



VANCOUVER ISLAND

VI REGION

REGIONAL CHAMPIONSHIPS

2010

MEET PACKAGE

Ray Newman Championship Swim Meet

CRYSTAL POOL

2275 Quadra Street (btwn Bay and Pandora, next to Central Park)
VICTORIA, B.C.

DATES Saturday August 7th & Sunday August 8th

COURSE: 8 Lanes, 25 Meters, Daktronics Omni Sport 2000

MEET MANAGER: Liz Lowe (prior to start) Bob Carter (Regionals Competition Director)
Victoria , BC Campbell River, BC
Email : Email: piggs@telus.net

MEET REFEREE: Colette Wood **MEET ENTRIES:** Liz Lowe
Email: oakbayorcas@telus.net Email : Liz.Lowe@shaw.ca

CLERK OF THE COURSE: Lynne Testemale/Linda Voss

VI REGION CLUBS: Campbell River Salmon Kings - CAM
Comox Valley Blue Devils – COU
Cowichan Valley Breakers – CVB
Juan De Fuca Royals – JUA
Nanaimo White Rapids – NAN
Oak Bay Orcas - OAK
Pender Island Otters – PDI
Powell River Aquatic Club - POW
Saltspring Stingrays – SSS
Sidney Piranhas – SID

SCHEDULE: Saturday August 7, 2010

- 7:45 am - Officials Meeting
- 7:45 – 8:15 am – warm ups (all teams)
- 8:15 am - Coaches Meeting
- 8:45 am – “ O Canada “
- 9:00 am - Preliminary Heats begin
- Break (minimum 60 minutes)
- Finals & Relays

Sunday August 8, 2010

- 7:45 am - Officials Meeting
- 7:45 – 8:15 am – warm ups (all teams)
- 8:15 am - Coaches Meeting
- 8:30 am - Preliminary Heats begin
- Break (minimum 30 minutes)
- “Regional Cheers”
- Finals & Relays

LUNCH BREAK: There will be a break after Preliminary Heats each day. On Saturday, between preliminaries and finals we will hold our AGM and elections for the upcoming season. All parents of all clubs are welcome to attend.

On Sunday the Regional Cheers will be done prior to the start of Finals.

FINALS: Will not start before 2pm each day. Relay events that have more than one heat will be swum at the end of preliminaries before the break. The remaining Relay events will be swum as Finals at the completion of individual Finals.

MEET ENTRIES: Liz Lowe – Liz.Lowe@shaw.ca

Please email your entries by **Tuesday August 3, 2010 by midnight** (include the following three Hy-Tek files: Club meet entries, Club roster, and Proof of Time plus a Word document for Relay entries). Swimmers may enter a maximum of 4 individual events plus two relays.

A Word document must be provided with the Relay team names, swimmers names, divisions, event numbers, and up to two alternate names. As an example, the Word document would include the following:

Event #249 Division 4 Girls' Free Relay:
Rachelle Pool (Div 4), Susan Swim (Div 4), Liz Dive (Div3), Collette Flop (Div 1). Alternates [name up to two alternates with divisions indicated]

Virus infected files WILL NOT be processed

NOTE: WET swimmers are NOT to be in the viewing area. Wet swimmers are expected to be in the day camp area between their swims. Current marshalling will be posted on an outdoor notice board. **ANY WET SWIMMER FOUND IN THE VIEWING AREA WILL BE ASKED TO LEAVE.** (These restrictions are in place to comply with pool regulations.)

INDIVIDUAL ENTRIES:

**** THERE ARE NO DECK ENTRIES **** for Individual Events or Relays. Scratches for Preliminary Events must be reported to the Clerk of The Course by 8:00, each day. Thirty (30) minutes after the completion of the Individual Heats, all scratches from Individual Finals must be reported to the Clerk of the Course. Any swimmer, other than an Alternate, who scratches from such an event after the designated time may be scratched from all remaining events, including Relays, scheduled for that day. (BCSSA Pg 35, Sec 6, E)

“O” cat swimmers will be combined with “s” swimmers for the preliminaries, but will swim finals separately.

- All BCSSA rules are in effect

- All entries **must** be submitted with valid times. NT's are fine if the swimmer has never swum the event.
- All entries must include the following:
 1. Hy-Tek entries file with best times.
 2. Swimmers Proof of Time.
 3. Team Athlete Roster files.

The Regional Registrar / Meet Manager will verify the validity of all swimmers competing at the Vancouver Island Regionals.

