

2010



BC CHAMPIONSHIPS



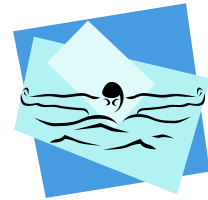
WATER POLO



DIVING



SYNCHRO



SWIMMING

BC Summer Swimming Association

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

Hosted by Okanagan Organizing Committee

1st Ed. May 1, 2010
2nd Ed. May 9, 2010



BC SUMMER SWIMMING ASSOCIATION 52nd BC CHAMPIONSHIPS (BCCH)

DATES: August 16 to 22, 2010

- | | |
|--|--|
| <p>1. WATER POLO
August 16, 2010
7:00 am – 9:00 pm
August 17, 2010
7:00 am – 8:00 pm
August 18, 2010
7:00 am - 12:00 pm</p> | <p>2. DIVING
August 17, 2010
8:00 pm – 10:00 pm
August 18, 2010
12:00 pm – 4:30 pm
August 19, 2010
7:00 am – 11:30 am</p> |
| <p>3. SYNCHRO
August 18, 2010
5:30 pm – 9:30 pm
August 19, 2010
11:30 am – 4:30 pm</p> | <p>4. SWIMMING
August 20 to 22, 2010
8:00 am – 6:00 p.m.</p> |

All four aquatic sports including Water Polo, Diving, Synchronized Swimming and Competitive Swimming will be held at the Canada Games Aquatic Centre.

Address: 910 McGill Road, Kamloops, BC V2C 6N6

MEET COMMITTEE MEMBERS

Meet Chairperson:	Neil Wuolle
Meet Manager:	Tony Tsang
Meet Referee:	Trudy Kemper
Meet Registrar:	Brenda Krueger
Diving Coordinator:	Joanna Linardis
Water Polo Coordinator:	Jim Toy
Synchronized Swim Coordinator:	Stella Kosciuk
Meet Treasurer:	Ken Davidson
Hospitality:	Cindi Borsoi

Okanagan Organizing Committee

Chairperson	Cheryl Elke
Secretary	John Holmwood
Marketing coordinator	Kevin Nesdoly, Dalyce Brandt
Equipment coordinator	Wayne Elke
Venue coordinator	Sean Smith, Heidi Ogilve
Member At-Large	Janet Evans



Venue:

Canada Games Aquatic Centre

- A 50 metres long, 8 lanes indoor pool which will be divided into 2 pools; senior pool at the North end and junior pool at the South end. Both pools will be used concurrently for speed swimming competitions.
- Spectator viewing area and bleachers are located on the upper deck along the southeast side of the swimming pool. Access will be through the doorways at the parking lot south east of the aquatic centre.
- Coaches' bleachers are located on deck along the southeast side of the swimming pool.
- Marshalling and vendors area are located in the northern part of the adjacent indoor track field. The indoor track field is air conditioned. Athletes will be marshalling to their events from the indoor track field. No spikes will be allowed indoor.
- Parking is available at the Aquatic Centre and/or Thompson Rivers University.

RULES:

The BCSSA Rules and Regulations as published in April 2010 will apply.

All member clubs, competitors, coach, officials or individuals attending the Championships shall abide by the Code of Conduct as stipulated in Section 3 Conduct of The Administration of the BCSSA Rules and Regulations and in this meet package. 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 be appealed 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 (ARES 2.24b) will be used as the approved automatic judging and timing system for the Speed Swimming Championships in accordance with the current BCSSA rules. The Omega Timing System will be backed up by three (3) electronic plungers per lane. The electronic plungers are approved part of the automatic timing system per January 24 & 25, 2009 BCSSA Board Resolution. Electronic plunger will be operated by lane timers and recorders. 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 Swimming Section 8C.3. and 9B.3.

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 *Swimming Sections 8 B and C 4, 5 & 6 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 2C.10 (20 minute rule) governing re-swims will apply.

REGIONS & CLUBS - 2010



CARIBOO (CA)

DAW Dawson Creek Seals	FIN Fort Nelson Finns	FSJ Ft. St. John Stingray
MAC Mackenzie Rainbows	PGP Prince George Pisces	QUE Quesnel Aquatic Club

FRASER SOUTH (FS)

BOU Boundary Bay Bluebacks	CLO Cloverdale Tritons	CRB Crescent Beach S.C.
LAD Ladner Stingrays	NOD North Delta Sunfish	RIC Richmond Kigoos
SUR Surrey Sea Lions	WHI White Rock Amateur	

FRASER VALLEY (FV)

ABB Abbotsford Whalers	AGA Agassiz/Harrison S.C.	CWK Chilliwack Stringrays
FVD Fraser Valley Diving	HAN Haney Neptunes	HOP Hope Otters
LAN Langley Flippers	MIS Mission Marlins	

KOOTENAY (KO)

CAS Castlegar Aquanauts	COL Colville Sharks	CST Creston Waves
GFA Grand Forks Piranhas	KIM Kimberly Sea Horses	NEL Nelson Neptunes
TRA Trail Stingrays		

