

2015



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | SYNCHRO

BC CHAMPIONSHIPS



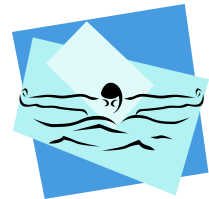
WATER POLO



DIVING



SYNCHRO



SWIMMING

BC Summer Swimming Association

205 - 2323 Boundary Road, Vancouver, BC V5M 4V8
Tel: (604) 473-9447 | Fax: (604) 473-9660
www.bcsommerswimming.com

BC SUMMER SWIMMING ASSOCIATION 57th BC CHAMPIONSHIPS (BCCH)

DATES: August 17 to 23, 2015

- | | |
|--|--|
| <p>1. WATER POLO
August 17, 2015
7:00 am – 9:00 pm
August 18, 2015
7:00 am – 8:00 pm
August 19, 2015
7:00 am - 12:00 pm</p> | <p>2. DIVING
August 18, 2015
8:00 pm – 10:00 pm
August 19, 2015
12:00 pm – 4:30 pm
August 20, 2015
7:30 am – 11:00 am</p> |
| <p>3. SYNCHRO
August 19, 2015
4:30 pm – 8:30 pm
August 20, 2015
11:00 am – 4:00 pm</p> | <p>4. SWIMMING
August 21 to 23, 2015
8:00 am – 6:00 pm</p> |

All four aquatic sports including Water Polo, Diving, Synchronized Swimming and Competitive Swimming will be held at the Sannich Commonwealth Place.

Address: 4636 Elk Lake Dr, Victoria, BC V8Z 7K2

MEET COMMITTEE MEMBERS

Meet Chairperson:	Danny Schilds
Meet Manager:	Craig Slater
Meet Referee:	Julie Nездoly
Meet Registrar:	Cheri Ruim
Diving Coordinator:	Sarah Wellman
Water Polo Coordinator:	James Gardiner
Synchronized Swimming Coordinator:	Joy Evans
Meet Treasurer:	Jennifer Ng
Hospitality:	Deanna Bogart
On-Site Staff Contact:	Disa Fladmark

Venue:

Saanich Commonwealth Place

- A 50 metres long, 8 lane indoor pool which will be divided into 2 pools; junior pool at the West end and senior pool at the East end for Water Polo and Speed Swimming. All Diving events will take place in the separate dive tank. Synchro events will be in the junior pool at the West end. Both pools will be used concurrently for speed swimming competitions.
- Spectator viewing area and bleachers are located on the upper deck along the north and west side of the swimming pool. Access will be through the doorways at the parking lot on the southeast side of the aquatic centre. Please respect pool staff, signs and barriers to ensure a safe and enjoyable experience.
- Coaches' bleachers are located on deck along the South side of the competition pool.
- Marshalling is planned to be under cover outside of the junior pool at the West end. Alternate plan is to move indoors if conditions warrant.
- Vendors will be centrally located at the venue.
- Parking is available at the Saanich Commonwealth Place. Please obey parking regulations.
- No RV parking is available during the 2015 Championships. Please visit our website to locate the closest RV campground.
- A venue site map can be found on the "Provincials" page on the BCSSA Website.

RULES:

The BCSSA Rules and Regulations as published in the rulebook, including any rules passed by the Provincial Board of Directors, which are posted on the BCSSA website, will apply.

All member clubs, competitors, coach, officials or individuals attending the Championships shall abide by the Code of Conduct as stipulated in Section 2.8 Conduct of the BCSSA Rule Book. Any members or individuals who violate or fail to comply with the BCSSA Code of Conduct, or rules and regulations may be disciplined at the sole discretion of the Meet Manager. Disciplined members or individuals may appeal to the BCSSA Provincial Board. The decision rendered by the BCSSA Provincial Board on the matter shall be final.

STARTING SYSTEM FOR SPEED SWIMMING:

The Omega Timing System will be used as the approved automatic judging and timing system for the Speed Swimming Championships in accordance with the BCSSA rules as published May 2015. Electronic plunger results shall be recorded and reported to 100^{ths} of a second only. If a malfunction or light touch invalidates the touch pad results, the electronic plunger results are considered as the Official times. Swimmers with identical Official Times shall be tied both for places and time in accordance with Section 3.5.10.6 of the BCSSA Rule Book.

Should the automatic judging and timing system fail for an extended period of time (20 minutes or more), the Championships will proceed with manual timing (3 stopwatches with "starting gun", see *Section 3.5.8 of the BCSSA rule book*) until the electronic judging and timing system is running again. Should a failure occur between Heats, the remaining Heats of the event will be postponed and then swum once the automatic system is running again. BCSSA Swimming Rule Section 3.5.2.4 (20 minute rule) governing re-swims will apply.

ANNUAL GENERAL MEETING

Date: Thursday August 20, 2015
Beverages and light refreshments will be served.

Time: **7:30 p.m. – 9:30 p.m.**

Place: Gym- Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC, V8Z 7K2

OFFICIALS MEETING

Date: Thursday August 20, 2015

Time: **5:30 p.m. – 7:00 p.m.**

Place: Gym- Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC, V8Z 7K2

COACHES MEETING

Date: Thursday August 20, 2015

Time: **2:00 p.m. – 3:00 p.m.**

Place: Pool Deck (exact location will be announced)
Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC, V8Z 7K2

REGIONS & CLUBS - 2015

CARIBOO (CA)

DAW Dawson Creek Seals
MAC Mackenzie Rainbows

FIN Fort Nelson Finns
PGP Prince George Pisces

FSJ Fort. St. John Stingrays
QUE Quesnel Aquatic Club

FRASER SOUTH (FS)

BOU Boundary Bay Bluebacks
LAD Ladner Stingrays
SUR Surrey Sea Lions

CLO Cloverdale Tritons
NOD North Delta Sunfish
WHI White Rock Amateur

CRB Crescent Beach S.C.
RIC Richmond Kigoos

FRASER VALLEY (FV)

ABB Abbotsford Whalers
HAN Haney Neptunes
LWC Langley Water Polo Club

AGA Agassiz/Harrison S.C.
LAN Langley Flippers

CWK Chilliwack Stingrays
MIS Mission Marlins

KOOTENAY (KO)

CAS Castlegar Aquanauts
GFA Grand Forks Piranhas
TRA Trail Stingrays

COL Colville Sharks
KIM Kimberly Sea Horses

CST Creston Waves
NEL Nelson Neptunes

OKANAGAN (OK)

GOL Golden Dolphins
LUM Lumby Lightning
PRI Princeton Kokanee
SSC Similkameen Swim Club

KAM Kamloops Tsunami
MER Merritt Otters
REV Revelstoke Aquaducks

OGO Kelowna Ogopogos
PEN Penticton Pikes
SAA Salmon Arm Sockeyes

SIMON FRASER (SF)

BMM Burnaby Mtn. Mantas
PCM Port Coquitlam Marlins

BUR Burnaby Barracudas
PMA Port Moody Aquarians

COQ Coquitlam Sharks

VANCOUVER & DISTRICT (V&D)

NOR N. Shore Winter Club
SQU Squamish Pirates

NVC North Van. Cruisers
SUP Super Sharks S.C.

VIK Vancouver Vikings
VWP Vancouver Water Polo

VANCOUVER ISLAND (VI)

CAM Campbell Rr. Salmon Kings
GHG Gordon Head Gee Gees
PDI Pender Island Otters
JUA Juan de Fuca Royals

COU Courtenay Blue Devils
NAN Nanaimo White Rapids
POW Powell River Aquatic Club
SSS Salt Spring Stingrays

CVB Cowichan Valley Breakers
OAK Oak Bay Orcas
SID Sidney Piranhas
VHH Victoria Hammerheads

The club acronyms to be used are shown above. These acronyms are the only acronyms officially recognized by the Chief Meet Recorder and will be used to compute regional points.

AWARDS

Water Polo

Medals shall be presented to each player on the gold, silver and bronze medal teams. A maximum of fifteen (15) medals per team will be provided.

Team Points for Water Polo will be awarded 36, 32, 30, 28, 26, 24, 22, 20.

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 event is determined by the composite figure and routine score (Championship Score). Medals will be awarded to the top three finishers in each Figure category, and the top three finishers in each routine event (Championship Score). Ribbons will be awarded from 4th - 8th place.

Regional Scoring:

Figures:	9, 7, 6, 5, 4, 3, 2, 1
Duet/Team:	18, 14, 12, 10, 8, 6, 4, 2

Diving

Medals:	1st, 2nd, 3rd
Ribbons:	4th to 8th

Awards will be presented to all divers at the end of the meet. It is important **ALL** divers be there on Thursday, August 20, 2015 immediately following the competition and **NOT** just the award winners.

Divers must be dressed in their competitive bathing suits or team/regional T-shirt. Coaches, **please** make sure your team is ready and on time. **TEAM PICTURES** will be taken after awards. All team divers **MUST** be dressed appropriately in order to have their photos & awards. Parents, please stay for awards as it makes the event more valuable for everyone.

