



# 5TH ANNUAL ICEBREAKER INVITATIONAL SWIM MEET

Hosted by COWICHAN VALLEY BREAKERS  
Saturday May 31<sup>st</sup>, 2014 & Sunday June 1<sup>st</sup>, 2014

## DISCLAIMER

Statements made in this meet package shall **not** override any BCSSA or Vancouver Island Regional rule or policy.

## LOCATION

COWICHAN AQUATIC CENTRE, 2653 James St., Duncan, BC, V9L 2X5



## EVENT DAYS & START TIMES

Saturday May 31	Sunday June 1
10:00am BCSSA Stroke and Turn Clinic	
11:30am Region Hosted Registrars Clinic	
<b>11:30am All Deck Entries and Scratches must be in to the Clerk of the Course</b>	<b>8:30 am All Deck Entries and Scratches must be in to the Clerk of the Course</b>
12:00 pm Group A	9:00 am Group C
12:15 pm Group B	9:15 am Group B
12:30 pm Group C	9:30 am Group A
12:15 pm Officials' Meeting	9:15 am Officials' Meeting
12:30 pm Coaches' Meeting	9:30 am Coaches' Meeting
1:00 pm Oh Canada & Competition Starts	10:00 am Oh Canada & Competition Starts
30min. Water polo Fun @ Days End (TBA)	
30min. Stand-up Region Meeting @ Days End	

**NOTE:** Warm-up Groups and lane assignments will be emailed Thursday May 29<sup>th</sup>.

## PLEASE NOTE!!!

The Cowichan Valley Breakers reserve the right to cancel an event if the meet runs overtime.

## EVENTS

Saturday May 31	Sunday June 1
100 IM (Div 1-3)	50 Fly (Div 5-8)
200 IM (Div 4-8)	50 Back (Div 1-3)
50 Free (Div 1-8)	100 Back (Div 4-8)
25 Free (Novice)	25 Back (Novice)
25 Fly (Novice)	25 Breast (Novice)
50 Fly (Div 1-4)	50 Breast (Div 1-3)
100 Fly (Div 5-8)	100 Breast (Div 4-8)
200 Medley Relay	100 Free (Div 1-8)
30min. Water polo Fun (TBA)	200 Free Relay
	100 Mixed Fun Relay- Iceberg Relay**

### **\*\*100 Mixed Fun Relay- Iceberg Relay:**

The Iceberg Relay will be run with 4 swimmers, swimming 25m each, 2 starting at the timer's end of the pool, the other 2 starting at the turn end of the pool. All swimmers should start in the water. The swimmer must swim 25m carrying their Iceberg the entire distance, without using their hands. They must then pass off the Iceberg the same way, with no hands to the next swimmer on their relay team. Have fun! There are 2 Hy-Tek events in the Meet file, for this race, it will not be score, they are listed under Div 1 & 2, for clerical purposes only. We have two events, one for each team a club can enter. Max. 2 Entries per Club.

## ENTRY COST

Free Novice Events (25m)

\$6.50 Individual Events

\$8.00 Relays (excluding **Iceberg Relay – free**)

\$10.00 Deck Entries (excluding Novice events)\*\*

\*\*The high price of deck entries is purely to discourage deck entries where at all possible, due to the need to finish & award the meet on time, as per 2013 VI Region Rules.

**REMINDER: All officials from all clubs are needed on deck to help run this meet. Thank you, you are greatly appreciated!**

## DECK ENTRIES & SCRATCHES

All deck entries and scratches must be to clerk of the course by 11:30am on Saturday and 8:30am on Sunday. \*\*\*\* **Please Note: These Deadlines are strict and will be enforced\*\*\*\*\***

## COURSE

25 metres, 8 lanes, starting blocks, manual timing system and place judges. This will NOT be a carded meet, however all events will be marshalled.