RELAY ENTRIES:

There will be **NO DECK ENTRIES FOR RELAYS**. Therefore all Relays must be entered in the following manner with the same deadline as the individual entries.

1. The Relay Team must be entered in Team Manager and sent in with your entries using an "A", "B" "C" delineation for a number of teams in the same division of boys or girls. You do NOT have to enter the swimmers names into Meet/Team Manager.
2. A Word document with the event number, boys/girls identified, letter name (i.e. "A", "B" etc) and a fun name if you want, with each of the four swimmers names plus up to two Alternates must be submitted with your entries. All Relay entries are frozen after "Check In" at the Clerk of the Course, No changes can be made thereafter.

We will fill in the Relay Cards for you and they will be available at the Clerk of the Course during the Meet.

Please remember that each swimmer can only swim on **2 Relays**.

- All BCSSA rules are in effect.
- Team Composition:
 - A club Relay Team shall consist of **4** swimmers. The composition may change between Regional and Provincial Championships, provided that all swimmers meet the registration criteria of the BCSSA.
 - For each Relay Team, all swimmers may not necessarily be from the same division or category for which the event is being staged, swimmers from lower divisions, may be included to for the best possible relay team.
 - "O" cat swimmers may not enter the "S" relay events, and "S" swimmers may not swim in "O" cat relay events.
 - At least one swimmer selected to the relay team must have competed in an individual event in that division at a sanctioned BCSSA meet during the 2010 competitive season.
 - The actual team members with up to two Alternates (2) shall be named on the Relay Card provided by the Clerk of the Course. Once the Relay is checked in at Marshaling, there will be no changes allowed to the four (4) designated swimmers. Failure to report the correct names shall result in disqualification.
- Only swimmers whose names appear on the Meet Entry Form shall swim in Relays. If a swimmer is in a Relay(s) only, the name shall appear with the notation "**Relay Only**".
- Swimmers who did not participate at their Regional Championship are eligible to participate on a Club Relay at BCSSA Provincials, provided they have been entered in Event 500, following instructions provided in the Provincial Championship Meet Package.
- It is NOT permissible for a swimmer to change teams between Prelims and Finals in the same event.
- A swimmer may compete in the Regionals or the Provincials Meet in Relays only but must be entered on the Entry Grid Sheet stating "Relay Entry Only"

PREREQUISITES:

All entrants **must** have competed in an “OFFICIAL BCSSA SWIM MEET” during the 2010 summer season. By a motion of the BCSSA VI Region, all swim meets on the BCSSA VI Region Schedule for 2010, prior to this Regional Championship are Official BCSSA Swim Meets

Any swimmer who has swum (they may have been disqualified) in any race at a sanctioned BCSSA meet since **May 1, 2010** may swim in Regionals. The swimmer does not have to have swum the event prior to Regionals they just have to have swum an event in a sanctioned Meet.

EVENTS:

Swimmers can enter a maximum of four (4) Individual and two (2) Relay events per swimmer. All BCSSA rules are in effect. All individual events must swim as Preliminaries and Finals. Some preliminary events may be combined.

“O” cat swimmers will be combined with “s” swimmers for all preliminaries, but will swim finals separately.

ENTRY FEES:

- \$5.00 per Individual event
- \$8.00 per Relay team

A cheque payable to the “**BCSSA Vancouver Island Region**” **must be paid by 10:00 am Sunday.**

Payment cheques must be submitted to the Clerk of the Course Desk. No refunds for missed or scratched events.

MEET MANAGEMENT:

Hy-Tek Team and Meet Manager will be used. Entries must be submitted in the format requested. A Heat Sheet will be produced for sale from information provided at the entry deadline. A “Definitive” Event Heat Sheet will be provided to each club (one only) and to all Officials and Lane Recorders, after the deadline for Scratches and prior to the start of the Meet. These Scratches will be incorporated into that “Definitive” Event Heat Sheet. A “Definitive” Event Heat Sheet will be produced for Relays and Finals. The “Definitive” Event Heat Sheet will be posted in at least 2 places at the pool facility.

There will be full Marshalling for Div 1-3 Heats and all Relays. There will be no cards for Individual Events. There will be cards for Relays.

There will not be “Personal Calls” from the Clerk of the Course.

Div 4-8 Swimmers will be required to report to the Marshalling Area to sign in for their Heats . They will be responsible to be behind their blocks prior to the start of the race.