The recipients of trophies are responsible for having them engraved. **PLEASE** ensure that the trophy is returned to the Diving Director **IN ADVANCE** of the competition ready for it to be awarded to the next winning team. **COACHES** and **EXECUTIVE**, it is your responsibility to ensure this is completed.

Trophies

Girls Team	Woodwards Stores
Boys Team	CKWX Radio
Regional Team	BCSSA Regional Award
Overall Team	BCSSA Challenge Cup

Team Points for diving will be awarded 36, 32, 30, 28, 26, 24, 22, 20.

Speed Swimming

Provincial Record Plaque: Received for any new BC Championships (BCCH) record, if it is standing after Finals (for “S” or “O” – Individual Events and Club Relays) and if there was a time established for that event at a previous BCCH Meet.

Record plaques will be mailed after the conclusion of the Championships from the Provincial Office.

Medals:	1 st , 2 nd and 3 rd Individual Events	(Tier “S” & “O”)
	1 st , 2 nd and 3 rd Relay Events	(Tier “S” & “O”)
Ribbons:	Double Ribbons 4 th to 8 th	(Individual and Relay Tier “S” & “O”)
	Single Ribbons 9 th to 16 th	(Individual Events Tier “S” & “O”)

Regional Points will be awarded:

Consolations:	9, 7, 6, 5, 4, 3, 2, 1
Finals:	18, 16, 15, 14, 13, 12, 11, 10
Relays:	36, 32, 30, 28, 26, 24, 22, 20

Only Regional points will be published during the Championships. Club points will be posted to the BCSSA website one week following the meet.

Medals & Ribbons

- Friday’s awards will be ready by Saturday
- Saturday’s awards will be ready by Sunday
- Sunday’s awards will be ready Sunday (approx. 1 ½ hours after the last Finals)

REGIONAL DIRECTORS ARE RESPONSIBLE FOR THE RETURN OF ANY TROPHIES.

Trophies are to be returned in the same condition as received and prior to next year’s Championships Meet.

ENTRIES

For Speed Swimming

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 5.0 program “Advancer” file.
3. Entries are to be emailed to **office@bcsummerswimming.com** and **csslater@shaw.ca** by 12:00 PM on August 10, 2015. **However, it is recommended that regions should send in their entries 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 emailed back to the Regional Directors by August 10, 2015 11:59 PM. Any changes or corrections the region needs to make must be emailed back to the above email addresses by 12:00 noon on August 11, 2015. If there are no changes or corrections, an email with the file attached confirming that the submitted entries are correct must be sent to the above addresses by 12:00 noon on August 11th, 2015.

An unlocked copy of the BCCH meet, the “Advancers” file and email confirming that these are the correct entries and all entry information for Diving, Synchro, and Water Polo must be in the BCSSA office no later than 12 noon on Tues, August 11, 2015.

Completed Entries to BCSSA Office are due by:

Tuesday August 11, 2015

4. The Payment Form, one cheque for all BCCH entry fees and two copies of the Regional Championships Final Results showing alternates for swimming must be received in the BCSSA office at 2323 Boundary Road, Vancouver, BC V5M 4V8 Attn: Disa Fladmark before 4:00pm on **Friday August 14, 2015.**

BCCH Entry Fees must be made by cheque payable to “BCSSA”. Cash is not accepted.

Please note that lane rental fees for warm ups are mandatory fees. No exception.

If you have any questions or need any help, please contact Director of Competition at csslater@shaw.ca or the BCSSA Office at office@bcsummerswimming.com or 604-473-9447. If you email, please include a phone number which you can be reached.

5. \$8.00 per Individual Event; \$12.00 per Relay; \$12.00 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

PAYMENT DUE DATE: **Friday, August 14, 2015**

REGION: _____

CONTACT PERSON: _____ TELEPHONE: _____

1. **SPEED SWIMMING**

a) Individual Swims _____ x \$8.00 = _____
b) Relays _____ x \$12.00 = _____
c) Reg. Medley Relay _____ x \$12.00 = _____
d) Lane Rentals (Warm-up) 2 x \$150.00 = \$300.00
(Mandatory)
Sub-total = _____ \$ _____

2. **DIVING**

a) Events _____ x \$25.00 = _____
Sub-total = _____ \$ _____

3. **SYNCHRO**

a) Figures _____ x \$5.00 = _____
b) Duets _____ x \$10.00 = _____
c) Teams _____ x \$20.00 = _____
d) Judges Fee (\$40 per family) _____ x \$40.00 = _____
Sub-total = _____ \$ _____

4. **WATER POLO**

a) Teams _____ x \$325.00 = _____
b) Referee Fee _____ X\$150.00 = _____
Sub-total = _____ \$ _____

ONE CHEQUE ONLY (Payable to "BCSSA") **GRAND TOTAL** \$ _____



WATER POLO

Monday, August 17, 2015

7:00 am – 9:00 pm

U18: 16 & 17

U16: 14 & 15

U14: 12 & 13

U12: 11 & Under

Tuesday, August 18, 2015

7:00 am - 8:00 pm

U18: 16 & 17

U16: 14 & 15

U14: 12 & 13

U12: 11 & Under

Wednesday, August 19, 2015

7:00 am – 12:00 Noon

All AWARDS

Wednesday, August 19, 2015

Following the Tournament

COACHES AND MEMBERS:

PLEASE VISIT THE BCSSA WEBSITE FOR INFORMATION ON SCHOLARSHIPS AND BURSARIES www.bcsummerswimming.com; go to "About"

WATER POLO BC CHAMPIONSHIPS POLICY

INTRODUCTION

It is the objective of BCSSA to have each region field a team(s) at the BCSSA Water Polo Championships and that fair competition and sportsmanship prevail.

SECTION A - GOVERNANCE, CATEGORIES, DEFINITION (eligibility), REGISTRATION

1. Governance

Rules for the 2015 Provincial Championship Competitions.

All Provincial Championships are governed by the BCSSA in accordance with the By-laws, Rules and Regulations set forth by the BCSSA Board.

2. Categories of Play

Co-educational Provincial Championships will be played in the following categories:

- i) U18 – Players born in 1998 or later
Players shall be within this age group as of December 31st, 2015
(See Section B item 3(ii) for minimum composition.)
- ii) U16 – Players born in 2000 or later
Players shall be within this age group as of December 31st, 2015
(See Section B item 3(ii) for minimum composition.)
- iii) U14 – Players born in 2002 or later
Players shall be within this age group as of December 31st, 2015
(See Section B item 3(ii) for minimum composition.)
- iv) U12 – Players born in 2004 or later
Players shall be within this age group as of December 31st, 2015
(See Section B item 3(ii) for minimum composition.)

3. Definition

“Participant” in a Provincial Championship shall be understood to include players, coaches, referees, managers, volunteers and medical personnel.

4. Entry Format

- i) **Entries:** All provincial championships, as indicated in **Section A-2** are Co-educational categories. Teams qualify for Provincial Championships by regional play downs. Wild card entries will be announced the weekend before entries are due.

Attached Water Polo Entry forms must be duly completed and submitted to the Director for Water Polo c/o the BCSSA office 205-2323 Boundary Road, Vancouver, B.C., V5M 4V8, not later than **August 11, 2015 - 12 noon (earlier where possible)**.

The full names (as registered) of all participants must be included on the Water Polo Entry Form.

All participants must be registered and in good standing with the BCSSA. Individuals or teams not abiding by this rule will not be permitted to participate in the Provincial Championships.

Copies of the Water Polo Entry Form (maximum 13 players) for each game must be presented to the recording/official's table 20 minutes before scheduled game time.

- ii) **Fees:** A (\$325.00) three hundred and twenty five-dollar entry fee and a (\$150.00) one hundred and fifty dollar referee fee **must** accompany the entry form for each team entered. Any cheque returned to BCSSA for reason of "non-sufficient funds" ("N.S.F.") will be returned to the point of origin immediately and an additional fee of (\$25) twenty-five dollars will be added to the entry fee.

SECTION B - GENERAL RULES

1. **Rules of Play**
The rules of play for all championship categories shall be in accordance with the BCSSA Rules and Regulations.
2. **Team Eligibility**
 - i) In order to be eligible to participate in the Provincial Championship, club teams (other than as provided for in Section B4(i)) **must be registered with a member club and BCSSA by the second Thursday in July.**
 - ii) **A responsible adult/chaperone, other than the Head Coach or players, must accompany and be responsible for each team participating in the Provincial Championships. This adult/chaperone must be present at all Team Games.**
 - iii) **The Head Coach of each team is to be fully certified NCCP Level One or current Canadian equivalent.**
 - iv) **ANY COACH WHO HAS COACHED A TEAM DURING THE SEASON WILL NOT BE PERMITTED TO PLAY WITH THAT TEAM.**
3. **Team Composition**
 - i) Teams in all categories are permitted to select **thirteen (13) players**, all of whom must individually be properly registered with BCSSA and be collectively registered as a **Member Team** and listed on the duly completed Water Polo Entry Form.
 - ii) The minimum team composition is seven (7) players (goalie included); three of whom must be girls, and three of whom must be boys. A minimum of three (3) girls/boys must be in the water at all times except as in provided in 3, iii of the Meet Package.
 - iii) If a team has only four girls/boys and due to exclusions was reduced to three (3) eligible girls/boys and an additional girl/boy was excluded from the game for three personal fouls or a misconduct. The team will play one member short with only two (2) girls/boys in the water.