*Please note: We are currently working towards using an electronic system. If this dream is realized for us prior to the meet, there is a possibility our meet will be electronically timed, using either the Colorado Timing System, the Dolphin Timing System or a combination of both.*

## ELIGIBILITY AND ENTRIES

**All levels (A, B, & C) of swimmers are eligible to compete.** The purpose of this meet is to allow all swimmers to develop their skills within their divisions and time standards. All swimmers must be currently registered with the Vancouver Island Region of the BCSSA.

- **New swimmers who have never swum or achieved a valid time in a specific stroke must be entered with a “NT”.**
- **Returning swimmers who have a valid time for their events must be entered into the appropriate category:** i.e. If a swimmer was all “A” times in Div 2 and is now entering Div 3, they must be entered into the correct category based on their previous valid time.
- **However, if they have not swum a particular event before:** i.e. Div 3 50 back, now in Div 4 swimming 100 back, must be entered with a “NT”.
- **NEW:** Please enter ‘O’ swimmers into their respective ‘O’ event, **AND** their respective ‘S’ event, as described in “How to enter O swimmers” document posted on the VI Region website [www.vibcssa.ca](http://www.vibcssa.ca) . FYI - ‘O’ events will have no cost in the meet so that the ‘O’ swimmers are not double charged. We appreciate your help with this new VI Region wide process. All clubs will be trying to implement pre-entering the ‘O’ Cat swimmers as noted above, to be consistent throughout the region.
- **Novice swimmers are unable to swim a 25m stroke less than 30seconds.** i.e. Novices are stroke specific, so can be a novice in fly yet not in free. Once a swimmer has swum a 50m event (including relays) at a BCSSA swim meet, are no longer considered novices in that stroke, regardless of time achieved. Novice times will not be posted. Novice events can be entered into Hy-Tek with all other entries or deck entered.
- **Swimmers Div 1-4 may swim up to 6 individual events & 3 relays = 9 events/ swimmer.**
- **Swimmer Div 5-8 may swim up to 7 individual events & 3 relays = 10 events/ swimmer.**

## ENTRIES DEADLINE:

Please email your club **entries AND** database to [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca) by **Tues. May 27th, 2014 9:00pm.**

- Early entries are appreciated.
- **Late entries will not be accepted, and will be charged as deck entries.**
- If your Club is not attending, an email to that effect is greatly appreciated.
- Payments for meet fees are to be paid in full before the end of the meet.
- Please make cheques payable to **Cowichan Valley Breakers.**

Any questions concerning entries can be made to [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca) or **Sara Lowe @ 250.246.0000.**

## AWARDS

All Individual Events - 1st through 8th place ribbons

All Relay Events\* - 1st through 3rd place ribbons

\*Iceberg Relay - Participation ribbons for all (Up to 2 Relay Teams per Club)

Novice Events - Participation ribbons\* & treats

*\*Please submit Novice swimmers list to Clerk of the course by 11:30am Sat. & 8:30am Sun.*

## FOOD SERVICES

**Volunteers** - Volunteers will be fed snack food throughout the weekend, please bring a water bottle for refilling...**Think Green!**

**Coaches** – Snacks will be available for the Coaches too! **Location TBA** [**Cooled** On-deck Office (glass door beside Lifeguard Station) may not be available this year], please bring refillable water bottles ...**Think Green!**

**Swimmers & Spectators** – **CONCESSION** will be located outside, near Marshalling. Open swim meet hours. The concession will be offering a variety of items, a sample of those can be found below:

Saturday May 31 (open @ 12noon)	Sunday June 1 (open @ 9am)
Lunch items (Burgers & Dogs)	Breaky items (Yogurt Parfait, etc.)
Greek Pasta Salad	Lunch items (Burgers & Dogs & Grk Pasta Salad)
Healthy & Not-so Healthy Snacks	Healthy & Not-so Healthy Snacks
Frozen Treats	Frozen Treats
Cold Beverages	Cold Beverages

### MEET CONDUCT

# PLEASE OBEY THE RULES OF THE POOL!

The 1.8m zone of exclusion will be used around the pool edge. Coaching from this area is not permitted or tolerated. Anyone breaking this rule could be ejected from the pool deck.