There will be full Marshalling for all swimmers for Finals.

Alternates: Swimmers and Alternates are responsible for reporting to the Clerk of the Course in time for their race. The Clerk will announce the availability of a “check in” at least two times, with at least 2 minutes between each announcement. It is the responsibility of each competitor to be close enough to hear the announcements. Once the Alternate(s) have been called, the listed qualifier and any previously called Alternate are irrevocable scratched from that event.

For Finals, once the Clerk has completed the required calls and a swimmer has not checked in, it can be 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 one (1) minute for she/he to report.

WARM UPS:

Each Club will be assigned one lane for the full 30 minutes available for warm ups. Clubs with 50 or more registered swimmers will be eligible for a second lane.

2010 VI REGION RESPONSIBILITIES:

- 1. Regional Director: Bob Carter / Colette Wood**
 - a. Acquires Regional Supplies: Medals, Ribbons, Record Plaques and Provincial Caps and T-shirts;
 - b. Signs up swimmers for Provincials and ensures that all our VI Region Provincial Meet responsibilities in Kamloops are filled;
 - c. Ensures that VI Regional Provincial Championship meet entries to be entered are delivered on time to the BCSSA Office; and
 - d. Ensures that VI Regional Coach forms VI Regional Relays in accordance with “*Swimming and Overall Meet Rules in the 2010 Provincial Championship Meet Package*”.

- 2. Regional Director of Officials: Graham Park**
 - a. Designates Regional Meet Referee;
 - b. Arranges for Provincial Sign-up for Officials;
 - c. Encourages all qualified deck officials to undertake shifts for Regionals Championship: Stroke & Turn, Referees & Starters; and
 - d. Ensures that all clubs fill lane timers, place judging and lane recorder positions.

- 3. Meet Manager/Host Club: Liz Lowe (prior to competition)**
 - a. Ensures that Regional Championship Meet is properly organized, at the pool facility;
 - b. Ensures that the pool facility and surrounding areas are available for the competitors and spectators, including signing the rental agreements where applicable;
 - c. Provides the 2010 VI Regionals Budget to the Regional Executive;
 - d. Establishes timing systems, recording systems and provides all associated support materials and equipment;
 - e. Creates the 2010 Meet Package for BCSSA VI Regional Championships;
 - f. Provides office equipment – photocopier(s), computers, tables, chairs and office supplies;
 - g. Provides Deck Food Manager and storage equipment;
 - h. Supplies Marshalling area tents and benches;
 - i. Supplies tables, chairs for officials & coaches;
 - j. Supplies seating for spectators;
 - k. Provides sound system, announcers and anthem singers;
 - l. Provides agreements and designated space and services for any vendors who may provide services for the meet, swimmers or spectators, on behalf of the VI Region;
 - m. Ensures that all meet entries are collected and included in the Meet by the Clerk of the Course and validated by the Regional Registrar;
 - n. Produces event heat sheets prior to the events;
 - o. Assigns Club responsibilities by delegating areas of responsibility to each club based on their areas of strength and volunteer manpower;
 - p. Oversees volunteer assignments and ensures that numbers of volunteers needed are provided for each area; and
 - q. Oversees the set-up and take-down.

- 4. Meet Manager/Director of Competition: Bob Carter**
 - a. Assumes Meet Manager duties for the competition;
 - b. With the Meet Referee, ensures that the competition event is safe, fair and proceeds in accordance with the BCSSA Rules and Regulations;
 - c. Chairs the Jury of Appeal; and
 - d. Disseminates all meet information.

5. **Regional Registrar: Lynne Testemale**
 - a. Ensures that all Regional Championship swimmers are eligible to swim at the Regional Championship in all individual and relay events;
 - b. Registers all provincial qualifiers for Provincial Championship in conjunction with the Regional Director and to ensure that the entries are sent to BCSSA Office by the deadline; and
 - c. Checks eligibility of VI Regional Relay members in accordance with “*Swimming and Overall Meet Rules in the 2010 Provincial Championship*”.

6. **Regional Treasurer: Alan Jackson**
 - a. Reviews the 2010 Regional Championship Budget;
 - b. Collects all regional entry fees from clubs; and
 - c. Collects and remunerates costs incurred at Regionals.

7. **Meet Referee: Colette Wood**
 - a. Coordinates the assignment of deck officials for the meet;
 - b. Establishes a rotation of deck officials; and
 - c. Supervises the disqualifications and the protest process to ensure a fair event.