- iv) Alternates:
 - a. Each team may list (2) alternates on their roster. The same player may be listed as an alternate for more than (1) one team, as long as all other eligibility requirements are met. Once an alternate replaces a player on a roster, that alternate may not be used as an alternate on another team.
 - b. Once a player on a roster is replaced by an alternate, that player may not return to that team roster for the duration of that tournament.

If there is doubt about player eligibility, please contact the BCSSA Office/Water Polo Director prior to the Game/Tournament, or contact the Meet Manager BEFORE the player or players enter the water.

4. **Regional Selection**

- i) Where there is one club registered in a region and other clubs within the region having Water Polo Players, the **Regional Director** or the **Director of Water Polo** can allow the amalgamation of those players under one club, for participation at Regional Championships, as a second team within the region.
- ii) Any region with more than one team registered, in an age category, must have a play off for that category to determine a representative for that region at Provincials.

5. **Competition Format**

Unless otherwise indicated and approved by BCSSA, the normal format shall be a round robin when 3 to 5 teams enter. If possible, teams will play a maximum of 3 games per day. BCSSA will not host an age group (U12, U14, U16, U18) tournament with less than 4 teams registered.

6. **Tie Breaking Procedures** Refer to Rules and Regulations Section 5.8 (Rules of the Game)

7. **Veto**

No vetoes, pertaining to referees, shall be permitted during the Provincial Championships. Referees are assigned wherever possible on the basis of geographic neutrality.

8. **Protests** Refer to Rules and Regulations Section 5.15

9. **Conduct/Discipline** Refer to Rules and Regulations Section 5.16

10. **Brutality/Misconduct/Disrespect** Refer to Rules and Regulations Section 5.14

11. **Forfeits/Defaults**

- i) Any team which forfeits a game will lose by a score of 7-0. Additional action will be based on a review of the circumstances by the Discipline Committee.
- ii) If all girls/boys from one team are excluded from the game, the team will forfeit the game.
- iii) A forfeit occurs when less than six (6) members of a team are present at the start of the game, or when an ineligible player is participating or if a team does not have three (3) members of each sex to start the game.

Note: Teams that do not satisfy the minimum player requirements (6 players) 5 minutes after the recorded game start time will forfeit.

Note: A forfeit will result in a score of 7-0 for the winning team and 2 points towards standings. 0-7 against the forfeiting team and 0 points toward standings.

12. ***Selection of Game Referees***

Referees for all games shall be appointed by the Referee-In-Chief.

Referees for medal-round games shall be selected by the participating coaches, with the gold medal game receiving priority.

If no consensus can be reached by the two participating coaches in each of the medal-round games, referees will be assigned by the Referee-In-Chief.

13. ***Water Polo Caps***

If a bathing cap is worn under a Water Polo Cap, it **MUST** be the same colour as the water polo cap.

14. ***Team Benches*** Refer to Rules and Regulations Section 5.5

15. ***Articles Causing Injury***

Prior to taking part in a match, the players must discard all articles likely to cause injury.

The following objects are **not** permitted:

- Rings
- necklaces
- earrings
- eye glasses
- long finger & toe nails
- Swimming goggles (prescription goggles may be worn in special cases and will be examined by the officials)

Other objects not listed here will be examined by the officials before the tournament begins.

SECTION C - GENERAL INFORMATION

1. ***Pre-Competition Meeting***

BCSSA will organize and conduct a pre-competition meeting for coaches, officials and team personnel. It is the responsibility of each team to **ensure** that a representative is in attendance.

The following agenda items will be discussed at the meeting:

- Schedule
- Protest Committee
- Competition rules
- Verification of team rosters
- Tournament procedures

2. ***Championship Awards***

Medals shall be presented to each player on the gold, silver and bronze medal teams. A maximum fifteen (15) medals per team will be provided.

SECTION D - RESPONSIBILITIES

1. BCSSA

BCSSA shall ensure the following:

- i) That all teams have paid the entry fee by the deadline and that all players are registered members of BCSSA and eligible to play.
- ii) That a competition Referee-In-Chief is selected.
- iii) That all referees are eligible to referee, and coaches are registered with BCSSA.
- iv) That a referee schedule is compiled at the discretion of the Referee-in-Chief.
- v) That the host organization and all participating teams are provided with a competition schedule as soon, as is practical.
- vi)
 - a) The ball used for all U12 BCSSA competitions shall be the Mikasa #6008, #6608 or equivalent.
 - b) The Mikasa #6009 ball or equivalent shall be used for all other age groups.
- vii) That a minimum of three (3) minor officials are provided for each **U18** and **U16** game and two (2) for each **U14** and **U12** games. Minor officials are not permitted to work more than three (3) games in succession.
- viii) That an adequate swimming area is provided for team warm-ups prior to the start of each game, where possible.
- ix) That official closing ceremonies are included for each competition.

2. Club/Team

a) Responsibilities

The club/team attending a Provincial Championship shall ensure the following:

- i) That the entry fee is paid directly to the region and forwarded to BCSSA by **August 14, 2015**.
- ii) That all players are registered with BCSSA.
- iii) That a duly completed Provincial Championship Water Polo Entry Form is submitted to BCSSA by the same date as indicated for the submission of the entry form.
- iv) That all Provincial Rules and Regulations are maintained and adhered to and that the club/team is in good standing with BCSSA.
- v) That all expenses incurred by the team are paid for by the club organization.
- vi) Each team **must** provide, at its own expense, a minor official for each game (who is expected to be on deck ten (10) minutes prior to game time) and a responsible adult other than the head coach or player who will be responsible for the team.

THE CLUB/TEAM ATTENDING A PROVINCIAL CHAMPIONSHIP IS RESPONSIBLE FOR PROVIDING ITS OWN WATER POLO CAPS AND PRACTICE BALLS.

b) Sanctions that may apply:

- i) Removal from area of competition.
- ii) Loss of game(s) 7-0.
- iii) Non-acceptance of entry.
- iv) Forfeit of entry fee.

- v) Cannot participate in the medal round.
- vi) Other sanctions may apply.

The following are some specific sanctions, which will be applied against the following infractions:

- i) A team which drops out, after the deadline. The following sanction will apply:
 - forfeit entry fee.
- ii) A team participates in a game with a non-registered player (not part of the BCSSA membership listing); the following sanctions will apply:
 - A non-registered, or otherwise ineligible, player(s) cannot take part in any game(s).
 - A team using or having used non-registered player(s) shall lose by a score of 7-0 for each game.
 - A team using or having used non-registered player(s) further sanctions may be imposed but not limited to the following:
 - Suspension from the tournament
 - Suspension for a period of one year
 - Fine
 - Disciplinary Hearing
- iii) A team participates in a game with an ineligible player(s); the following sanctions will apply:
 - An ineligible player(s) cannot take part in any game(s).
 - A team using an ineligible player(s) shall lose by a score of 7-0 for each game.
- iv) A team/club or participant fails to abide by any ruling imposed by BCSSA; the following must apply;
 - The club/team or individual participant will be denied access to further BCSSA activities until the complaint is rectified.
- v) If a team commits any infraction with the intention to gain an advantage (e.g. use of non-registered, illegal players; forfeit a game in the purpose of gaining or make another team gain a better ranking); the following sanction will apply:
 - The team cannot take part in the medal round.
 - The team shall lose by a score of 7-0 for each game in which they have intentionally tried to gain an unfair advantage

**BCSSA WATER POLO
PROVINCIAL CHAMPIONSHIP
Entry Form**

Regional Team _____ Club Team _____

Team Contact _____ Phone _____ U18 U16
 U14 U12

Team Minor Officials _____

Team Chaperon _____

	Cap No.	First Name	Last Name	Registration #	Club Initials	Birthdate (Y/M/D)	Polo Only
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
Alternate							
Alternate							
(Coach)							
(Coach)							

1. List females players first, then males and youngest to oldest.
2. Individuals may be listed as an alternate on more than one form. Once an alternate replaces a player on the roster, that alternate may not be used as an alternate on another team.
3. Once a player on a roster is replaced by an alternate, that player may not return to that Team Roster for the duration of that tournament.
4. A Player can only appear on two teams.
5. A Player cannot play on the team that they have coached during the season.

I certify that all players and coaches listed on this form are registered members of BCSSA.

SIGNATURE OF CLUB OFFICIAL: _____

Please return this form prior to 12 noon, AUGUST 11, 2015 to BCSSA.