Only change rooms, the racing pool and the bleachers are for use by members of the clubs. The sauna, steam room, waterslides and wave pool are not for our use, as they will be open to the public. A swim meet bracelet can be purchased at the Front desk of the CAC pool for use of the Recreational Activities during hours of operation. (\$2.75 Ages 7-12, \$4.25 Ages 13-18)

No glass containers are permitted in the bleachers or on the pool deck areas. **Due to limited viewing space on the bleachers, teams and swimmers not permitted to “camp out” on them, and will be asked to move and/or remove their belongings.**

### SPECTATOR VIEWING ENTRANCE

Limited space will be available for viewing as usual. We will ask all spectators to please enter and exit through the double exit doors, on the James Street side of the pool (beside the Women’s change room), please remove your shoes. As stated above, will be bleachers available for viewing close to the door. Respect the officials, coaches and swimmers, space please. Swimmers when you are not swimming or in Marshalling you must follow spectator rules. Thank you!

### TEAM TENTS

There will be areas outside for Team Tents on the grass area to the east of the pool, no spikes allowed. All clubs and swimmers are asked to police their own areas and keep them clean. The users are responsible for the cleanliness of the pool and area used by teams. Additional charges could be levied back to the offending club from the Pool and Regional body.

## **CLUB DUTIES**

**Each club will be expected to provide deck officials, timers, recorders & place judges throughout the meet and must be ready at the listed start times. Your club is accountable for all of their assigned positions; please ensure they are filled, to make sure the meet runs smoothly and efficiently. Your lane assignments will be sent out to all clubs on Thurs. May 29th. Thank you, we appreciate this greatly!**

## **HEAT SHEETS & RESULTS**

1. Heat Sheets will be available online and for purchase at a reasonable cost at the concession/tent area
2. Results will be posted as they become available. We are currently working to provide online results and marshalling announcements, TBA.
3. Ribbons will be available at the end of the meet. Please have your Coach or Team representative pick these up in the Computer/Ribbon Room (Party Room off of Lobby and Rec Pool). Please let meet manager know if this is not possible.
4. All Hy-Tek results will be sent by email, and posted to the VI Region & BCSSA websites.

## **SPECIAL RULES OF THIS MEET**

### **DISQUALIFICATIONS**

In keeping with Regional Policy, it is believed that swimmers learn the correct stroking best from their own mistakes. Disqualification's will be administered for rule infractions, in as gentle a manner as possible, for all divisions. **Coaches will be administering disqualifications as in 2013 BCSSA VI Region meets - please prepare your swimmers.**

The following process will be used for disqualifications:

1. Deck official writes up infraction and turns in the DQ form to the Meet Ref
2. Meet Ref refers to the DQ slip and informs a Coach from the Swimmer's Club of the infraction
3. Coach discusses the infraction with the swimmer

**\*Novice swimmers will not be disqualified.**

### **Hotels and Camping\***

Best Western- Cowichan Valley Inn- 250-748-2722 –located less than 5 minutes away

Travelodge- Silver Bridge Inn- 250-748-4311- located less than 5 minutes away

Falcon Nest Motel - 250-748-8188- located across the highway

Thunderbird Motor Inn- 250-748-8192 located 2 blocks away

Wessex Inn- 250-748-4214 – located 15 minutes away (south)

Oceanfront Grand Resort- 250-856-0010 – located 15 minutes away (south)

Best Western Plus Chemainus Inn - (250) 246-4181 – located 15 minutes away (north)

*\*Camping in parking lot may be available, inquire with [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca) with interest, for more info.*



## Concession

There will be a concession tent outside at the east side of the pool near the marshaling and team tent area. See [Food Services](#) for More info.

## Vendors

YINGFA Swim Suits, Jammers, Goggles, Parkas and more; will be available both Saturday and Sunday. George & Chuckie Park from <http://www.swimdownhill.com/> will be onsite, near our Silent Auction and the Marshalling area.