8. **All VI Region Club Presidents:**
 - a. Submits their club meet entries by the deadline **midnight - TUESDAY, AUG 3, 2010** outlined in 2010 VI Regional Championship Meet Package;
 - b. Fills their assigned club duties and submits the completed Sign-up lists to Meet Manager by **8:00 am on Saturday Aug 7; and**
 - c. Distributes completed club volunteer list to their members prior to Regionals.

9. **2010 VI REGIONAL CLUB RESPONSIBILITIES:**
 1. Awards (Ribbons & Medals) – (Sat) CAM & PDI (Sun) JUA – 2 people per day
 2. Marshalling - JUA
 3. Computer Input- JUA, OAK, SSS
 4. Crash Desk, Runners, Photocopying and Posting H & F) – COU & CVB
 5. Deck Food Manager (Supplies, Storage & Planning)- JUA
 6. Deck Food (Prep & Distribute)– All Clubs – see schedule
 7. Site Clean-up and Garbage collection- JUA and All Clubs
 8. Set-up and Tear Down- JUA
 9. Timers and Place Judges– All Clubs (schedule will be sent prior to the Meet, and posted)
 10. Door Management for marshalling area 2 persons per shift – All Clubs (schedule will be sent prior to the Meet, and posted) – includes monitoring swimmer, coach and spectator traffic on and off the deck for spectator area, marshalling entry door and upper exits.

DECK FOOD:

- There will be Deck Food for meet volunteers. At least one (1) individual is on location who has had the “Food Safe” course.
- Clubs have been assigned times. Please ensure you are there on time.
- The Regional Treasurer will collect **\$75.00** from each club for Deck Food. Clubs with a BCSSA Registration of 25 or less will pay half - **\$37.50**.

DECK FOOD SCHEDULE – preparation & distribution

Saturday

Preliminaries

- **IM – 50 Free** - OAK (2) NAN (2)
- **50 Fly – 100 Fly** - COU (2) CVB (2)

Finals

- **IM – 50 Free** – POW (2) SSS (2)
- **50 Fly – 100 Fly** - CAM(2), PDI (1), OAK (1)
- **Medley Relay** – NAN (2) SID (2)

Sunday

Preliminaries

- **50 Fly (5+), 50 back, 100 Back** – POW (2), SSS (2)
- **50 Breast, 100 Breast, 100 Free** – NAN (2), CVB (2)

Finals

- **50 Fly (5+) - 50 Back** – NAN (2), PDI (1), SID (1)
- **100 Back - 50 Breast** – COU (2), CAM (2)
- **100 Free - Free Relay** – OAK (2), SID (2)

AWARDS:

Individual Events:

- 1st – 3rd Medals
- 4th – 8th Ribbons

Relays:

- 1st – 2nd Medals
- 3rd – 8th Ribbons

Records: Plaques

Team: Ray Newman Aggregate Trophy

HEAT SHEETS & RESULTS:

- Heat Sheets for both days will be available for purchase. Location is to be determined.
- The cost is **\$5.00**.
- Results will be posted in the pool lobby.
- Coach and or Club Rep can pick up two (2) copies of finals and awards at the end of the meet in the Records Room. No awards will be released before that time. Results will be emailed at the end of the meet to all Clubs.
- Aggregate Team trophy will be awarded at the conclusion of Finals on Sunday.

REGIONAL SHIRTS:

- Please have a club representative take orders for Regional Shirts and deliver the order sheet to the Records Room upon completion of the meet, complete with cheque payable to “Vancouver Island Region BCSSA” for all shirts ordered. Only Provincial qualifiers, competing alternates and coaches are eligible for shirts
- **Regional Shirts will not be distributed to clubs until the club has completed their volunteer sign up sheets for the regions BCSSA Provincials in Kamloops.**

PROVINCIAL’S SCRATCH MEETING:

- All coaches are requested to meet with the Regional Director and Meet Manager at the end of the meet to finalize the Provincial Entries and Scratches.

REGIONAL BOARD MEETING:

- There will be a Regional Board meeting during the Saturday Lunch Break. The agenda will include the AGM and Regional Board elections.

