

2018 VANCOUVER ISLAND REGIONAL CHAMPIONSHIP MEET PACKAGE



**1 VANCOUVER ISLAND REGIONAL CHAMPIONSHIP  
2018  
MEET PACKAGE**

**Ray Newman Championship Swim Meet**

**COWICHAN AQUATIC CENTRE POOL**

**2653 James St. Duncan, BC**

**DATES:** Friday, August 3 – Sunday, August 5, 2018

**COURSE:** 25 metre, 8 lanes, starting blocks and Colorado 6 Electronic Timing System (Dolphin Backup)

**MEET MANAGER** Sheila Coogan ([president@cvbreakers.ca](mailto:president@cvbreakers.ca))  
**(Prior to competition):**

**MEET MANAGER** Sheila Coogan ([vi.director@bcsummerswimming.ca](mailto:vi.director@bcsummerswimming.ca))  
**(During competition):**

**MEET REFEREE:** Mike Craig ([mcraig@medicineteam.com](mailto:mcraig@medicineteam.com))

**MEET ENTRIES:** Sara Lowe ([sara@cvbreakers.ca](mailto:sara@cvbreakers.ca))

**CLERK OF THE** Sandi Urquhart ([sandiurquhart@shaw.ca](mailto:sandiurquhart@shaw.ca))

**COURSE:**

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

## **SCHEDULE:**

### **Friday August 3, 2018**

10:00 am Group 1 warm-up (schedule to follow)

10:30 am Group 2 warm-up

10:45 am Officials Meeting

11:00 am Coaches Meeting

11:30 am Preliminary Heats begin

Break (30 minutes)

Finals warm-up

Consolations and Finals

### **Sunday August 4, 2018**

7:00 am Group 1 warm-up (schedule to follow)

7:30 am Group 2 warm-up

7:45 am Officials Meeting

8:00 am Coaches Meeting

8:15 am "O Canada"

8:30 am Preliminary Heats begin

Break (one hour) – VI Region AGM

Finals warm-up

Consolations, Finals and Relays

### **Sunday August 5, 2018**

7:00 am Group 2 warm-up (schedule to follow)

7:30 am Group 1 warm-up

7:45 am Officials Meeting

8:00 am Coaches Meeting

8:30 am Preliminary Heats begin

Break (one hour) Parent Relay & Regional Cheers

Finals warm-up

Consolations, Finals and 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 **2018/19**. Each club shall have one vote. All parents of all clubs are welcome to attend.

**On Sunday, Regional Cheers and Acknowledgement of Graduates** will take place prior to the start of consolations and finals. Coaches please have all graduates assemble at the bulkhead after regional cheers.

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**MEET ENTRIES:** All meet entries must be emailed to: sara@cvbreakers.ca

Each swimmer may enter a maximum of 4 individual events plus 2 relays.

Please email your entries by **Noon** on – **Thursday Jul 26<sup>th</sup>, 2018** and include the following three Hy-Tek files:

1. Club meet entries
2. Club roster
3. Proof of Time

Please include a contact name and phone number for any entry questions.

### **INDIVIDUAL ENTRIES:**

**\*\*\*\*\*DECK ENTRIES ARE NOT ALLOWED\*\*\*\*\***

All BCSSA rules are in effect.

Scratches from preliminary events must be reported to the Clerk of the Course no later than 15 minutes before the coaches meeting each day.

Scratches from individual finals must be reported to the Clerk of the Course no later than thirty (30) minutes after the completion of the individual heat.

“O” Cat swimmers may be combined with “S” swimmers for preliminaries, but will swim finals separately. Please submit an “O” Cat Document with your “O”Cat Entries, as per the 2018 VI Region website at vibcssa.ca

Entries **must** be submitted with valid times. NTs are acceptable if the swimmer has never swum the event.

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

### **RELAY ENTRIES:**

**\*\*\*\*\*DECK ENTRIES ARE NOT ALLOWED\*\*\*\*\***

All BCSSA rules are in effect.

All Relays must be entered in the following manner with the same deadline as individual entries:

! The relay team must be entered in Team Manager and sent in with your entries using an A, B, C delineation for a multiple number of teams in the same division of boys or girls. You must enter swimmers' names into your Team Manager entries.