## Ironman® Wet Suit Raffle

Ironman® Adult Large Triathlon Wet suit Values at \$600+. Tickets are 3/\$5. Buy at the Silent Auction table. Limited tickets available. Draw is on Sunday, June 1<sup>st</sup> @ 3pm. Winning ticket holder will be notified. Good Luck!

GoodBite Bars (Yummmmy!) will be for sale and available on both days, while supplies last!

Mabel's Labels will be available on both for order [www.cowichan.mabelslabels.com](http://www.cowichan.mabelslabels.com)

## Silent Auction

Silent Auction, full of exciting items for the young and experienced, will be located outside at the east side of the pool near the marshaling and team tent area. Silent Auction will close each day at the start of the relays, on Saturday and Sunday. Payment must be received before picking up your items, please.

## Icebreaker Meet T-Shirts Available!

Icebreaker Meet T-Shirts will available for pre-order at [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca) and pick-up at the Meet. T-Shirt preview and ordering instructions on [page 8](#) of meet package.

## 50/50 Draw(s)

50/50 Draws will be held on Saturday & Sunday, and drawn each day, at the start of the Relay events. You must be present with winning ticket to claim your prize.

## Deadline for entries & Team database:

**Tuesday May 27th, 2014 by 9:00pm ... to [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca)**

## Meet Manager(s):

Sara Lowe [sara@cvbreakers.ca](mailto:sara@cvbreakers.ca) 250.246.0000

Sandi Urquhart [sandiurquhart@shaw.ca](mailto:sandiurquhart@shaw.ca)

**SORRY, NO LATE ENTRIES ACCEPTED!**

**Thank you and we will see you on deck soon!**  
*2014 CV Breakers Executive, Coaches, Swimmers & Families*



All deck entries and scratches must be to clerk of the course by 11:30am on Saturday and 8:30am on Sunday. \*\*\*\* **Please Note: These Deadlines are strict and will be enforced**\*\*\*\*

**2014 CVB Icebreaker Meet Deck Entry Forms (May 31<sup>st</sup> or June 1<sup>st</sup>)**

Coach: \_\_\_\_\_ Club Name: \_\_\_\_\_

Swimmer	BCSSA #	Birth date	Event # & Div Entry	Time

**2014 CVB Icebreaker Meet Scratch Forms (May 31<sup>st</sup> or June 1<sup>st</sup>)**

Coach: \_\_\_\_\_ Club Name: \_\_\_\_\_

Swimmer	Event	Event Name

**Entering up to 2 teams per club in this quick, very FUN Traditional Event:**

**2014 CVB Icebreaker - 100 Mixed Fun Iceberg Relay - Entries (June 1<sup>st</sup>)**

Coach: \_\_\_\_\_ Club Name: \_\_\_\_\_

Coach	Club	Team Name

**Thank you!**



## 5TH ANNUAL-ICEBREAKER INVITATIONAL SWIM MEET

Hosted by COWICHAN VALLEY BREAKERS  
Saturday May 31<sup>st</sup>, 2014 & Sunday June 1<sup>st</sup>, 2014

### Icebreaker Meet T-Shirts Available!

Icebreaker Meet T-Shirts will available for **pre-order** at [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca) and pick-up at the Meet. **Icebreaker T-Shirt -\$20, please co-ordinate and pay and pick up by club.** We will have orders ready for pick up at the Concession/Silent auction Table on Saturday and Sunday of our meet.



### CVB Icebreaker Swim Meet Logo T-Shirt (Blue)

**Price \$20**

**Sizes available (limited quantities) – Youth Medium (YM), Youth XL (YXL), Adult Small (AS), Adult Medium (AM), Adult Large (AL), Adult XL (AXL)**

**Please! Place Your Orders ASAP, to [cvb@cvbreakers.ca](mailto:cvb@cvbreakers.ca) ...avoid disappointment, Limited Stock available.**

**Cowichan Valley Breakers ☀ Thanks you, for your support!**