OKANAGAN (OK)

GOL Golden Dolphins	KAM Kamloops Tsunami	OGO Kelowna Ogopogo
LIL Lillooet Killer Whalers	LUM Lumby Lightning	MER Merritt Otters
PEN Penticton Pikes	PRI Princeton Kokanee	REV Revelstoke Aquaducks
SAA Salmon Arm Sockeyes		

SIMON FRASER (SF)

BMM Burnaby Mtn. Mantas	BUR Burnaby Barracudas	COQ Coquitlam Sharks
PCM Port Coquitlam Marlins	PMA Port Moody Aquarians	

VANCOUVER & DISTRICT (VD)

NOR N. Shore Winter Club	NVC North Van. Cruisers	VIK Vancouver Vikings
SQU Squamish Aquatic Club	SUP Super Sharks S.C.	VWP Vancouver Water Polo

VANCOUVER ISLAND (VI)

CAM Campbell Rr. Salmon Kings	COU Comox Valley Blue Devils	CVB Cowichan Valley Breakers
NAN Nanaimo White Rapids	OAK Oak Bay Orcas	PDI Pender Island Otters
POW Powell River Aquatic Club	SID Sidney Piranhas	JUA Juan de Fuca Royals
SSS Salt Spring Stingrays		

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

BCSSA shall provide and present medals to each player/coach 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 age group is determined by the composite figure and routine score (Championship Score). Medals will be awarded to the top three finishers (Championship Score) in each routine event.

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 19, 2010 immediately following the competition and **NOT** just the award winners.

ALL Divers should 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 in **MUST** be dressed appropriately in order to have their photos & awards. Parents, please stay for awards it makes the event awards more valuable for everyone.

The recipients of trophies are responsible for having them engraved. PLEASE ensure that the trophy is brought to 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

Junior Girls Team	Army and Navy Department Stores
Junior Boys Team	Army and Navy Department Stores
Senior Girls Team	Super Value Stores
Senior Boys Team	Super Value Stores
Girls Team	Woodwards Stores
Boys Team	CKWX Radio
Regional Team	BCSSA Regional Award
Overall Team	BCSSA Challenge Cup

All trophies will be awarded at the end of all the diving events, immediately after the individual awards. Please have the entire team present Thursday, August 19. Have everyone there a half hour early, dressed correctly.

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



The recipients of trophies are responsible for having them engraved. The trophy must be returned to the Diving Director *in advance* of the next BC Championships.

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 presented throughout Finals Saturday and Sunday only, after the record has been achieved and announced. If a record was set in the heat and not broken in Finals that swimmer will be called during Finals. A special table will be set-up where plaques can be obtained by successful swimmers.

Medals: 1st, 2nd and 3rd Individual Events (Tier “S” & “O”)
1st, 2nd and 3rd Relay Events (Tier “S” & “O”)

Ribbons: Double Ribbons 4th to 8th (Individual and Relay Tier “S” & “O”)
Single Ribbons 9th to 16th (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

Medals & Ribbons

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

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 program “Advancer” file.
3. Entries are to be emailed to office@bcssa.bc.ca and mtcoach@gmail.com by 4:00 PM on August 9, 2010. 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 9, 2010 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 10, 2010. 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.

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 Tuesday August 10, 2010.

Completed Entries to BCSSA Office are due by: **Tuesday, August 10, 2010**

The Payment Form, 1 cheque for all BCCH entry fees and 2 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: Tony Tsang before close of business on **Thursday August 12, 2010.**

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

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

If you have any questions or need any help, please contact Director of Competitions or Meet Manager at mtcoach@gmail.com or phone (604)313-2286. 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: **Thursday, August 12, 2010**