! We will fill in relay cards for you per your Hy-Tek entries and they will be available at the Clerk of the Course during the meet.

Please remember that each swimmer can swim in a maximum of **2 Relays**.

! Team Composition:

- o 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.
- o For each Relay Team, one swimmer must be from the Division that the relay is entered in. All other swimmers may be brought up from lower Divisions.
- o 'S' swimmers can swim in 'O Cat' relays. Div 1-3 with 'O Cat' 1, Div 4-6 with 'O Cat' 2, as long as there is a minimum of 1 (one) 'O Cat' swimmer in each relay. Individual swimmers can only swim on 2 (two) relays. 'O Cat' swimmers may not swim in 'S' relays.
- o 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 2018 competitive season.
- o 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, 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.

**HEATS AND FINALS FOR RELAYS:**

- ! Heats for relay events that have more than one heat will be swum at the end of preliminaries before the break.
- ! Finals for those events and all relay events with only one heat will be swum as Finals at the completion of individual Finals.
- ! There will be no consolation finals for relay events.

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### PREREQUISITES:

As per BCSSA Rules, all entrants **must** have competed in at least one (1) individual event at a scheduled BCSSA Club Hosted Meet since May 1, 2018. All swim meets on the 2018 BCSSA VI Region schedule, prior to this Regional Championship, are BCSSA Club Hosted meets. The swimmer does not have to have swum the same event they are entering at Regionals.

### EVENTS:

Swimmers can enter a maximum of four (4) Individual and two (2) Relay events per swimmer. Individual events are swum as Preliminaries and Finals. Preliminary events may be combined.

“O” Cat swimmers may be combined with “S” swimmers in preliminary heats but will swim finals separately.

### ENTRY FEES:

- **\$8.00 per Individual event**
- **\$12.00 per Relay team**
- In addition, each swimmer must pay a \$5.00 High Performance Fee, for the Electronic Timing System (Installation, Pads & Board) use for Regionals. This is payable with your meet fees.

A cheque payable to “**BCSSA Vancouver Island Region**” **must be paid by 10am Sunday Aug 5<sup>th</sup>, 2018.**

Payment cheques must be submitted to Clerk of the Course. Missed/scratched events, no refunds.

### 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.

**\*\*\*MARSHALLING CALLS ARE A COURTESY, ONLY CALLS MADE BY CLERK OF THE COURSE DIRECTLY IN MARSHALLING ARE OFFICIALLY TIMED CALLS FOR RACE CHECK IN & ALTERNATES, see below\*\*\***

**There will be full Marshalling for Div 1-3 Heats and all Relays.**

This is a cardless meet; however there will be relay cards for Relays.

There will be no “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 the blocks prior to the start of their race.

**There will be full Marshalling for all events in Consolations and 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 twice, with at least 2 minutes between each announcement. It is the responsibility of each competitor to be close enough to hear the announcements.

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. Should this occur, the Clerk will call the designated Alternate, allowing one (1) minute for her/him to report. Once the Alternate(s)

have been called, the listed qualifier and any previously called Alternate are irrevocably scratched from that event.

### **WARM UPS:**

Each Club will be assigned one lane for the full 30 minutes available for warm ups.

<b>FRIDAY</b>	Group 1 <b>10:00 - 10:30 am</b>	Group 2 <b>10:30 - 11:00 am</b>
<b>SATURDAY</b>	Group <b>17:00 – 7:30 am</b>	Group <b>27:30– 8:00 am</b>
<b>SUNDAY</b>	Group <b>27:00 – 7:30 am</b>	Group <b>17:30– 8:00 am</b>

\*\* Lane assignments may change depending on numbers

#### **GROUP 1**

**COU** Lane 1,2  
**NAN** Lanes 3,4,5  
**PDI/JUA/GH** Lane 6  
**OAK** Lane 7,8

#### **GROUP 2**

**POW** Lane 1  
**SSS** Lane 2,3  
**CVB** Lane 4  
**SID** Lane 5,6  
**CAM** Lane 7

### **2018 VI REGION RESPONSIBILITIES:**

1. **Regional Director: SHEILA COOGAN**
  - a. Acquires Regional Supplies: Medals, Ribbons, Record Plaques and Provincial Caps and T-shirts;
  - b. Ensures that our VI Region Provincial Meet responsibilities are filled;
  - c. Ensures that VI Regional Provincial Championship meet entries advancer file is delivered on time to the BCSSA Office; and
  - d. Ensures that VI Coaches form the VI Regional Relays in accordance with “*Swimming and Overall Meet Rules in the 2018 Provincial Championship Meet Package*”.
  
