



**15TH ANNUAL
ICEBREAKER
INVITATIONAL SWIM
MEET**

Hosted by COWICHAN VALLEY BREAKERS

Saturday June 1st and Sunday June 2nd, 2024

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 ** Please read section below on deck access**

| Saturday June 1st | Sunday June 2nd |
|---|---|
| 11:30 a.m. Stand Up Regional Meeting | |
| 12:00 p.m. Coaches may access the deck 12:15 p.m. All Deck Entries and Scratches in to the Clerk of the Course | 8:30 a.m. Coaches may access the deck 8:45 a.m. All Deck Entries and Scratches in to the Clerk of the Course |
| 12:30 p.m. Group A | 9:00 a.m. Group C |
| 12:45 p.m. Group B | 9:15 a.m. Group B |
| 1:00 p.m. Group C | 9:30 a.m. Group A |
| 12:45 p.m. Officials Meeting | 9:15 a.m. Officials Meeting |
| 1:00 p.m. Coaches Meeting | 9:30 a.m. Coaches Meeting |
| 1:30 p.m. O Canada and Competition starts | 10:00 a.m. O Canada and Competition starts 10:00 a.m. Stroke & Turn Clinic |

NOTE: Warm up groups and lane assignments will be emailed Thursday May 30th

EVENTS

| Saturday June 1st | Sunday June 2nd |
|----------------------------------|-------------------------------------|
| 25 Freestyle (Novice) | 25 Back (Novice) |
| 25 Fly (Novice) | 25 Breast (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 Free Relay | 100 Free (All divisions) |
| | 200 Mixed Medley Relay |

ENTRY COST

Free Novice Events (25m)

\$8.00 per individual event

\$12.00 Relays

\$15.00 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 ACCESS FOR 2024******

Please note that coaches and swimmers **CANNOT** access the deck prior to 12 p.m. on Saturday June 1st and 8:30 a.m. on Sunday June 2nd. There can be **NO PARENTS** on deck prior to the end of warm-ups. This must be **STRICTLY OBSERVED** as it is part of our contract with the pool.

DECK ENTRIES & SCRATCHES

All deck entries and scratches must be to clerk of the course by 12:15pm on Saturday and 8:45am 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. previously swam 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 30 seconds 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!

- Once a swimmer has swum a 50m event (including relays) at a BCSSA swim meet, they 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 27th, 2024 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

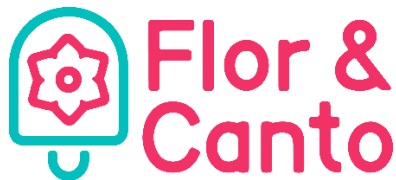
**Please submit Novice swimmers list to Clerk of the course by 11:30am Sat. & 8:30am Sun.*

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

Swimmers & Spectators – Please note – there will be **no** concession at this meet, but there are many restaurants and grocery stores nearby. Coffee on the Moon in the pool lobby will be open, but hours may vary. This year, as a special offering, we are delighted to have one of our own swim families bringing their delicious homemade Flor & Canto Mexican-style popsicles for sale this year! There are both vegan and dairy-based options available, made with real fruit, organic sugar and local ingredients whenever possible. These delicious treats will be available for sale from 11-3 Saturday and Sunday, for the low price of \$5 each.



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.** Spectator viewing will be on the large bleachers at the deep end of the pool and the small bleachers along the street-side windows. Please limit your movement in and out during race times and pay attention to the volunteer’s directions.

SPECTATOR VIEWING ENTRANCE

Limited space will be available for viewing as usual. We will ask all spectators accessing the small bleachers 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 low wall next to the wave pool and then across the deck by the changerooms. The doors to the street on that side will not be open for our use. The large bleachers can be accessed through the left walkway from the back door (swimmers will use the right walkway). Only stay for your swimmer’s races. Respect the officials, coaches and swimmers’ space please. When not swimming or in Marshalling, swimmers 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 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.

