

Salt Spring Stingrays

summer swim club



**Salt Spring Stingrays Invitational Swim Meet
July 22 and 23
2023**

**Location: 262 Rainbow Road, Salt Spring Island, BC
“Rainbow Road Pool”**

**Meet Manager: Shelly Johnson
Meet Referee: Jim Walsh**

- Swim Meet Course:** 25 meters, 6 lanes, starting blocks, Dolphin timing system
- Rules:** British Columbia Summer Swim Association (BCSSA) rules and regulations will apply.
- Entries:** Club entries must be received by 10 PM, Tuesday July 18, 2023. Please e-mail club entries and database to shellyj@saltspringstingrays.com and include a club roster list for deck entries.

INSTRUCTIONS FOR MEET ENTRIES:

1. All swimmers must be registered with BCSSA.
2. **Entry Times:** Swimmers are to be entered with their current fastest official BCSSA times. Swimmers will be seeded according to time. If the swimmer has not swum the event before, they must be entered as NT. Do not make up times!
3. **TIMED FINALS - Swimmers may enter** a maximum of 6 individual events (Div 5+ may enter 7 events) and 2 relays.
4. Please enter “O” swimmers in their respective “O” event, AND their respective “S” event, as described in “How to enter O swimmers” available on the Regional website.
5. **Novice:** A novice is defined as a swimmer who takes 30 seconds or more to complete 25 metres of the pool in the specified stroke. Please note that Novice/25m events will be at the beginning of each day’s events--free and fly on Saturday, back and breast on Sunday.
6. **Relays:** Relay teams will be seeded in their appropriate Division. **Relay entry cards must be handed in** to the Meet Clerk by 10:00am Saturday and 10:00 am Sunday.

NOTE: Saturday relays will be regular Medley relays; Sunday relays will be regular Freestyle relays.

7. **Parent Medley Relay** will be held at end of day Saturday. BCSSA Registration forms available from Meet Clerk (information desk). Forms must be completed and fees paid in full to the Meet Clerk **by Noon Saturday** via cash or cheque payable to SS Aquatic Society. Fee of \$20/team includes BCSSA insurance fee for each swimmer. Do not enter teams using Hy-Tek.
8. **Marshalling:**
 - Div 1-3 and OCAT 1 individual events will be marshalled
 - Div 4-8 and OCat 2 individual event swimmers will be responsible for signing in at Marshalling and reporting behind the block in time for their race. **Please remind** swimmers to check in with lane timers prior to race in event of last minute changes
 - Full marshalling for relays – ALL Divisions.
 - Coaches are expected to provide assistance with Div 1-3 and OCAT 1 relays.
9. **Disabled Swimmers:** Coaches must notify the Meet Manager at the beginning of the meet of any swimmers with disabilities. Disabled swimmers must attempt to swim a proper stroke.

SCRATCHES and DECK ENTRIES:

- Must be submitted to the Meet Clerk by **9:00 AM Saturday** and **9:00 AM Sunday**. No refunds for missed or scratched events. **Athlete's BCSSA # and birth date must be provided** if you do not send a club roster with your entries.
- **Deck entries** have to be entered manually on the pool deck using deck entry forms. As a result, deck entries may not be able to swim with their age group or gender. There will be no deck entries accepted after 9:00 am Saturday and 9:00 am Sunday.

****Please submit Novice swimmers list to Meet Clerk by 9:00 AM Saturday and 9:00 AM Sunday.***

MEET FEES:	
All fees payable to "SS Aquatic Society" . Fees to be Submitted to the Meet Clerk by 11:30 am Sunday .	
Novices	No charge (for 25m events)
Individual Events	\$ 8.00
Deck Entries:	\$10.00
Relays	\$12.00/team
Parent Relays	\$20.00/team + Registration Forms

Parent Relays: Your cooperation completing your individual registration forms and printing them off prior to attendance is greatly appreciated. See form for download at:
https://www.bcsummerswimming.com/files/ugd/4e7dac_96f0fb5a50c8470a835dd6bad2a76c97.pdf