FACILITIES:

- **Parking:**
 - Parking immediately around the Crystal Pool is extremely limited. Therefore, arrangements have been made at the Save On Foods Memorial Arena parking lot for day parking during the Meet. Only those provided with special passes will be able to park at the pool. We have to keep the stalls open for the patrons of the pool; vehicles in violation may be ticketed or towed.
 - A special discounted price for two day s of parking has also been arranged Cost for parking is as follows:

- \$11.00 for both Saturday and Sunday, 7 a.m. to 7:00 p.m.; and
 - \$6.50 for one day (either Saturday or Sunday), 7 a.m. to 7:00 p.m.
- Although parking passes will be available during the meet, you can arrange for parking in advance. Please email Kevin at swimmykids@shaw.ca for parking passes, parking fees will be made payable to Juan de Fuca Royals.
 - Details and parking locations are attached near the end of this package.
 - No overnight camping in Parking Lots.
 - Each user must buy a pass for each stall used (i.e. a trailer and truck that takes up two stalls requires 2 passes).
- **Spectator Seating:**
 - Crystal Pool has a number of pool-side bench sections available for spectators. As some will be used for officials, the timing system, etc., only FOUR sections of benches will be used for spectators. **NOTE:** Swimmers are not permitted in the spectator bench areas, unless they are under adult supervision. Wet swimmers are not permitted in the spectator bench area at any time, in order to avoid getting these bench areas wet.
 - In between your child's swims, the day camping area is available outside adjacent to the pool.
 - **NOTE:** The benches and upper floor area can get slippery once they are wet. Individual Clubs are responsible for the safety of their own swimmers and their families and guests..
- **Family Change Area:**
 - Please be advised that Crystal Pool does not have a family change area.
- **Day Camping:**
 - Day camping is available in the field directly adjacent to the pool.
 - Upcoming events will be displayed on a board at this field, but **it will be the responsibility of swimmers to ensure that they arrive on time for their events.**
 - NO OVERNIGHT CAMPING IS PERMITTED IN THIS FIELD.
 - No spikes are permitted in order to avoid damage to the sprinkler system.
- **Overnight Accommodations**
 - Group camping is available at a number of Victoria and Region Campgrounds.
 - For information regarding camping or hotel accommodations, contact the Victoria Visitor's Bureau at: 250-953-2033 or toll free at 800-663-3883 or on the web at <http://www.tourismvictoria.com>.

EVENTS SCHEDULE

Saturday Preliminary Heats (same Event Numbers for Preliminaries & Finals)

Prelims 101 Girls Div 1 100 IM
Prelims 103 Girls Div 2 100 IM
Prelims 105 Girls Div 3 100 IM
Prelims 107 Girls "O" Cat 1 100 IM
Prelims 109 Girls Div 4 200 IM
Prelims 111 Girls Div 5 200 IM
Prelims 113 Girls Div 6 200 IM
Prelims 115 Girls "O" Cat 2 200 IM
Prelims 117 Girls Div 7 200 IM
Prelims 119 Girls Div 8 200 IM

Prelims 102 Boys Div 1 100 IM
Prelims 104 Boys Div 2 100 IM
Prelims 106 Boys Div 3 100 IM
Prelims 108 Boys "O" Cat 1 100 IM
Prelims 110 Boys Div 4 200 IM
Prelims 112 Boys Div 5 200 IM
Prelims 114 Boys Div 6 200 IM
Prelims 116 Boys "O" Cat 2 200 IM
Prelims 118 Boys Div 7 200 IM
Prelims 120 Boys Div 8 200 IM

Prelims 121 Girls Div 1 50 Freestyle
Prelims 123 Girls Div 2 50 Freestyle
Prelims 125 Girls Div 3 50 Freestyle
Prelims 127 Girls "O" Cat 1 50 Freestyle
Prelims 129 Girls Div 4 50 Freestyle
Prelims 131 Girls Div 5 50 Freestyle
Prelims 133 Girls Div 6 50 Freestyle
Prelims 135 Girls "O" Cat 2 50 Freestyle
Prelims 137 Girls Div 7 50 Freestyle
Prelims 139 Girls Div 8 50 Freestyle

Prelims 122 Boys Div 1 50 Freestyle
Prelims 124 Boys Div 2 50 Freestyle
Prelims 126 Boys Div 3 50 Freestyle
Prelims 128 Boys "O" Cat 1 50 Freestyle
Prelims 130 Boys Div 4 50 Freestyle
Prelims 132 Boys Div 5 50 Freestyle
Prelims 134 Boys Div 6 50 Freestyle
Prelims 136 Boys "O" Cat 2 50 Freestyle
Prelims 138 Boys Div 7 50 Freestyle
Prelims 140 Boys Div 8 50 Freestyle