Entry Fee of \$325.00 and Referee Fee of \$150.00



SYNCHRONIZED SWIMMING

Wednesday, August 19, 2015

4:30 pm - 5:30 pm Warm ups

5:30 pm - 8:30 pm Figures

Thursday, August 20, 2015

11:00 am - 12:00 pm Warm ups

12:00 pm - 4:00 pm Routines

**COACHES AND MEMBERS:
PLEASE VISIT THE BCSSA WEBSITE FOR INFORMATION ON SCHOLARSHIPS
AND BURSARIES www.bcsommerswimming.com; go to "About"**

SYNCHRONIZED SWIMMING PROVINCIAL CHAMPIONSHIP POLICY

1. ELIGIBILITY

- 1.1 Competitors must be correctly registered with the BCSSA for the current season.
- 1.2 All swimmers must have competed at a Regional Synchro Championship (refer to Rule Book Section 4.4) 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, 4 weeks prior to the start of Provincial Championships.)** Where an exemption is granted, the Region is responsible to hold a **judged** Synchro Performance, including figures and routines, to be eligible to compete at Provincials.

2. SWIMMER DIVISIONS

- 2.1 Swimmers' Divisions are based on the 2015 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 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

- Div 3 and under
- Div 4 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 INTERMEDIATE 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/"O CATEGORY" 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.

DUET AND TEAM ROUTINES

No routines choreography can begin prior to May 1st of the year of competition. A previously choreographed and swum routine cannot be used or adapted.

BEGINNERS' TIER

- All Divisions

INTERMEDIATE TIER

- All Divisions

ADVANCED TIER

- All Divisions

"O" CATEGORY

- All Divisions
- 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 consists of swimmers of various TIERS then the Duet will compete in the TIER of the most advanced swimmer (e.g. a Duet made of BEGINNER and INTERMEDIATE TIER swimmers will compete in the INTERMEDIATE TIER Event).
- For the team event, where competitors on the same team are from two tiers, the team will be entered into the Tier Category that the majority of the competitors belong to. Where the numbers of competitors are tied, the team will be entered into the higher tier category.
- 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

A swimmer will be classified as a beginner if:

- a) The swimmer has been registered in up to 2 competitive seasons with BCSSA and no winter maintenance or Synchro BC recreational, or

- b) The swimmer has been registered in up to 2 seasons of winter maintenance (Synchro BC recreational, but has not swum a competitive BCSSA season, or
- c) The swimmer has been registered in 1 winter maintenance / Synchro BC recreational season and 1 BCSSA competitive season.

INTERMEDIATE TIER

The swimmer is not a Beginner and does not meet the standards for the Advanced Tier.

ADVANCED TIER

A swimmer who has been tested and judged by a Coach or a Judge during the first week of practice, and has met 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 fishtail, 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 knee extension of the vertical leg.

OR the swimmer must have passed a Star 5 or above.

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, 2010-2013 edition.

TIER	FIGURE EVENTS <i>Judged as per FINA descriptions (for FINA figures) or use Synchro Canada Star Manual for guidance with performance standards (where there is no FINA Descriptions)</i>	DD	DUET EVENTS <i>All elements to be performed in order given. All elements must be performed with all swimmers facing the same direction and as per FINA descriptions (for FINA figures) or use Synchro Canada Start Manual for guidance with performance standards (where there is no FINA description)</i>	TEAM or MODIFIED COMBO* EVENTS <i>All elements to be performed in order given. All elements must be performed with all swimmers facing the same direction and as per FINA descriptions (for FINA figures) or use Synchro Canada Star Manual for guidance with performance standards (where there is no FINA descriptions)</i>
BEGINNER	• Sailboat Alternate (Star 2)	1.2	• 4 meters traveling sailboat alternate (Star 2).	• 4 meters traveling sailboat alternate (Star 2).
	• Somersault Back Tuck (Fig 310)	1.1	• Somersault back tuck (full figure – Fig 310).	• Somersault back tuck (full figure – Fig 310).
	• 3 meters paddle scull (Star 2)	1.0	• 4 meters side flutter kick with arm sequence (Star 2).	• 4m. back flutter with arm sequence (Star 1).
	• Split Position (Star 4)	1.1	• Pretzel turn 360 degrees one way, beginning and ending in back layout (Star 2).	• Tub turn 360 degrees one way, beginning and ending in back layout (Star 1)
			Time limit 2:00 minutes	Time limit 2:00 minutes
INTERMEDIATE	• Somersault Front Pike (Fig 320)	1.7	• 4 meters traveling eggbeater forwards and/or sideways to include some single arm sequence (Star 3/4)	• Travelling ballet leg sequence to include any 2 of the following: ballet leg left, ballet leg right, flamingo left, flamingo right.
	• Surface Prawn (Figure 362)	1.4	• Front pike pull down, from front layout position to front pike position (Star 3)	• Split position, join to vertical at ankles (Star 4)
	• Ballet leg single (Fig 101)	1.6	• Kick-pull, shoulders square, starting with right arm, 4 right, 4 left, 4 alternating lead arm (Star 3)	• 4 meters traveling eggbeater forwards and/or sideways to include some single arm sequence (Star 3/4)
	• Kick-pull, shoulders square, starting with right arm, 4 right, 4 left, 4 alternating lead arm (Star 3)	1.0	• Split position, join to vertical at ankles (Star 4)	• Bent knee vertical position and descend in bent knee vertical position (Star 5)
			Time limit 2:30 minutes	Time limit 2:30 minutes

ADVANCED	<ul style="list-style-type: none"> Ballet Leg Single (Fig 101) Tower (Fig 349) Barracuda (Fig 301) Side Fishtail Split (Fig 346) 	1.6	<ul style="list-style-type: none"> 4 meters traveling eggbeater forwards and/or sideways to include some double arm sequence 	<ul style="list-style-type: none"> Traveling ballet leg sequence to include any 3 of the following positions: ballet leg left, ballet leg right, flamingo left, flamingo right, double ballet leg.
		1.9	<ul style="list-style-type: none"> Walkover front from split position to end of the figure (Fig 360) 	<ul style="list-style-type: none"> Walkover front from split position to end of the figure (Fig 360)
		2.0	<ul style="list-style-type: none"> Single arm body boost, sink to full submerged body (Star 6) 	<ul style="list-style-type: none"> 4 meters traveling eggbeater forwards and/or sideways, to include some double arm sequence
		2.0	<ul style="list-style-type: none"> Fishtail position, join to vertical position, followed by a vertical descent (Star 5/6) <p>Time limit 2:30 minutes</p>	<ul style="list-style-type: none"> Bent knee vertical position, join to vertical position, followed by a vertical descent <p>Time limit 3:00 minutes</p>

*The intent of the “Modified Combination” is to provide BCSSA coaches with as much flexibility as possible to include all swimmers in a team event. Whenever possible, team is preferred. However, where limited pool time, and/or variation in swimmer ability make it difficult to complete a full team routine, a coach may choose to choreograph a “modified combination”. The modified combination must have no more than 2 parts with less than 3 swimmers. There must be at least one team part(s) that include all swimmers in the routine, performing all the required elements. It is permitted to have parts with less than all swimmers between parts with all swimmers performing the required elements. Judges will consider the additional factors specific to a combination routine (as per FINA manual) when judging the routine, but will use the marking percentages as per Free Team Routines.

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 BCSSA Office (Attn: Joy Evans), with a copy to be sent to Joy’s email (joy.evans@bcsummerswimming.com). Entry Form deadline Monday, August 10, 2015. Use of the electronic (.doc) entry form is preferred, but hand written faxes will be accepted with legible writing.**

5. **ENTRY FEES**

- 5.1 All meet entry fees must be to the BCSSA Office by **Friday August 14, 2015 @ NOON.**

Entry Fees Schedule

Figures	\$5.00
Duets	\$10.00
Team	\$20.00
Judges Fees	\$40.00 per family

- 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 Penalties for figures will be assessed as per FINA Synchronized Swimming Rules SS11.

SS 11.1 A two (2) point penalty shall be deducted (see SS 12.2).

SS 11.1.1 A competitor stops voluntarily and requests to do the figure again.

SS 11.1.2 A competitor does not perform the announced figure, or if the figure does not have all the required elements, the referee or assistant referee shall advise the judges and the competitor. The competitor shall have another opportunity to perform the announced figure.

SS 11.2 If the competitor makes the same or another mistake or does not attempt to perform the figure again, then the result of this figure will be zero.

6.2 PENALTIES FOR ROUTINES

- 6.2.1 Penalties for routines will be assessed as per FINA Synchronized Swimming Rules SS18.2.1, SS18.2.2, 18.2.5, 18.2.7, 18.2.8, and 18.2.9.

A one (1) point penalty shall be deducted from the routine score if:

SS 18.2.1 The time limit of ten (10) seconds for deck movements is exceeded.

SS 18.2.2 There is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with SS 14.1 and SSAG 6.