2. **Regional Director of Officials: MIKE CRAIG**
  - a. Designates Meet Referee;
  - b. Arranges for Provincial Sign-up for Officials;
  - c. Encourages all qualified deck officials to undertake shifts for Regional Championship: Stroke & Turn, Referees & Starters; and
  - d. Ensures that all clubs fill lane timing chairs, place judging and lane recorder positions.
  
3. **Meet Manager (prior to competition): SHEILA COOGAN**
  - 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 2018 VI Regionals Budget to the Regional Executive;
  - d. Establishes timing systems, recording systems and provides all associated support materials and equipment;
  - e. Creates the 2018 Meet Package for BCSSA VI Regional Championships;

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- 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: SHEILA COOGAN**
- a. Assumes Meet Manager duties during 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: MAGGIE PARKER**
- 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 2018 Provincial Championship*”.
6. **Regional Treasurer: Kate Palmer**
- a. Reviews the 2018 Regional Championship Budget;
  - b. Collects all regional entry fees from clubs; and
  - c. Collects and remunerates costs incurred at Regionals
7. **Meet Referee: MIKE CRAIG**
- 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 or Representatives:**
- a. Submits their club meet entries by the deadline **Noon – Thursday Jul 26<sup>th</sup>, 2018** outlined in 2018 VI Regional Championship Meet Package;
  - b. Fills their assigned club duties and submits the completed Sign-up lists to the Meet Manager by **Midnight –Wednesday Aug 1<sup>st</sup>, 2018**
  - c. Distributes a completed club volunteer list to their members prior to Regionals.





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### 2018 VI REGIONAL CLUB RESPONSIBILITIES:

- ! Awards (Ribbons & Medals):  
**FRI** – None **SAT**–POW/JUA/PDI **SUN** - COU & SSS(2 people per day)
- ! Medal Presenters (FINALSONLY):  
**FRI**– NAN(3), OAK(3), SID(2)**SAT** – SSS(3), CAM(3), COU(2)**SUN**– NAN(3), OAK(3), SID(2)
- ! Marshalling – NAN, CAM, CVB
- ! Computer Input- CVB, NAN, OAK
- ! Timing Console – CVB, NAN, OAK
- ! Crash Desk, Runners, Photocopying and Posting Results – CAM, SID ,CVB
- ! Deck Food Manager (Supplies, Storage & Planning)- CVB
- ! Deck Food (Prep & Distribute)– All Clubs – see schedule
- ! Site Clean-up and Garbage collection- All Clubs
- ! Set-up and Tear Down- CVB
- ! Crowd Control/Security/Parking – CAM/SID/CVB
- ! Timers– All Clubs (schedule will be sent prior to the Meet, and posted)

### DECK FOOD:

- ! Deck Food will be provided for meet volunteers.
- ! At least one (1) individual must be on location who has a “Food Safe” certificate.
- ! Clubs have been assigned shifts (see below).Please ensure you are there on time.
- ! The Regional Treasurer will collect \$125.00 from each club for Deck Food. Clubs with a BCSSA Registration of 30 athletes or fewer will pay \$50.00.

