



**13TH ANNUAL
ICEBREAKER
INVITATIONAL SWIM
MEET**

Hosted by COWICHAN VALLEY BREAKERS

Saturday June 4th and Sunday June 5th. 2022

DISCLAIMER

Statements made in this meet package shall not override any BCSSA or VI Region rule or policy.

LOCATION

COWICHAN AQUATIC CENTRE, 2653 James Street, Duncan BC V9L 2X4



EVENT DAYS AND START TIMES

Saturday June 4th	Sunday June 5th
11:30 a.m. Stand Up Regional Meeting	
11:30 a.m. All Deck Entries and Scratches in to the Clerk of the Course	8:30 a.m. All Deck Entries and Scratches in to the Clerk of the Course
12:00 p.m. Group A	9:00 a.m. Group C
12:15 p.m. Group B	9:15 a.m. Group B
12:30 p.m. Group C	9:30 a.m. Group A
12:15 p.m. Officials Meeting	9:15 a.m. Officials Meeting
12:30 p.m. Coaches Meeting	9:30 a.m. Coaches Meeting
1:00 p.m. O Canada and Competition starts	10:00 a.m. O Canada and Competition starts

NOTE: Warm up groups and lane assignments will be emailed Thursday June 2nd

EVENTS

Saturday June 4th	Sunday June 5th
25 Front Kick Skills (Novice)	25 Front Kick Skills (Novice)
25 Back Kick Skills (Novice)	25 Back Kick Skills (Novice)
100 IM (Div 1-3 and OCAT 1)	50 Fly (Div 5-7, OCAT 2 and O8)
200 IM (Div 4-7, OCAT 2 and O8)	50 Back (Div 1-3 and OCAT 1)
50 Free (All divisions)	100 Back (Div 4-7, OCAT 2 and O8)
50 Fly (Div 1-4 and OCAT 1)	50 Breast (Div 1-3 and OCAT 1)
100 Fly (Div 5-7, OCAT 2 and O8)	100 Breast (Div 4-7, OCAT 2 and O8)
200 Medley Relay	100 Free (All divisions)
	200 Mixed Free Relay

ENTRY COST

Free Novice Events (25m)

\$40.00 flat fee for all other swimmers for full meet/\$25.00 flat fee for swimmers only attending one day

\$10.00 Relays

\$12.00 Deck Entries (excluding Novice events) **

**The high price of deck entries is purely to discourage deck entries where at all possible, due to the need to finish & award the meet on time.

REMINDER: All officials from all clubs are needed on deck to help run this meet.

Thank you, you are greatly appreciated!

DECK ENTRIES & SCRATCHES

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

COURSE

25 metres, 8 lanes, starting blocks, Electronic Timing, Dolphin system, stopwatch backup. This will NOT be a carded meet; Div 1-3 and OCAT 1 will be marshalled. All other divisions will be self marshalling. All relays will be marshalled.

ELIGIBILITY AND ENTRIES

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

- **New swimmers who have never swum or achieved a valid time in a specific stroke must be entered with a “NT”.**
- **Returning swimmers who have a valid time for their events must be entered with these into the appropriate division.**
- **However, if they have not swum a particular event before: i.e. Div 3 50 back, now in Div 4 swimming 100 back, must be entered with a “NT”.**
- Novice swimmers are beginner swimmers who are unable to swim a 25m stroke in less than 30seconds, and are still developing stroke specific skills. Novice swimmers are in the Active Start/FUNDamentals stages of training. During this stage it is important to build confidence and have fun! For this reason, we will be offering Kick races at our swim meet. This will allow the novice swimmers to showcase the skills they are very confident in! By doing this we hope to eliminate some of the stress around racing for our new swimmers, and this will give us a good base to build from at the following swim meets! Once a swimmer has swum a 50m event (including relays) at a BCSSA swim meet, are no longer considered novices in that stroke, regardless of time achieved, so please be careful when forming

relay teams. Novice times will not be posted. Novice events do not need to be entered into Swim Manager – the swimmers only need to show up in the marshalling section of the bleachers at the start of racing.

- **Swimmers Div 1-4 and O1 may swim up to 6 individual events & 2 relays = 8 events/ swimmer.**
- **Swimmer Div 5-7, O2 and O8 may swim up to 7 individual events & 2 relays = 9 events/ swimmer.**

ENTRIES DEADLINE:

Please email your club **entries to thecoogans@shaw.ca by Mon. May 30th, 2022 by 10:00pm.**

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

Any questions concerning entries can be made to thecoogans@shaw.ca or Sheila Coogan 250 701-5768

AWARDS

All Individual Events - 1st through 8th place ribbons

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

Novice Events - Participation ribbons* & treats

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

FOOD SERVICES

Volunteers – Snack food will be available for volunteers throughout the weekend. This includes all club volunteers, all officials and all timers. ALL, please bring a water bottle for refilling and a re-usable coffee mug...**Think Green!** CVB has made the decision to **NOT** have disposable water bottles for distribution – there is a water-bottle filling station in the

pool, and we will happily help you refill your bottles if you are busy timing/officiating.