Finals 141 Girls Div 1 200 Medley Relay
Finals 143 Girls Div 2 200 Medley Relay
Finals 145 Girls Div 3 200 Medley Relay
Finals 147 Girls "O" Cat 1 200 Medley Relay
Finals 149 Girls Div 4 200 Medley Relay
Finals 151 Girls Div 5 200 Medley Relay
Finals 153 Girls Div 6 200 Medley Relay
Finals 155 Girls "O" Cat 2 200 Medley Relay
Finals 157 Girls Div 7 200 Medley Relay
Finals 159 Girls Div 8 200 Medley Relay

Finals 142 Boys Div 1 200 Medley Relay
Finals 144 Boys Div 2 200 Medley Relay
Finals 146 Boys Div 3 200 Medley Relay
Finals 148 Boys "O" Cat 2 200 Medley Relay
Finals 150 Boys Div 4 200 Medley Relay
Finals 152 Boys Div 5 200 Medley Relay
Finals 154 Boys Div 6 200 Medley Relay
Finals 156 Boys "O" Cat 2 200 Medley Relay
Finals 158 Boys Div 7 200 Medley Relay
Finals 160 Boys Div 8 200 Medley Relay

Prelims 201 Girls Div 1 50 Butterfly
Prelims 203 Girls Div 2 50 Butterfly
Prelims 205 Girls Div 3 50 Butterfly
Prelims 207 Girls "O" Cat 1 50 Butterfly
Prelims 209 Girls Div 4 50 Butterfly
Prelims 211 Girls Div 5 100 Butterfly
Prelims 213 Girls Div 6 100 Butterfly
Prelims 215 Girls "O" Cat 2 100 Butterfly
Prelims 217 Girls Div 7 100 Butterfly
Prelims 219 Girls Div 8 100 Butterfly

Prelims 202 Boys Div 1 50 Butterfly
Prelims 204 Boys Div 2 50 Butterfly
Prelims 206 Boys Div 3 50 Butterfly
Prelims 208 Boys "O" Cat 1 50 Butterfly
Prelims 210 Boys Div 4 50 Butterfly
Prelims 212 Boys Div 5 100 Butterfly
Prelims 214 Boys Div 6 100 Butterfly
Prelims 216 Boys "O" Cat 2 100 Butterfly
Prelims 218 Boys Div 7 100 Butterfly
Prelims 220 Boys Div 8 100 Butterfly

Sunday Preliminary Heats (same Event Numbers for Preliminaries & Finals)

Prelims 301 Girls Div 5 50 Butterfly
Prelims 303 Girls Div 6 50 Butterfly
Prelims 305 Girls "O" Cat 2 50 Butterfly
Prelims 307 Girls Div 7 50 Butterfly
Prelims 309 Girls Div 8 50 Butterfly

Prelims 302 Boys Div 5 50 Butterfly
Prelims 304 Boys Div 6 50 Butterfly
Prelims 306 Boys "O" Cat 2 50 Butterfly
Prelims 308 Boys Div 7 50 Butterfly
Prelims 310 Boys Div 8 50 Butterfly

Prelims 221 Girls Div 1 50 Backstroke
Prelims 223 Girls Div 2 50 Backstroke
Prelims 225 Girls Div 3 50 Backstroke
Prelims 227 Girls "O" Cat 1 50 Backstroke
Prelims 229 Girls Div 4 100 Backstroke
Prelims 231 Girls Div 5 100 Backstroke
Prelims 233 Girls Div 6 100 Backstroke
Prelims 235 Girls "O" Cat 2 100 Backstroke
Prelims 237 Girls Div 7 100 Backstroke
Prelims 239 Girls Div 8 100 Backstroke

Prelims 222 Boys Div 1 50 Backstroke
Prelims 224 Boys Div 2 50 Backstroke
Prelims 226 Boys Div 3 50 Backstroke
Prelims 228 Boys "O" Cat 1 50 Backstroke
Prelims 230 Boys Div 4 100 Backstroke
Prelims 232 Boys Div 5 100 Backstroke
Prelims 234 Boys Div 6 100 Backstroke
Prelims 236 Boys "O" Cat 2 100 Backstroke
Prelims 238 Boys Div 7 100 Backstroke
Prelims 240 Boys Div 8 100 Backstroke