### **DECK FOOD SCHEDULE – preparation & distribution, Club assignments:**

#### **Friday Heats**

IM & 50 Free-NAN ( 2 )OAK ( 2 ) – two hour shifts

#### **Friday Finals**

IM & 50 Free-SID ( 2 )COU ( 2 )

#### **Saturday Heats**

50 / 100 Fly- CAM(1 ) SSS ( 2 )JUA ( 1 )

50 / 100 Back-NAN ( 2 ) OAK ( 2 )

#### **Saturday Finals**

50 / 100 Fly–SID ( 2 )SSS (2)

50 / 100 Back–POW ( 1 ) OAK ( 2 ) CAM ( 1 )

Medley Relay- COU ( 2 )NAN ( 2 )

#### **Sunday Heats**

50 Fly, 50 / 100 Breast–COU (2 ) NAN ( 2 )

100 Free–OAK ( 2 )SID ( 2 )

#### **Sunday Finals**

50 Fly, 50 / 100 Breast–CAM ( 2 )SSS ( 2 )

100 Free–NAN ( 2 ) OAK (2)

Free Relay –CVB ( 4 )

## **AWARDS:**

**Individual** 1<sup>st</sup> to 3<sup>rd</sup> medals  
**Events:** 4<sup>th</sup> to 16<sup>th</sup> ribbons

**Relays:** 1<sup>st</sup>to3<sup>rd</sup> medals  
4<sup>th</sup> to 8<sup>th</sup> ribbons

**Records:** VI Record Breaker plaques

**Team Awards:** Ray Newman Aggregate Trophy  
(to the club earning the largest number of points in all events)

Regional Director's Award  
(to the club earning the largest number of points per participant in individual events only)

## **HEAT SHEETS & RESULTS:**

- ! A limited Heat Sheets for both days will be available for purchase. Location to be determined
- ! The cost is \$5.00
- ! Results will be posted either in the pool lobby/outside
- ! Coach and or Club Rep can pick up medals/ribbons at the end of the meet in the Records Room. No awards will be released before that time.
- ! Ray Newman Aggregate Trophy and Regional Director's Award will be awarded at the conclusion of Finals on Sunday.

## **REGIONAL CHAMPIONSHIP (PROVINCIAL QUALIFIERS) SHIRTS:**

- ! Please have a club representative take orders for Regional Shirts (order form will be distributed to all clubs) 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 they have completed their volunteer sign-up sheets for the 2018 BCSSA Provincials in Surrey, BC!!! \*

## **PROVINCIAL's SCRATCH MEETING:**

- ! All coaches are required to meet with the Regional Director (and Meet Manager) at the end of the meet on Sunday to finalize the Provincial Entries and Scratches.

## **ANNUAL GENERALMEETING:**

- ! Our Regional Annual General Meeting will be held during the Saturday Break.
- ! All Club members are invited to attend.

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### Events Schedule

#### Friday Preliminary Heats (same Event Numbers for Preliminaries & Finals)

<b>Girls</b>			<b>Boys</b>
101	Div 1	100 IM	102
103	Div 2	100 IM	104
105	Div 3	100 IM	106
107	"O" Cat 1	100 IM	108
109	Div 4	200 IM	110
111	Div 5	200 IM	112
113	Div 6	200 IM	114
115	"O" Cat 2	200 IM	116
117	Div 7	200 IM	118
119	Div 8	200 IM	120
121	Div 1	50 Free	122
123	Div 2	50 Free	124
125	Div 3	50 Free	126
127	"O" Cat 1	50 Free	128
129	Div 4	50 Free	130
131	Div 5	50 Free	132
133	Div 6	50 Free	134
135	"O" Cat 2	50 Free	136
137	Div 7	50 Free	138
139	Div 8	50 Free	140

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

<b>Girls</b>			<b>Boys</b>
201	Div 1	50 Fly	202
203	Div 2	50 Fly	204
205	Div 3	50 Fly	206
207	"O" Cat 1	50 Fly	208
209	Div 4	50 Fly	210
211	Div 5	100 Fly	212
213	Div 6	100 Fly	214
215	"O" Cat 2	100 Fly	216
217	Div 7	100 Fly	218
219	Div 8	100 Fly	220
221	Div 1	50 Back	222
223	Div 2	50 Back	224
225	Div 3	50 Back	226
227	"O" Cat 1	50 Back	228
229	Div 4	50 Back	230
231	Div 5	100 Back	232
233	Div 6	100 Back	234
235	"O" Cat 2	100 Back	236
237	Div 7	100 Back	238
239	Div 8	100 Back	240
141	Div 1	4x50 Medley Relay	142
143	Div 2	4x50 Medley Relay	144
145	Div 3	4x50 Medley Relay	146
147	"O" Cat 1	4x50 Medley Relay	148
149	Div 4	4x50 Medley Relay	150
151	Div 5	4x50 Medley Relay	152
153	Div 6	4x50 Medley Relay	154
155	"O" Cat 2	4x50 Medley Relay	156
157	Div 7	4x50 Medley Relay	158
159	Div 8	4x50 Medley Relay	160

