this case avoid the use of lanes 1 and 8 (or 1 and 6)

Seeding Party

Time *Wednesday August 10th at 7:00 pm*

Location *TBA Port Moody 778 386 2890,*

All entries are to be submitted in person, on 3.5 inch diskettes and accompanied by a Validation listing signed by club presidents or designate who are not a coach as well as the Head Coach. Times must be entered for each swimmer or they will be seeded as NT.

All entries will be validated at the work party. The host club must provide a computer for preparing the meet. This same computer will be used during the meet. A back up computer is recommended. Please be there on time. Each club must have 2 people attending.

Check List

Gold Sheets

Proof of eligibility – each club should bring result from any out of region meet.

Entries on 3.5 in diskette

Best time file

Lorraine list from ASST

Relay only entries entered in event 500

Club Membership list

Work Party

Being done with the A awards preparation.

Club responsibilities

Timers	Saturday		Sunday	
	Heats	Finals	Heats	Finals
Lane				
1	BUR	BMM	BMM	COQ
2	COQ	COQ	COQ	COQ
3	BMM	COQ	PMA	BUR
4	PCM	PMA	COQ	BMM
5	PMA	BUR	BUR	PCM
6	BUR	PCM	PCM	PMA

Place Judges 2 per side	Saturday		Sunday	
	Heats	Finals	Heats	Finals
Side				
Starter	BUR	PCM	PMA	COQ
Ref	PCM	COQ	BUR	PCM

Other Positions	Saturday		Sunday	
	Heats	Finals	Heats	Finals
Lane				
Chief Timer (1)	COQ	BMM	BUR	COQ
Announcer (1) 7pm	COQ	COQ	PMA	PMA
Deck Food (4)	COQ	BMM	BUR	PCM
Clerk (2)	BUR	PMA	COQ	BUR
Marshall (1)	BUR	BUR	COQ	PCM
Runners (2)	PCM	COQ	PCM	BUR
Electronics	BUR	PCM	COQ	BUR
Chief Meet Recorder	PMA	PMA	PMA	PMA
Crash Desk 1	PMA	PCM	PCM	PMA
Crash Desk 2	PMA	PCM	PCM	PMA
Crash Desk 3	COQ	BUR	BUR	COQ
Crash Desk 4	COQ	BUR	BUR	COQ
Crash desk 5	BMM	BUR	BUR	COQ
Results Entry (2)	PMA	BUR	COQ	PMA
Awards (2)		COQ		BUR
Posting (1)	COQ	BUR	COQ	BUR

SIMON FRASER REGION 2005 B CHAMPIONSHIP MEET SWIMMING EVENTS

<u>Start</u> 8:00 a.m.	<u>Girls</u>	<u>Saturday - Events</u>	<u>Boys</u>
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	VII	50m Free	136
137	VIII	50m Free	138
139	"O" CAT 2	50m Free	140
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	VII	200m I.M.	116
117	VIII	200m I.M.	118
119	"O" CAT 2	200m I.M.	120
201	DIV I	50m Fly	202
203	II	50m Fly	204
205	III	50m Fly	206
207	"O" CAT 1	50m Fly	208
209	IV	50m Fly	210
211	V	100m Fly	212
213	VI	100m Fly	214
215	VII	100m Fly	216
217	VIII	100m Fly	218
219	"O" CAT 2	100m Fly	220
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	VII	4 x 50m Medley Relay	156
157	VIII	4 x 50m Medley Relay	158
159	"O" CAT 2	4 x 50m Medley Relay	160

SIMON FRASER REGION 2005 B CHAMPIONSHIP MEET SWIMMING EVENTS

<u>Start</u> 8:00 a.m.	<u>Girls</u>	<u>Sunday - Events</u>	<u>Boys</u>
301		DIV V 50m Fly	302
303		VI 50m Fly	304
305		VII 50m Fly	306
307		VIII 50m Fly	308
309		"O" CAT 2 50m Fly	310
221		DIV I 50m Back	222
223		II 50m Back	224
225		III 50m Back	226
227		"O" CAT 1 50m Back	228
229		IV 100m Back	230
231		V 100m Back	232
233		VI 100m Back	234
235		VII 100m Back	236
237		VIII 100m Back	238
239		"O" CAT 2 100m Back	240
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		VII 100m Breast	326
327		VIII 100m Breast	328
329		"O" CAT 2 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		VII 100m Free	346
347		VIII 100m Free	348
349		"O" CAT 2 100m Free	350
241		DIV I 4 x 50m Free Relay	242
243		II 4 x 50m Free Relay	244
245		III 4 x 50m Free Relay	246
247		"O" CAT 1 4 x 50m Free Relay	248
249		IV 4 x 50m Free Relay	250
251		V 4 x 50m Free Relay	252
253		VI 4 x 50m Free Relay	254
255		VII 4 x 50m Free Relay	256
257		VIII 4 x 50m Free Relay	258
259		"O" CAT 2 4 x 50m Free Relay	260

Tier "S" & "O" events will be combined if less than 5 swimmers entered in any single event.