SS 18.2.5 A competitor has made a deliberate use of the bottom of the pool during the routine.

A two (2) point penalty shall be deducted from the routine score if:

SS 18.2.7 A competitor has made a deliberate use of bottom of the pool during a routine to assist another competitor.

SS 18.2.8 A routine is interrupted by a competitor during the deck movements and a new start is allowed.

SS 18.2.9 If during the deck movements in routines competitors are executing stacks, towers or human pyramids.

7. **MUSIC**

A. There should be no more than a 10 second lead in before the music starts.

B. Music must be uploaded to DropBox 1 week prior to Regionals and submitted as follows:

Examples: Club Name – Beginner Duet – Birch & Cedar – Beautiful Day

Club Name – Beginner Team – Blue,Red,Yellow,Green,Pink – Sunny Day

C. Only music that has been uploaded to DropBox will be used during Regionals and Provincials.

D. Each club must bring a back-up electronic version of each routine on one device to be handed into the music desk at the start of each competition (coaches must be available to assist the music desk in the event of music malfunction).

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 in each Figure category, and the top three finishers in each routine event (Championship Score).
- 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 & OFFICIALS

- 9.1 Events may run up to ½ hour early, please inform all swimmers, parents, other coaches etc and be prepared for warm ups and events should the schedule change.
- 9.2 A Coaches' Meeting will be held ½ hour to 1 hour before the Meet begins, to review competition details, scratches and procedures.
- 9.3 A Coaches' Meeting will be held immediately following the routine events to provide feedback from the Judges.
- 9.4 Coaches are required to sign off on the Figure and Routine results ½ hour after each event has been completed.
- 9.5 Coaching swimmers while they are actively competing will not be permitted. Coaches debriefing competitors after they compete should be well away from the competition area to avoid disadvantaging other competitors.
- 9.6 Spectators who are not volunteering will not be permitted on the pool deck. Coaches are asked to inform competitors and parents that spectators are to remain in the spectator viewing area.
- 9.7 Gelling of hair will not be permitted in the facility change rooms or washrooms. Clubs are asked to make arrangements for hair gelling in areas that will not be disruptive to pool patrons, and ensure that facilities are left in the same condition after the competition as they were at the beginning of the competition.
- 9.8 Flash photography is forbidden. The flash can be disorienting for competitors and judges. Coaches and Competitors are asked to inform spectators of this prior to the competition.

10. OTHER

- 10.1 Unless specific wording is found in the BCSSA Rulebook or Provincial Meet Package, all officials shall refer to the most recent FINA General Rules and the Rules for Synchronized Swimming SS1 to SS20.
- 10.2 Figure Events
 - a) Swimmers must wear a plain coloured bathing suit of their choice for the figure competition. Black is the preferred colour. It is not permitted for swimmers to wear suits or swim caps that identify a club or region affiliation.
 - b) Nose clips are allowed for all events. Goggles are allowed for figure events and with medical certification for routine events. Medical certification must be submitted to the Chief Referee at least 30 minutes before the event.
 - c) Bathing suits shall conform to FINA specification as per GR 5.1 – 5.3.
 - d) In all synchronized swimming events, it is not permitted for swimmers to wear jewellery (other than medical alert bracelets) or nail polish.
- 10.3 If you have any questions regarding the Synchro competition contact Joy Evans at joy.evans@bcsummerswimming.com.

**BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING
 DUET ENTRY FORM**

CLUB:			MEET:		
SYNCHRO DIRECTOR:			LOCATION:		
Office Use	DUET Name	Theme	DUET Swimmer 1	Div	Tier
		Coach	DUET Swimmer 2	Div	Tier
e.g.	<i>Crane/Fishtail</i>	<i>Mermaids</i>	<i>Frank Fishtail</i>	<i>2</i>	<i>B</i>
		<i>Sally Campbell</i>	<i>Cathy Crane</i>	<i>3</i>	<i>Int</i>

BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING

COMPULSORY FIGURES FORM

CLUB:		MEET:		
SYNCHRO DIRECTOR:		LOCATION:		
	Competitor's Last Name	First Name & Initial	Division	Tier
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				

BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING

COMPULSORY FIGURES FORM (continued)

CLUB:		MEET:		
SYNCHRO DIRECTOR:		LOCATION:		
	Competitor's Last Name	First Name & Initial	Division	Tier
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
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41				
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43				
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49				
50				



DIVING

Coaches Meeting & workshops:

TUESDAY, AUGUST 18, 2015

Coaches meeting & education module

Dive sheets are due @ 3:00pm

3:00-7:00 at pool, follow the signs

Warm Ups:

TUESDAY, AUGUST 18, 2015

GENERAL OPEN WARM UP

8:00 PM -10:00PM

Competition:

WEDNESDAY, AUGUST 19, 2015

12:00PM – 4:30 PM

THURSDAY, AUGUST 20, 2015

7:30AM – 11:00 AM

**ALL AWARDS
IMMEDIATELY FOLLOWING THE COMPETITION**

2015 – BCSSA PROVINCIAL DIVING CHAMPIONSHIPS

TUESDAY, AUGUST 18, 2015

**DIVE COACHES EDUCATION SEMINAR & MEETING
3:00PM – 7:00PM**

**DIVER - GENERAL OPEN WARM UP
8:00 PM -10:00PM**

WEDNESDAY, AUGUST 19, 2015

Competition 12:00PM – 4:30 PM

THURSDAY, AUGUST 20, 2015

Competition 7:30AM – 11:10 AM

A full schedule will be faxed, emailed or mailed once all entries are received.

ANNUAL GENERAL MEETING

Date: Thursday August 20, 2015
TIME: 7:30p.m. – 9:30p.m.
Place: Saanich Commonwealth Place, Victoria (in the Gym)
Check “Provincials” page on BCSSA Website
 All Diving Coaches / Parents & Officials should make every effort to attend.

DIVING COACHES’ MEETING

Date: TUESDAY AUGUST 18, 2015 3:00 – 7:00PM
 WEDNESDAY AUGUST 19, 2015 10:30AM – 11:30AM (if required)
Place: MEET ON DECK AT THE MAIN ENTRANCE

All judging and other decisions will be made here, as well as discussion and suggestions about rules/regulations and any future changes.

AWARDS

MEDALS: 1st, 2nd, 3rd
 RIBBONS: 4th to 8th

Awards will be presented to *all* divers, at the end of the meet. It is important **ALL** divers be there on Thursday, August 20, 2015 immediately following the competition and **NOT** just the award winners.

TROPHIES

Girls Team	Woodwards Stores
Boys Team	CKWX Radio
Regional Team	BCSSA Regional Award
Overall Team	BCSSA Challenge Cup

RULES

Please refer to the current Edition of the BCSSA Diving Rules and Regulations, on the website: <http://www.bcsummerswimming.com> under the diving section.

RESULTS

All results will be scored and awarded separately for each division and category, and the team points for diving will be awarded 36, 32, 30, 28, 26, 24, 22, and 20.

ENTRY FEES

There will be a \$25.00 entry fee per event. All Fees, Dive Entry Forms and BCSSA Dive Sheets must be into your Regional Director as the entire package is due to the office by 12:00pm Tues, August 11, 2015.

A written or typed copy of ALL dive meet results must be sent or faxed to the BCSSA Office immediately following the completion of each competition. Fax # (604) 473-9660.

ENTRIES

All Diving Entries must be sent to:
SARAH WELLMAN
c/o BCSSA Office
205 - 2323 Boundary Road
Vancouver, BC, V5M 4V8

NO LATE ENTRIES. ALL ENTRIES MUST BE IN BEFORE 12:00 NOON TUESDAY, AUGUST 11, 2015.

Entries must be filled out on the attached BCSSA Diving Entry Forms and a copy of all REGIONAL RESULTS must accompany the entries. Submit your regional dive sheets (a copy), and your Provincial Dive Sheets at this time.

The entry form must be signed by ONE coach, the Regional Dive Coordinator or Director & The Regional Registrar.

DIVE SHEETS

Must be completed and turned in with registration on **Tuesday August 11, 2015**. **Dive Sheets must be completed in pencil**. All changes (or new dive sheets) must be completed before specific event warm ups start on the day of competition. (A FAXED COPY WILL BE ACCEPTED IF NECESSARY, BUT THIS MUST BE ARRANGED IN ADVANCE.)

Everyone must be there for the entire evening. Events will run consecutively and we will wait for no one. Time is limited. It is the competitors and coaches' responsibility to be there on time for each event, dressed appropriately and ready to dive. Events may be combined as needed.

A schedule of events will be faxed or emailed on Thursday, **August 13, 2015**.

Each club is REQUIRED to supply at least one Judge. Please let Diving Coordinator Sarah Wellman know the judges' name as soon as possible after the Regional Championship. There will be a SIGN UP sheet circulated PRIOR to the Diving Competition in order to facilitate TABLEWORKERS. (**See January 2014 BCSSA Board Meeting minutes for details**).