Prelims 311 Girls Div 1 50 Breaststroke
Prelims 313 Girls Div 2 50 Breaststroke
Prelims 315 Girls Div 3 50 Breaststroke
Prelims 317 Girls "O" Cat 1 50 Breaststroke
Prelims 319 Girls Div 4 100 Breaststroke
Prelims 321 Girls Div 5 100 Breaststroke
Prelims 323 Girls Div 6 100 Breaststroke
Prelims 325 Girls "O" Cat 2 100 Breaststroke
Prelims 327 Girls Div 7 100 Breaststroke
Prelims 329 Girls Div 8 100 Breaststroke

Prelims 312 Boys Div 1 50 Breaststroke
Prelims 314 Boys Div 2 50 Breaststroke
Prelims 316 Boys Div 3 50 Breaststroke
Prelims 318 Boys "O" Cat 1 50 Breaststroke
Prelims 320 Boys Div 4 100 Breaststroke
Prelims 322 Boys Div 5 100 Breaststroke
Prelims 324 Boys Div 6 100 Breaststroke
Prelims 326 Boys "O" Cat 2 100 Breaststroke
Prelims 328 Boys Div 7 100 Breaststroke
Prelims 330 Boys Div 8 100 Breaststroke

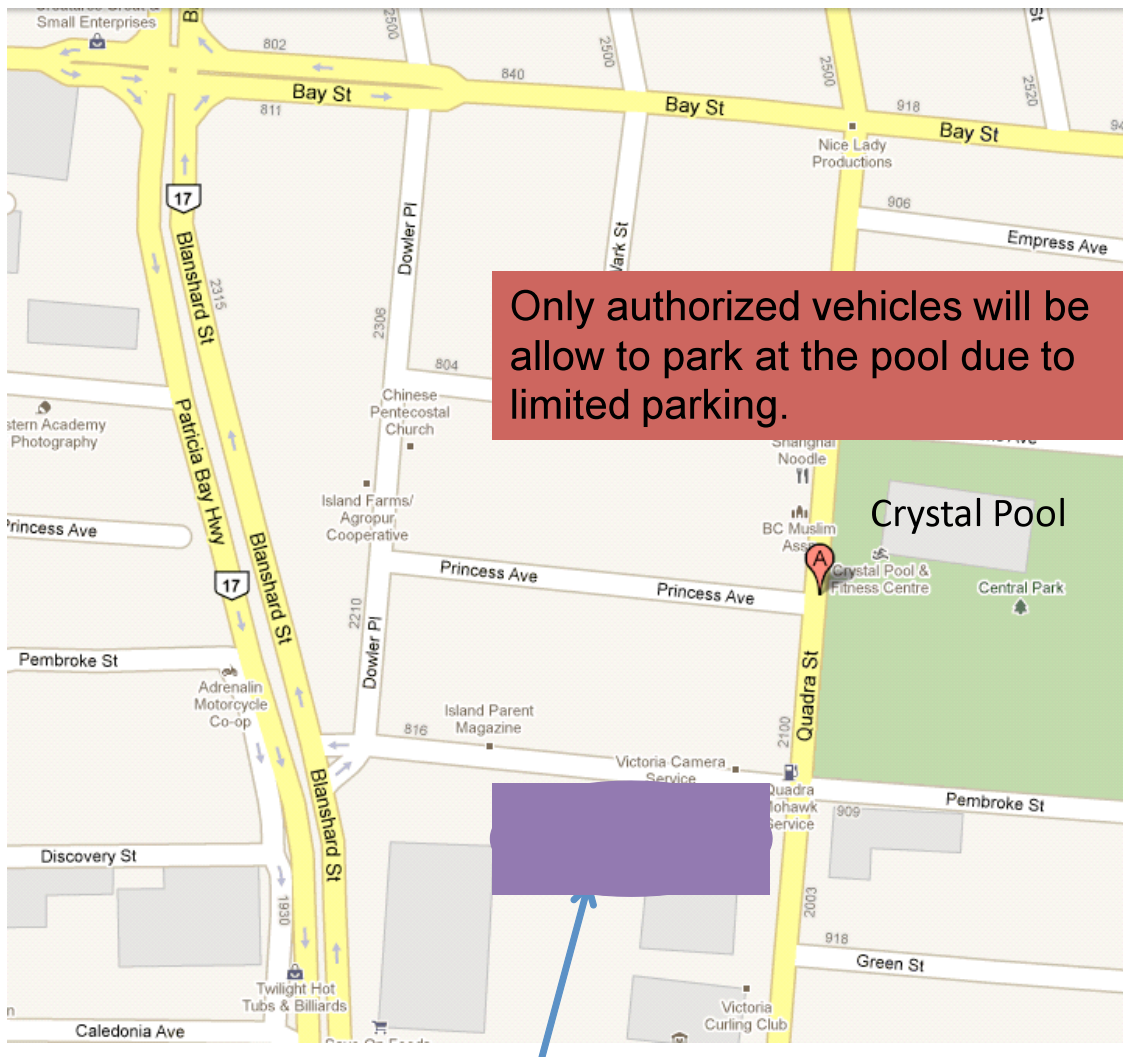
Prelims 331 Girls Div 1 100 Freestyle
Prelims 333 Girls Div 2 100 Freestyle
Prelims 335 Girls Div 3 100 Freestyle
Prelims 337 Girls "O" Cat 1 100 Freestyle
Prelims 339 Girls Div 4 100 Freestyle
Prelims 341 Girls Div 5 100 Freestyle
Prelims 343 Girls Div 6 100 Freestyle
Prelims 345 Girls "O" Cat 2 100 Freestyle
Prelims 347 Girls Div 8 100 Freestyle
Prelims 349 Girls Div 8 100 Freestyle