Coaches – Snacks available for the Coaches too! Please bring refillable water bottles and reusable coffee mugs ...**Think Green!**

Swimmers & Spectators – We have taken the decision to **not** have a concession this year, as there are many food providers in the immediate area of the pool, and Thrifty Foods is also located nearby.

MEET CONDUCT

PLEASE OBEY THE RULES OF THE POOL

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

Change rooms and gym/exercise rooms will be open to the public. Racing pool & wave pool will be used for the swim meet only. Change rooms & Bleachers are being used for the meet, and open for use by swim club members. Sauna, steam room, waterslides and hot tub, may be closed during the meet and they will be not open to the public.

No glass containers are permitted in the bleachers or on the pool deck areas. **Due to limited viewing space on the bleachers: teams and swimmers are not permitted to “camp out” on them and will be asked to move and/or remove their belongings. Spectators will only be allowed to sit on the low bleachers by the windows – the high bleacher behind the blocks are for use by marshalling and coaches only. The CAC is limiting us to no more than 200 people in the pool area at one time, therefore volunteers will be strictly monitoring the number of spectators, and the length of time they are in the pool area.**

SPECTATOR VIEWING ENTRANCE

Limited space will be available for viewing as usual. We will ask all spectators to please enter and exit through the Main Entrance to the Pool and door inside by Coffee Shop. Access the viewing area by going along the shallow end of the pool. Please remove shoes. Be respectful of the officials and security people, and to only stay for your swimmer's races. As stated above, bleachers are available for viewing next to the windows only. Respect the officials, coaches and swimmers,

space please. Swimmers when not swimming or in Marshalling must follow spectator rules. Thank you!

TEAM TENTS

There will be areas outside for Team Tents on the parking lot at the East end of the facility. All clubs will have to be on the paved parking area, as pool renovations have taken away the grassy area. All clubs and swimmers are asked to police their own areas and keep them clean. The users are responsible for the cleanliness of the pool and area used by teams. Additional charges could be levied back to the offending club from the Pool and Regional body. Also, please ensure that someone is in your club area at all times, in order to ensure the safety of everyone's belongings. This area has a high number of individuals passing around or through it, and CVB and the CAC cannot guarantee the safety of your items.

CLUB DUTIES

Each club will be expected to provide deck officials & timers/recorders throughout the meet and must be ready at the listed start times. VI Region has implemented 2 hr shifts for Timers. Your club is accountable for all of their shifts; please ensure they are filled, to make sure the meet runs smoothly and efficiently. If ALL Clubs Entries are received on time, our lane assignments will be sent out to all clubs on Thurs/Fri before the meet. Thank you, we appreciate this greatly.

HEAT SHEETS & RESULTS

1. Heat Sheets will be emailed to club presidents, for distribution to their members, and Head coaches by Friday evening.
2. Results will be posted as they become available. We will also be posting to Meet Mobile.
3. Ribbons should be available at the end of the meet. Please have your Coach or Team representative pick these up in the Computer/Ribbon Room (Party Room off of Lobby and Rec Pool). Please let meet manager know if this is not possible.
4. All Hy-Tek results will be sent by email and posted to the VI Region & BCSSA websites

SPECIAL RULES OF THIS MEET

DISQUALIFICATIONS

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

The following process will be used for disqualifications:

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

**Novice swimmers will not be disqualified*

Hotels and Camping

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

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

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

Need Further Info? Visit:

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

<http://www.duncancc.bc.ca/visitors-info>

<http://www.cowichanlake.ca/campgrounds/>

http://www.env.gov.bc.ca/bcparks/explore/parkpgs/cowichan_rv/

Silent Auction

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

Deadline for entries:

**Monday May 30th, 2022 by 10:00pm ... to thecoogans@shaw.ca
Sheila Coogan 250 701-5768**

Meet Manager(s):

Sheila Coogan thecoogans@shaw.ca | 250.701.5768 |
vi.director@bcsummerswimming.com

Sorry, NO LATE ENTRIES ACCEPTED!

Thank you and we will see you on deck soon!

2022 CV Breakers Executive, Coaches, Swimmers & Families



BC Summer Swimming Association
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