Divers shall ensure proper attire is worn, which will allow the judges to clearly see the lines of the body while a dive is being executed.

2015 BCSSA Age Group Dive Requirements – PROPOSED LISTS

“S” DIVERS

Age Group – 1 Metre	Required dives	Optional dives	Optional - Clarification
8 & Under	100 – Front Jump 200 – Back Jump 101 or 001 (Front Fall in) 201 or 002 (Back Fall In)	Any 3 dives	<ul style="list-style-type: none"> All jumps & fall-ins are permitted BUT only one in each direction. Required dives may be repeated as optional dives, however the position must be different. 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
9 & 10	100 – Front Jump 200 – Back Jump 101 or 001(Front Fall in) 201	40? Any inward group + Any 2 dives	<ul style="list-style-type: none"> All jumps & fall-ins are permitted BUT only one in each direction. Required dives may be repeated as optional dives, however the position must be different. 2 categories/groups (3 of the following:100/ 200/300/400/5000) must be used.
11 & 12	200 – Back Jump 101 201 or 301 401	+ Any 2 dives	<ul style="list-style-type: none"> NO JUMPS Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. Required dives may be repeated as optional dives, however the position must be different. 2 categories/groups (3 of the following:100/ 200/300/400/5000) must be used.
13 & 14	101 201 or 301 401	Any 4 dives	<ul style="list-style-type: none"> JUMPS may be used as an optional, when it is the DD will be 0.5. Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. Required dives may be repeated as optional dives, however the position must be different. 3 categories/groups (3 of the following:100/ 200/300/400/5000) must be used.
15 & 16	101 201 or 301 401	Any 4 Dives	<ul style="list-style-type: none"> NO JUMPS Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. Required dives may be repeated as optional dives, however the position must be different. 4 categories/groups (4 of the following:100/ 200/300/400/5000) must be used.
17 – 19 / 20 & Over	101 201 or 301 401	Any 4 Dives	<ul style="list-style-type: none"> ONE jump OR fall in is permitted in each direction Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. Required dives may be repeated as optional dives, however the position must be different. 3 categories/groups (3 of the following)100/ 200/300/400/5000) must be used.

2015 BCSSA Age Group Dive Requirements – PROPOSED LIST

“S” DIVERS

Age Group – 3 Metre	Required dives	Optional dives	Optional Clarification
8 & under	100 – Front Jump 200 – Back Jump 001 fall in or roll in 1 Step hurdle + Jump	Back Jump (I-O arm swing) + Any 1 Dive	<ul style="list-style-type: none"> All jumps & fall-ins are permitted BUT only one in each direction. Required dives may be repeated as optional dives, however the position must be different. 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
9 & 10	100 – Front Jump 200 – Back Jump 001 fall in or roll in 1 Step Hurdle + Jump	101 + Any 1 DIVE	<ul style="list-style-type: none"> NO Additional Jumps Fall-ins are permitted BUT only one in each direction. Required dives may be repeated as optional dives, however the position must be different. 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
11 & 12	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	+ Any 3 dives	<ul style="list-style-type: none"> NO JUMPS, NO FALL-INS Required dives may be repeated as optional dives, however the position must be different. 3 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
13 & 14	100 – Front Jump 200 – Back Jump 001 fall in or roll in 002 101	+any 4 Dives	<ul style="list-style-type: none"> NO JUMPS, NO FALL-INS Required dives may be repeated as optional dives, however the position must be different. Must have one optional that demonstrates flipping rotational movement. i.e. a minimum of one complete revolution. 3 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
15 & 16	001 fall in or roll in 002 101 201	+ Any 4 Dives	<ul style="list-style-type: none"> Fall-ins are permitted BUT only one in each direction. Required dives may be repeated as optional dives, however the position must be different. 3 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.
17 – 19 / 20 & Over	001 fall in or roll in 002 101 201	Any 3 Dives	<ul style="list-style-type: none"> All jumps & fall-ins are permitted BUT only one in each direction. Required dives may be repeated as optional dives, however the position must be different. 2 categories/groups (2 of the following:100/ 200/300/400/5000) must be used.

2015 BCSSA Age Group Dive Requirements

“O CAT” DIVERS

Age Group – 1 Metre	Required dives	Optional dives	Optional Clarification
The 19 & under divers will be competing together with the BCSSA Category divers.			
20 & Over O Cat 4	Front or Inward Back or Reverse Twisting Category (your choice)	Front Optional Back or Reverse Optional Inward Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> • In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. • 4 categories must be demonstrated.

“O CAT” DIVERS

Age Group – 3 Metre	Required dives	Optional dives	Optional Clarification
The 19 & under divers will be competing together with the BCSSA Category divers			
20 & Over O Cat 4	001 002 Front or Inward Back or Reverse Twisting Category (your choice)	Front Optional Back or Reverse Optional Inward Optional + 1 Other (must not duplicate a category from the list)	<ul style="list-style-type: none"> • In areas where a choice is given, the unused dive may be performed as an optional dive. HOWEVER, you may NOT duplicate a dive number. • 3 categories must be demonstrated.

DEGREE OF DIFFICULTY

SPRINGBOARD		1 Meter				3 Meters			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
100	Front Jump	1.0				1.0			
001	Front Dive FALL IN	1.1				1.1			
101	Forward Dive	1.2	1.4	1.3		1.4	1.6	1.5	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1 ½ Somersault		1.7	1.6			1.6	1.5	
104	Forward Double Somersault		2.3	2.2			2.1	2.0	
105	Forward 2 ½ Somersault		2.6	2.4			2.4	2.2	
106	Forward Triple Somersault			2.9			2.8	2.5	
107	Forward 3 ½ Somersault			3.0			3.1	2.8	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward Flying 1 ½ Somersault		1.9	1.8			1.8	1.7	
115	Forward Flying 2 ½ Somersault							2.5	
BACK GROUP		A	B	C	D	A	B	C	D
200	Back Jump	1.0				1.1			
002	Back Dive FALL IN	1.1				1.2			
201	Back Dive	1.4	1.7	1.6		1.6	1.9	1.8	
202	Back Somersault	1.7	1.7	1.6		1.9	1.9	1.8	
203	Back 1 ½ Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2 ½ Somersault			3.0			3.0	2.8	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1 ½ Somersaults							2.1	
REVERSE GROUP		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.8	1.7		2.0	2.0	1.9	
302	Reverse Somersault	1.8	1.8	1.7		2.0	2.0	1.9	
303	Reverse 1 ½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault		2.6	2.3			2.4	2.1	
305	Reverse 2 ½ Somersault		3.2	3.0			3.0	2.8	
312	Reverse Flying Somersault		1.8	1.7				1.8	
313	Reverse Flying 1 ½ Somersault							2.2	
INWARD GROUP		A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.6	1.5		1.8	1.6	1.5	
402	Inward Somersault		1.7	1.6			1.6	1.5	
403	Inward 1 ½ Somersaults		2.4	2.2			2.1	1.9	
404	Inward Double Somersaults			2.8			2.6	2.4	
405	Inward 2 ½ Somersaults		3.4	3.1			3.0	2.7	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault			2.7				2.4	

DEGREE OF DIFFICULTY

TWIST GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive, ½ Twist	1.8	1.7			1.8	1.7		
5112	Forward Dive, 1 Twist	2.0	1.9			2.0	1.7		
5121	Forward Som., ½ Twist		1.8		1.7		1.8		1.7
5122	Forward Som., 1 Twist				1.9				2.0
5124	Forward Som., 2 Twist				2.3				
5126	Forward Som., 3 Twist				2.7				
5131	Forward 1 ½ Som., ½ Twist		2.1	2.0			2.0	1.9	
5132	Forward 1 ½ Som., 1 Twist				2.2				2.1
5134	Forward 1 ½ Som., 2 Twists				2.6				2.5
5136	Forward 1 ½ Som., 3 Twists				3.0				2.9
5138	Forward 1 ½ Som., 4 Twists								3.3
5152	Forward 2 ½ Som., 1 Twist		3.2	3.0			3.0	2.8	2.8
5154	Forward 2 ½ Som., 2 Twists						3.4	3.2	3.2
5211	Back Dive ½ Twist	1.4				1.5			
5212	Back Dive, 1 Twist	1.6				1.7			
5221	Back Somersault, ½ Twist				1.8				1.8
5222	Back Somersault, 1 Twist				1.9				
5223	Back Somersault, 1 ½ Twists				2.3				
5225	Back Somersault, 2 ½ Twists				2.7				
5227	Back Somersault, 3 ½ Twists								3.2
5231	Back 1 ½ Som., ½ Twist				2.1				2.0
5233	Back 1 ½ Som., 1 ½ Twists				2.5				2.4
5235	Back 1 ½ Som., 2 ½ Twists				2.9				2.8
5237	Back 1 ½ Som., 3 ½ Twists								3.2
5251	Back 2 ½ Som., ½ Twist						3.1	2.8	2.7
5253	Back 2 ½ Som., 1 Twist						3.5	3.3	3.1
5311	Reverse Dive ½ Twist	1.9				2.0			
5312	Reverse Dive, 1 Twist	2.1				2.2			
5321	Reverse Somersault, ½ Twist				1.8				
5322	Reverse Som., 1 Twist				2.0				
5323	Reverse Som., 1 ½ Twists				2.4				
5325	Reverse Som., 2 ½ Twists				2.8				
5331	Reverse 1 ½ Som., ½ Twist				2.2				2.1
5333	Reverse 1 ½ Som., 1 ½ Twists				2.6				2.5
5335	Reverse 1 ½ Som., 2 ½ Twists				3.0				2.9
5337	Reverse 1 ½ Som., 3 ½ Twists								3.3
5351	Reverse 2 ½ Som., ½ Twist						3.1	2.9	2.7
5371	Reverse 3 ½ Som., ½ Twist							3.5	3.6
5411	Inward Dive, ½ Twist	2.0	1.7			1.9	1.6		
5412	Inward Dive, 1 Twist	2.2	1.9			2.1	1.8		
5421	Inward Som., ½ Twist		1.8	1.7			1.6	1.5	
5422	Inward Som., 1 Twist				2.1				
5432	Inward 1 ½ Som., 1 Twist				2.7				2.4
5434	Inward 1 ½ Som., 2 Twists				3.1				2.8