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

<b>Girls</b>			<b>Boys</b>
301	Div 5	50 Fly	302
303	Div 6	50 Fly	304
305	"O" Cat 2	50 Fly	306
307	Div 7	50 Fly	308
309	Div 8	50 Fly	310
311	Div 1	50 Breast	312
313	Div 2	50 Breast	314
315	Div 3	50 Breast	316
317	"O" Cat 1	50 Breast	318
319	Div 4	100 Breast	320
321	Div 5	100 Breast	322
323	Div 6	100 Breast	324
325	"O" Cat 2	100 Breast	326
327	Div 7	100 Breast	328
329	Div 8	100 Breast	330
331	Div 1	100 Free	332
333	Div 2	100 Free	334
335	Div 3	100 Free	336
337	"O" Cat 1	100 Free	338
339	Div 4	100 Free	340
341	Div 5	100 Free	342
343	Div 6	100 Free	344
345	"O" Cat 2	100 Free	346
347	Div 7	100 Free	348
349	Div 8	100 Free	350
241	Div 1	4x50 Free Relay	242
243	Div 2	4x50 Free Relay	244
245	Div 3	4x50 Free Relay	246
247	"O" Cat 1	4x50 Free Relay	248
249	Div 4	4x50 Free Relay	250
251	Div 5	4x50 Free Relay	252
253	Div 6	4x50 Free Relay	254
255	"O" Cat 2	4x50 Free Relay	256
257	Div 7	4x50 Free Relay	258
259	Div 8	4x50 Free Relay	260

## ACCOMODATIONS IN DUNCAN/COWICHAN VALLEY AREA

### HOTELS

- ! **Best Western- Cowichan Valley Inn- 250-748-2722 –Currently under renovation – check to see if open.**
- ! **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 Suites at Cowichan Bay- 250-715-1000 – located 15 minutes away (south)**
- ! **Best Western Plus Chemainus Inn - (250) 246-4181 – located 15 minutes away (north)**
- ! **Super 8 Duncan - (250) 748-0661- located less than 5 minutes away**

### CAMPING

- ! **Country Maples RV Resort**250-246-2078[www.holidaytrailsresorts.com](http://www.holidaytrailsresorts.com)
- ! **Osborne Bay Resort**1-800-567-PARK[www.osbornebayresort.com](http://www.osbornebayresort.com)
- ! **Bamberton Provincial Park**1-800-689-9025[www.env.gov.bc.ca](http://www.env.gov.bc.ca)
- ! **Beehive Camping & RV**250-743-2074[www.beehivecampground.ca](http://www.beehivecampground.ca)
- ! **Chemainus Gardens**250.246.3569[www.chemainusgardens.com](http://www.chemainusgardens.com)
- ! **Cowichan River Provincial Park Campground**[www.env.gov.bc.ca](http://www.env.gov.bc.ca)

### TOURIST INFO

#### General

<http://www.tourismcowichan.com/>

#### Local Info for Saturday Morning

Duncan Farmer's Market is a short walk (5min) from the pool, and operates Saturday 9am-2pm

<http://www.duncanfarmersmarket.ca>

### RESTAURANTS & GROCERY STORES

#### Restaurants

<http://business.duncancc.bc.ca/list/ql/restaurants-food-beverages-46>

#### Stores

<http://www.duncan-bc.worldweb.com/Shopping/Food/>

Thank you so much for supporting our local economy in the Cowichan Valley!



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BCSSAVancouverIslandRegionalChampionships

SCRATCH SHEET

*Club* \_\_\_\_\_ *Coach* \_\_\_\_\_

Swimmer	Event#	EventName