Prelims 332 Boys Div 1 100 Freestyle
Prelims 334 Boys Div 2 100 Freestyle
Prelims 336 Boys Div 3 100 Freestyle
Prelims 338 Boys "O" Cat 1 100 Freestyle
Prelims 340 Boys Div 4 100 Freestyle
Prelims 342 Boys Div 5 100 Freestyle
Prelims 344 Boys Div 6 100 Freestyle
Prelims 346 Boys "O" Cat 2 100 Freestyle
Prelims 348 Boys Div 7 100 Freestyle
Prelims 350 Boys Div 8 100 Freestyle

Finals 241 Girls Div 1 200 Freestyle Relay
Finals 243 Girls Div 2 200 Freestyle Relay
Finals 245 Girls Div 3 200 Freestyle Relay
Finals 247 Girls "O" Cat 1 200 Freestyle Relay
Finals 249 Girls Div 4 200 Freestyle Relay
Finals 251 Girls Div 5 200 Freestyle Relay
Finals 253 Girls Div 6 200 Freestyle Relay
Finals 255 Girls "O" Cat 2 200 Freestyle Relay
Finals 257 Girls Div 7 200 Freestyle Relay
Finals 259 Girls Div 8 200 Freestyle Relay

Finals 242 Boys Div 1 200 Freestyle Relay
Finals 244 Boys Div 2 200 Freestyle Relay
Finals 246 Boys Div 3 200 Freestyle Relay
Finals 248 Boys "O" Cat 1 200 Freestyle Relay
Finals 250 Boys Div 4 200 Freestyle Relay
Finals 252 Boys Div 5 200 Freestyle Relay
Finals 254 Boys Div 6 200 Freestyle Relay
Finals 256 Boys "O" Cat 2 200 Freestyle Relay
Finals 258 Boys Div 7 200 Freestyle Relay
Finals 260 Boys Div 8 200 Freestyle Relay

Vancouver Island Regional Championships 2010 Parking



Parking is available at the back lot of Save On Foods Memorial Arena. Parking is \$6.50 for one day or \$11 for both days. Contact Kevin at swimmykids@shaw.ca for parking passes.

CONCESSION MENU SATURDAY and SUNDAY

BREAKFAST SATURDAY AND SUNDAY

FRIED EGG SANDWICH
SAUSAGES
BAKED GOODS

LUNCH SATURDAY

PIZZA, HOT DOGS

THERE WILL BE SEVERAL CHOICE OF PIZZA. IF YOU WANT SOY CHEESE PLEASE EMAIL ME IN ADVANCE AND I WILL MAKE ARRANGEMENTS FOR SOY CHEESE. swimmykids@shaw.ca

LUNCH SUNDAY

LANGFORD HAMBURGERS
HAMBURGER AND HOTDOGS
SMOKIES

BEVERAGES

JUICE/GATORADE/POP
TEA/COFFEE
HOT CHOCOLATE
BOTTLED WATER

DESSERTS / SNACKS

BAKED GOODS
CHIPS
FRUIT

Plus Many " Healthy Options " !!