BC Summer Swimming Association
Dive Sheet

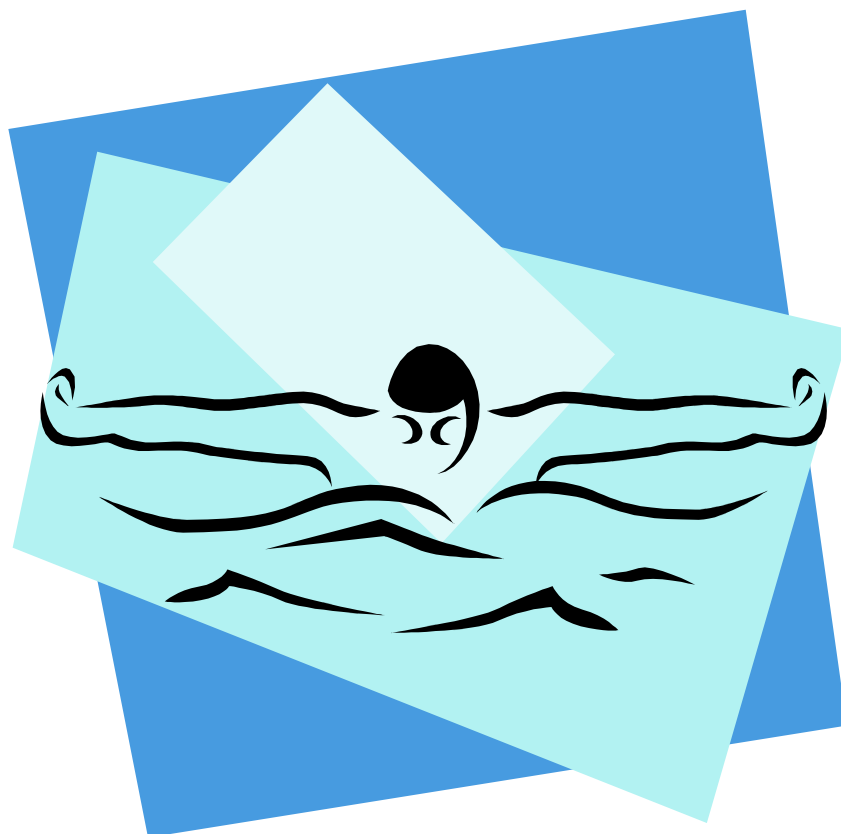


Event No. _____ Grp./Cat _____ S/O _____ 1m _____ 3m _____ Sex _____ Diving Order _____
 Name _____ Club _____ Coach _____
 Meet _____ Date _____

Dive No.	Description of Dive	POS	Judges Awards					DD	Total	Score
			1	2	3	4	5			
	Compulsory Dives									

	Optional Dives									

Competitor's Signature _____ Coaches Initials _____ Total Points _____
 _____ FINAL PLACE _____



SWIMMING

Thursday, August 20, 2015

Regional Practice Times

5:00 – 6:30 pm

6:30 – 8:00 pm

Friday, August 21, 2015

Speed Swimming

8:00 a.m. Start

Saturday, August 22, 2015

Speed Swimming

8:00 a.m. Start

Sunday, August 23, 2015

Speed Swimming

8:00 a.m. Start

COACHES AND MEMBERS:

PLEASE VISIT THE BCSSA WEBSITE FOR INFORMATION ON SCHOLARSHIPS AND BURSARIES www.bcsummerswimming.com; go to "About"

SPEED SWIMMING BC CHAMPIONSHIPS (BCCH) POLICY

REGIONAL PRACTICE TIME / WARM UPS

Pool facility:	Saanich Commonwealth Place, Victoria
Procedure:	2 Lanes per region in Senior Pool (East) 2 Lanes per region in Junior Pool (West)
Rental Cost:	\$300 per region

Times and Lane Assignments for Regional Practice - Thursday, August 20, 2015.

The Regional Coach & the Regional Director of each Region are responsible for dividing time between Regional Clubs (Practice Times).

5:00 PM – 6:30 PM

<i>West Pool (Junior) Pool</i>		<i>East Pool (Senior)</i>	
<u>Region</u>	<u>Lanes</u>	<u>Region</u>	<u>Lanes</u>
<i>Kootenay</i>	<i>1 & 2</i>	<i>Cariboo</i>	<i>1 & 2</i>
<i>Fraser South</i>	<i>3 & 4</i>	<i>Simon Fraser</i>	<i>3 & 4</i>
<i>Okanagan</i>	<i>5 & 6</i>	<i>Fraser Valley</i>	<i>5 & 6</i>
<i>Vancouver Island</i>	<i>7 & 8</i>	<i>Vancouver & District</i>	<i>7 & 8</i>

6:30 PM – 8:00 PM

<i>West Pool</i>		<i>East Pool</i>	
<u>Region</u>	<u>Lanes</u>	<u>Region</u>	<u>Lanes</u>
<i>Fraser South</i>	<i>1 & 2</i>	<i>Okanagan</i>	<i>1 & 2</i>
<i>Fraser Valley</i>	<i>3 & 4</i>	<i>Simon Fraser</i>	<i>3 & 4</i>
<i>Cariboo</i>	<i>5 & 6</i>	<i>Vancouver & District</i>	<i>5 & 6</i>
<i>Vancouver Island</i>	<i>7 & 8</i>	<i>Kootenay</i>	<i>7 & 8</i>

During Speed swimming events, no parents or guests will be permitted on the pool deck or within the marshalling area. The Warm-Up rules will be in effect and coaches must pre-clear lanes prior to any dive sprints. Safety Marshals will be monitoring lanes and ensuring this rule is adhered to.

Warm up each day:

6:45 A.M. to 7:45 A.M.

Each Region is assigned one lane by random draw. Regions will keep the same lane assignment for both junior and senior pools throughout the Championship (Aug 21 – 23, 2015).

<u>Region</u>	<u>Lane</u>
Simon Fraser	1
Fraser South	2
Kootenay	3
Okanagan	4
Fraser Valley	5
Vancouver Island	6
Cariboo	7
Vancouver & District	8

Coaches' Meeting:	6:30 A.M. each day
Officials' Meeting:	7:15 A.M. each day

Marshalling and Warm Up Times

Friday

100/200 IM	7:50 AM
50 Free	9:00 AM
Medley Relays	9:45 AM
Break	45 Minutes
Warm ups (1/2 hour)	@ conclusion of Break

Saturday

50/100 Fly	7:50 AM
50/100 Backstroke	8:45 AM
Free Relays	9:45 AM
Break	45 Minutes
Warm ups (1/2 hour)	@ conclusion of Break

Sunday

50 Fly (Div 5-8, 'O' Cat 2)	7:50 AM
50/100 Breaststroke	8:15 AM
100 Free	9:15 AM
Break	45 Minutes
Warm ups (1/2 hour)	@ conclusion of Break

- Note:**
1. All Times are approximate. Marshalling and warm ups **will not** start before the listed times.
 2. All swimmers are encouraged to participate in the Regional Cheers and the National Anthems. Marshalling calls will not be made until after the completion of the Anthems.
 3. Marshalling calls by the Announcer are courtesy calls only. The clerk at the marshalling areas makes official Marshalling calls. It is the swimmer's responsibility to be able to hear the calls made by the clerk for the event in which he/she is participating.

HEATS, FINALS AND CONSOLATIONS

1. Tier “S” and Tier “O” swimmers will compete in Heats, Finals and Consolations according to Division or Category. (See event list - **Appendices I-A, I-B, I-C**)
2. Consolations will be swum **first** and Finals **second**.