Our Regional Director of Officials will be running a Stroke & Turn clinic for those interested in becoming Officials in the Party room at 10:00 a.m. on Sunday June 2nd. This will take approximately 1 hour.

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 the 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.

DISQUALIFICATIONS

Disqualifications will be administered as per BCSSA rules. Please remember that officials make every effort to inform coaches as quickly as possible of any disqualifications, preferably no longer than 15 minutes. However, at times there may be circumstances where it will take a bit longer – please be patient and respectful with officials.

Novice swimmers will not be disqualified

Hotels and Camping

Please see the information from the CVRD which is provided in a separate document sent to all clubs for distribution.

Raffle

Raffle tickets will be on sale on Saturday in and around the team tent and spectator areas, with 5 cash prizes available -- \$500, \$400, \$300, \$200, and \$100. Tickets are \$5.00 each and the draw will take place on Sunday at 11:00am.

Deadline for entries:

**Monday May 27th, 2024 by 10:00pm ... to thecoogans@shaw.ca
Sheila Coogan 250 701-5768**

Meet Manager(s):

Sheila Coogan thecoogans@shaw.ca | 250.701.5768 | vp@bcsummerswimming.com

Jason Storie president@cvbreakers.ca

The Cowichan Valley Breakers would like to thank the Cowichan Valley Regional District (CVRD) for their generous support in the staging of this meet.



Sorry, NO LATE ENTRIES ACCEPTED!

Thank you and we will see you on deck soon!

2024 CV Breakers Executive, Coaches, Swimmers & Families



All deck entries and scratches must be to clerk of the course by 12:15pm on Saturday and 8:45am on Sunday. ** Please Note: These Deadlines are strict and will be enforced****** Please use the sheets below or those provided at the clerk of course table.

| Type | Name | Phone | Address | City | Rooms | Website |
|--------------------|--|----------------|---------------------------|----------------|----------------------|---|
| Cabins/Lodge/Inn | Camp Pringle | 250.743.2189 | 2520 West Shawnigan Lk Rd | Shawnigan Lake | 80-188 seasonally | http://www.camppringle.com |
| Cabins/Lodge/Inn | Greendale Riverside Cabins | 250.749.6570 | 8012 Greendale Rd | Lake Cowichan | 3 | http://www.greendalecabins.ca/ |
| Cabins/Lodge/Inn | Kiwi Cove Lodge | 1.866.303.5494 | 5130 Brenton Page Rd | Ladysmith | 12 | http://www.kiwicovelodge.com |
| Cabins/Lodge/Inn | Malahat Bungalows | 250.478.3011 | 300 Trans Canada Hwy | Malahat | 18 | https://www.booking.com/hotel/ca/malahat-bungalows-motel.html |
| Cabins/Lodge/Inn | Rosebank Oceanfront Cottages | 250.743.5541 | 2631 Mill Bay Rd | Mill Bay | 8 | http://www.rosebankcottages.ca |
| Cabins/Lodge/Inn | Yellowpoint Lodge | 250.245.7422 | 3700 Yellow Point Rd | Ladysmith | 16 | http://yellowpointlodge.com |
| Campground | Beaver Lake Resort & Campground | 250.749.7792 | 8631 South Shore Rd | Lake Cowichan | | http://www.beaverlakecampground.com/ |
| Campground | Beehive Camping & RV | 250.743.2074 | 780 Kilmalu Rd | Mill Bay | | http://www.beehivecampground.com |
| Campground | Country Maples RV Resort | 250.246.2078 | 9010 Trans Canada Hwy | Chemainus | | http://www.holidaytrailsresorts.com/chemainus-rv-campground/ |
| Campground | Lakeview Park | 250.749.3350 | 885 Lakeview Rd | Lake Cowichan | | http://www.town.lakecowichan.bc.ca/camping.shtml |
| Campground, Cabins | Mermaid Cove Seaside Resort (seasonal) | 250.245.3000 | 3400 Laguna Vista Rd | Ladysmith | 3 | http://www.mermaidcove.ca |
| Campground, Cabins | Osborne Bay RV Resort Cottages | 1.800.567.7275 | 1450 Charlotte St | Crofton | 6 | http://www.osbornebayresort.com |
| Hotel/Motel | Best Western Cowichan Valley Inn | 250.748.2722 | 6474 Trans Canada Hwy | Duncan | 64 | http://www.bwcowichanvalleyinn.com |
| Hotel/Motel | Best Western Plus Chemainus Inn | 1.877.246.4181 | 9573 Chemainus Rd | Chemainus | 75 | http://bestwesternbc.com/chemainus |
| Hotel/Motel | Croft Inn | 250.246.9222 | 1568 Chaplin St | Crofton | 15 | http://www.croftinn.com/ |
| Hotel/Motel | Fuller Lake Motel | 1.888.246.3255 | 9300 Smiley Rd | Chemainus | 34 | http://www.fullerlakemotel.ca/ |
| Hotel/Motel | Holiday House Motel | 1.888.310.2299 | 540 Esplanade | Ladysmith | 14 | http://www.ladysmithholidayhouse.com/ |
| Hotel/Motel | Lake Cowichan Lodge | 1.800.887.1288 | 201 Cowichan Lake Rd | Lake Cowichan | 30 | http://www.lakecowichanlodge.com |
| Hotel/Motel | Microtel Hotel | 250.912.9000 | 12570 Trans Canada Hwy | Ladysmith | 81 | https://www.wyndhamhotels.com/microtel/ladysmith-british-columbia/microtel-inn-and-suites-by-wyndham-oyster-bay/overview |
| Hotel/Motel | Moon Water Lodge | 778.432.3123 | 265 Trans Canada Hwy | Malahat | 9 | https://moonwaterlodge.com/ |
| Hotel/Motel | Oceanfront Suites at Cowichan Bay | 250.715.1000 | 1681 Cowichan Bay Rd | Cowichan Bay | 56 | http://oceanfrontcowichanbay.com |