<u>SATURDAY, JULY 23, 2022</u>		<u>SUNDAY, JULY 24, 2022</u>	
8:30-8:50AM	GROUP A WARM UP	8:30-8:50AM	GROUP C WARM UP
8:50-9:10AM	GROUP B WARM UP	8:50-9:10AM	GROUP B WARM UP
9:10-9:30AM	GROUP C WARM UP	9:10-9:30AM	GROUP A WARM UP
9:15-9:30AM	OFFICIALS' MEETING	9:15-9:30	OFFICIALS' MEETING
9:30-9:45	COACHES' MEETING	9:30-9:45AM	COACHES' MEETING
10:00AM	START HEATS	10:00 AM	START HEATS

Note: Both days will begin with Novice events to ensure smooth running of the meet. There will be no meal/lunch breaks

All clubs will be notified of their Group assignments via e-mail on Thursday July 20th, based on the number of swimmers registered.

SATURDAY EVENTS	SUNDAY EVENTS
25 - Novice Free	25 Novice Back
25 - Novice Fly	25 Novice Breast
100 IM (Div 1-3/OCAT 1) 200 IM (Div 4-8/OCAT 2)	50m Fly (Div 5-8)
50 Free (Div 1-8, OCAT 1 & 2)	50 Back (Div 1-3, OCAT 1) 100 Back (Div 4-8, OCAT 2)
50 Fly (Div 1-4) 100 Fly (Div 5-8, OCAT 2)	50 Breast (Div 1-3, OCAT 1) 100 Breast (Div 4-8, OCAT 2)
200 Medley Relay (Div 1-8, OCAT 1 &2)	100 Free (Div 1-8, OCAT 1 &2)
Parent Medley Relay	200 Free Relay (Div 1-8, OCAT 1&2)

AWARDS

- Individual Events - 1st through 12th place Ribbons
- Relay Events – Individual Ribbons: 1st, 2nd and 3rd
- Novice Events - Participation Ribbons & treats
- As per Vancouver Island Region Policy, no positional awards or race times will be given or posted for 25m events.

HEAT SHEETS and RESULTS

1. Heat Sheets will be distributed to VI Region team registrars.
2. Results will be posted outside the pool lobby as they become available.
3. Ribbons may be available for pick-up by Team representative at the Meet Clerk/ Information desk at the front lobby after 3:00pm on Sunday.
4. Meet Results will be sent by email and posted to the VI Region & BCSSA websites.

OTHER INFORMATION:

**** PLEASE BE ADVISED of changes to the pool venue. Our usual green space has been significantly reduced.** The CRD has made changes to the pool's exterior landscape with building additions and reduction of green space during ongoing renovations. Please plan your team spaces to be "**compact and cozy.**" Use of group tents in the limited space will be helpful. Please be prepared to share space as necessary, and **tuck in** when requested. Please be mindful to follow directional signs in the team areas, as well as the parking lots.

Timers: Each club is responsible for supplying timers. Lane assignments will be posted at the pool. This meet cannot run without volunteers. All timers must be a minimum 14 years of age. Volunteers are asked to bring reusable, non-glass cups and water bottles with lids, for their own use to reduce waste.

- **Parking/Drop-Off:** Please follow guidance of Parking Marshalls. Limited space available at the pool.
 - You may drop off your swimmer(s) and gear at/near main entrance to pool, then park at Gulf Islands Secondary School, 262 Rainbow Road (one block away). Roadside parking is **strongly discouraged** to avoid traffic congestion on our busy and narrow roads.
- In team and concession areas, please **follow directional signs** to ensure safety.
- Keep all pathways clear of debris and congestion.
- No camping or overnight parking permitted at pool.
- Porta potties will be available for use outside the pool building near the Heron's Nest building (back of on-site parking lot) to accommodate water restrictions.
- Do not leave personal belongings unattended in change rooms or other public areas.
- Club tents permitted on grass at front and back of pool. The exterior West wall area of the pool (behind diving blocks) must be left clear at all times.
- Please do not hang anything or climb on trees.
- There is a FIRE BAN and SEVERE WATER RESTRICTIONS are in place.
- Please keep your area clean using containers provided - litter pick-up and recycling is your responsibility.
- Overnight: Any items left on site overnight are not the responsibility of the SSI Stingrays Swim Team. There may be individuals travelling through the park during the night and early morning hours. Any belongings left on site are left at your own risk.
- Please be courteous to our neighbours by keeping noise down.