SCRATCHES (See Appendix II for Scratch Sheet)

1. **HEATS:**

- A) Scratches **must** be reported to the Clerk
- B) Scratches **prior** to the start of the BCCH Meet **MUST** be submitted to the BCSSA office by NOON Thursday August 13, 2015.
- C) From August 13 through August 23 **EACH CLUB SHALL ADVISE THE CLERK OF THE COURSE OF ANY SCRATCHES FROM ANY HEAT as soon as possible**. The club must also advise the Regional Director, who will then be responsible for ensuring that the alternate is advised that he/she is swimming.

1. **FINALS:**

Scratches should be done **as soon as possible** following the posting of the heat results. The Clerk must be advised, by the coach of this scratch. This is to allow alternates to have adequate notice to prepare for the event and to ensure that all parties agree.

ALTERNATES:

1. Regional Alternates who are at the BCCH Meet **MUST** be at the Clerk of the Course for the specific event. They must be available **immediately**, if needed.
2. A maximum of 2 alternates will be eligible. If no alternate appears, the Heat will be swum without a replacement.
3. All alternates for Finals must go to the Clerk and be available when the event is called.

****LIVE RESULTS****
WILL BE POSTED ON THE WEBSITE

www.bcs Summerswimming.com/LiveResults2015

2015 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Friday August 21, 2015

6:30 a.m. Coaches' Meeting
7:15 a.m. Officials' Meeting
6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<u>Girls</u>		<u>Boys</u>	
	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	"O" CAT 2	200m I.M.	116
	117	VII	200m I.M.	118
	119	VIII	200m I.M.	120
	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	"O" CAT 2	50m Free	136
	137	VII	50m Free	138
	139	VIII	50m Free	140
	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	"O" CAT 2	4 x 50m Medley Relay	156
	157	VII	4 x 50m Medley Relay	158
	159	VIII	4 x 50m Medley Relay	160

* During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 lane in Finals.

* **First Number** of event indicates the day of the swimming Competition

2015 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Saturday August 22, 2015

6:30 a.m. Coaches' Meeting
7:15 a.m. Officials' Meeting
6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<u>Girls</u>		<u>Boys</u>
	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	"O" CAT 2 100m Fly	216
	217	VII 100m Fly	218
	219	VIII 100m Fly	220
	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	"O" CAT 2 100m Back	236
	237	VII 100m Back	238
	239	VIII 100m Back	240
	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	"O" CAT 2 4 x 50m Free Relay	256
	257	VII 4 x 50m Free Relay	258
	259	VIII 4 x 50m Free Relay	260

* During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 Lane in Finals.

* **First Number** of event indicates the day of the swimming Competition.

2015 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Sunday August 23, 2015

6:30 a.m. Coaches' Meeting
7:15 a.m. Officials' Meeting
6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<u>Girls</u>		<u>Boys</u>
301	DIV V	50m Fly	302
303	VI	50m Fly	304
305	"O" CAT 2	50m Fly	306
307	VII	50m Fly	308
309	VIII	50m Fly	310
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	"O" CAT 2	100m Breast	326
327	VII	100m Breast	328
329	VIII	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	"O" CAT 2	100m Free	346
347	VII	100m Free	348
349	VIII	100m Free	350
351	DIV I	4 x 50m Med. Regional Relay	352
353	II	4 x 50m Med. Regional Relay	354
355	III	4 x 50m Med. Regional Relay	356
357	"O" CAT 1	4 x 50m Med. Regional Relay	358
359	IV	4 x 50m Med. Regional Relay	360
361	V	4 x 50m Med. Regional Relay	362
363	VI	4 x 50m Med. Regional Relay	364
365	"O" CAT 2	4 x 50m Med. Regional Relay	366
367	VII	4 x 50m Med. Regional Relay	368
369	VIII	4 x 50m Med. Regional Relay	370

- * During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 Lane in Finals.
- * **NOTE: EVENTS 351-370 WILL BE SWUM AFTER FINALS OF THE INDIVIDUAL EVENTS IN P.M. SESSION.**
- * 400 COACHES' "Miracle Mile" Relay Swim - Finals Only
- * **First Number** of event indicates the day of the swimming Competition

Appendix IIIA - 2015 BC CHAMPIONSIPS QUALIFYING STANDARDS

Qualifying Standards are generally based on the average of 8th place in Heats for 2010-2014 inclusive

Any swimmer who **equals or betters** the following times in the **FINALS** at a **2015** Regional Championship Meet automatically qualifies for the respective events at the BC Championships.

DIV	50 FREE	100IM	200IM	50 FLY	100 FLY	50 BR.	100 BR.	50 BACK	100BACK	100FREE
1G	:39.76	1:42.37		:47.58		:53.7		:48.01		1:30.71
2G	:35.09	1:31.12		:40.21		:46.68		:41.83		1:17.37
3G	:32.21	1:21.92		:35.93		:42.42		:38.33		1:10.99
4G	:30.54		2:50.46	:33.98			1:27.09		1:18.21	1:06.81
5G	:29.61		2:47.25	:33.20	1:17.23		1:25.20		1:16.48	1:05.63
6G	:29.27		2:44.44	:32.47	1:14.80		1:23.96		1:15.05	1:05.10
7G	:30.10		2:47.42	:33.11	1:17.52		1:28.38		1:17.42	1:08.93
8G	:29.56		2:51.04	:32.71	1:19.20		1:28.11		1:22.03	1:05.85
1B	:40.39	1:42.87		:49.75		:53.82		:48.39		1:30.19
2B	:35.31	1:29.97		:40.60		:47.83		:42.42		1:19.55
3B	:32.24	1:20.60		:37.00		:42.17		:38.10		1:11.35
4B	:29.09		2:44.22	:32.97			1:24.03		1:15.13	1:04.35
5B	:27.41		2:34.97	:30.46	1:10.95		1:20.15		1:10.84	1:00.48
6B	:26.42		2:30.76	:29.19	1:07.24		1:16.59		1:08.23	:59.09
7B	:26.03		2:35.94	:29.16	1:09.05		1:19.16		1:10.54	:58.40
8B	:25.54		2:26.08	:28.05	1:02.50		1:15.50		1:08.67	:57.40
O1G	:39.59	1:49.21		:47.50		:54.83		:47.00		1:24.35
O2G	:31.87		2:47.04	:35.78	1:16.53		1:26.21		1:20.86	1:09.78
O1B	:35.99	1:29.74		:47.20		:47.50		:42.00		1:22.50
O2B	:28.91		2:43.08	:31.72	1:08.24		1:17.68		1:10.92.	1:01.98

Appendix III B 2015 BC CHAMPIONSHIPS QUALIFYING STANDARDS RELAY TEAMS

Qualifying Standards are generally based on the average of 3rd place in Heats for 2010-2014 inclusive.

Any relay team finishes in the top two (2) and/or **equals or better** the following times in the **FINALS** at a 2015 Regional Championships Meet automatically qualifies for the respective events at the Provincial Championships.

<i>DIV</i>	200 MEDLEY	200 FREE
1G	3:24.29	2:53.71
2G	2:47.60	2:27.06
3G	2:31.76	2:13.34
4G	2:19.94	2:05.21
5G	2:18.18	2:02.34
6G	2:14.93	2:00.17
7G	2:15.91	1:59.21
8G	2:14.15	1:58.63
1B	3:24.39	2:54.53
2B	2:48.57	2:27.70
3B	2:32.29	2:13.32
4B	2:19.43	2:01.28
5B	2:06.86	1:52.22
6B	2:02.22	1:48.64
7B	2:01.65	1:47.45
8B	1:53.85	1:41.44
O1G	3:20.00	2:21.00
O2G	2:19.50	2:00.60
O1B	3:05.00	2:25.00
O2B	2:03.91	1:48.40

REGIONAL RESPONSIBILITIES

LANE ASSIGNMENTS FOR TIMERS & RECORDERS

Heats & Finals: 1 lane per region; same for both senior and junior pool

	Lane No.							
	1	2	3	4	5	6	7	8
Friday								
Heats	VI	FS	CA	SF	FV	KO	OK	VD
FINALS	CA	VI	SF	FV	OK	VD	FS	KO
Saturday								
Heats	VD	VI	FS	CA	SF	FV	KO	OK
FINALS	CA	VI	OK	SF	FV	KO	VD	FS
Sunday								
Heats	SF	OK	VD	VI	FS	FV	KO	CA
FINALS	FS	SF	VI	VD	FV	CA	KO	OK

REGIONAL RESPONSIBILITIES

Region	Duties
Cariboo	<i>Food Delivery</i>
Fraser South	<i>Marshalling/Clerk</i>
Fraser Valley	<i>Meet Office</i>
Kootenay	<i>Food Delivery</i>
Okanagan	<i>Awards/Swimmer Presentation</i>
Simon Fraser	<i>Deck Security</i>
Vancouver & District	<i>Food Prep/Delivery</i>
Vancouver Island	<i>Set-up/Electronics/Food Purchase</i>