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|-----------------------------------|--|------------------|------------------------------|---------------|----|---|
| Hotel/Motel | Riverside Inn | 250.749.6373 | 56 North Shore Rd | Lake Cowichan | 17 | https://www.riversideinnlakecowichan.com/ |
| Hotel/Motel | Rosedale Manor | 250.746.7082 | 2520 Alexander St | Duncan | 17 | http://www.rosedalemanorbc.com |
| Hotel/Motel | The Super 8 Hotel | 250.748.0661 | 5325 Trans Canada Hwy | Duncan | 34 | http://super8duncan.com |
| Hotel/Motel | Thunderbird Motor Inn | 1.877.748.8192 | 5849 York Rd | Duncan | 32 | http://www.thunderbirdholiday.com |
| Hotel/Motel | Villa Eyrie Resort | 250.856.0188 | 50.600 Ebedora Lane | Malahat | 39 | http://www.villaeyrie.com/ |
| Hotel/Motel | Wessex Inn | 250.748.4214 | 1846 Cowichan Bay Rd | Cowichan Bay | 30 | http://www.wessexinn.com |
| Destination Marketing Association | Tourism Cowichan | | | | | http://www.tourismcowichan.com |
| Visitor Centre | Chemainus Chamber of Commerce & Visitor Centre | 250-737-3368 | 102-9799 Waterwheel Crescent | Chemainus | | http://www.chemainus.bc.ca |
| Visitor Centre | Cowichan Lake Chamber of Commerce & Visitor Centre | 250.749.3244 | 125C South Shore Rd | Lake Cowichan | | http://www.cowichanlake.ca/ |
| Visitor Centre | Cowichan Regional Visitor Centre | 250-746-4636/1.8 | 2896 Drinkwater Rd | Duncan | | http://duncancc.bc.ca |
| Visitor Centre | Ladysmith Chamber of Commerce & Visitor Centre | 250.245.2112 | 33 Roberts St | Ladysmith | | http://www.ladysmithcofc.com/ |