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 = _____ \$ _____

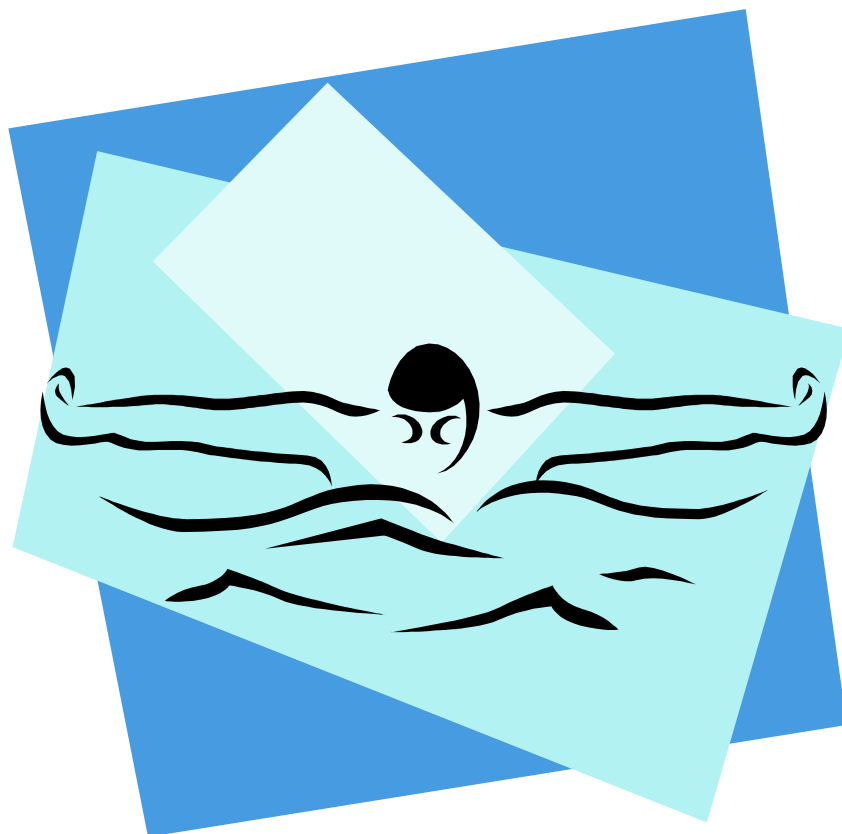
4. **WATER POLO**

a) Teams _____ x \$325.00 = _____

b) Referee Fee _____ X\$150.00 = _____

Sub-total = _____ \$ _____

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



SWIMMING

Thursday, August 19
Regional Practice Times
5:30 – 7:00 pm
7:00 – 8:30 pm

Friday, August 20
Speed Swimming
8:00 a.m. Start

Saturday, August 21
Speed Swimming
8:00 a.m. Start

Sunday, August 22
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:	Canada Games Aquatic Centre, Kamloops
Procedure:	2 Lanes per region in Senior Pool (North End) 2 lanes per region in Junior Pool (South End)
Rental Cost:	\$300 per region

Times and Lane Assignments for Regional Practice - Thursday, August 19

5:30 PM – 7:00 PM

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

7:00 PM – 8:30 PM

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

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

During the Speed Swimming events of the Championships, no parents or guests will be permitted on the pool deck or within the marshalling area.

Warm up each day:

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

1 lane per region during designated time per random draw; same lane assignment for both junior and senior pools throughout Championships (Aug 20 – 22, 2010).

<u>Region</u>	<u>Lane</u>
Fraser Valley	1
Cariboo	2
Fraser South	3
Okanagan	4
Simon Fraser	5
Kootenay	6
Vancouver Island	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	1 hour
Warm ups (1/2 hour)	1:00 PM

Saturday

50/100 Fly	7:50 AM
50/100 Backstroke	8:45 AM
Free Relays	9:45 AM
Break	1 hour
Warm ups (1/2 hour)	12:30 PM

Sunday

50 Fly (Div 5-8, 'O' Cat 2)	7:50 AM
50/100 Breaststroke	8:15 AM
100 Free	9:15 AM
Break	1 hour
Warm ups	12:00 PM

- 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 12, 2010.
- C) August 12 through August 22 **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.



2010 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Friday, August 20, 2010

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>		<u>Girls</u>		<u>Boys</u>
8:00 a.m.	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 which day of the swimming Competition!!



2010 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Saturday, August 21, 2010

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 which day of the swimming Competition!!



2010 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Sunday, August 22, 2010

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 which day of the swimming Competition



Appendix III A - 2010 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Qualifying Standards are based on the average of 8th place in Heats for 2005-2009 inclusive

Any swimmer who **equals or betters** the following times in the **FINALS** at a **2010** 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	:40.43	1:42.20		:49.39		:54.05		:48.10		1:30.64
2G	:35.64	1:30.65		:41.13		:46.71		:41.86		1:18.48
3G	:32.21	1:21.54		:36.66		:41.96		:37.64		1:10.76
4G	:30.50		2:49.31	:34.54			1:27.53		1:18.56	1:07.61
5G	:29.74		2:48.31	:33.73	1:18.69		1:26.04		1:16.39	1:06.39
6G	:29.35		2:45.63	:32.98	1:15.99		1:25.51		1:15.54	1:05.04
7G	:30.49		2:55.46	:34.24	1:24.53		1:29.22		1:19.48	1:08.82
8G	:30.21		2:54.78	:33.53	1:23.94		1:30.84		1:23.11	1:08.31
1B	:39.41	1:43.91		:49.99		:54.34		:47.93		1:30.08
2B	:35.32	1:30.00		:41.77		:47.03		:42.66		1:19.07
3B	:32.25	1:22.74		:37.63		:42.91		:38.80		1:11.32
4B	:29.34		2:46.84	:33.81			1:25.91		1:17.57	1:05.58
5B	:27.33		2:35.94	:31.26	1:11.67		1:18.61		1:11.46	1:01.12
6B	:26.17		2:30.09	:29.56	1:08.24		1:16.24		1:08.92	:58.64
7B	:26.49		2:34.16	:29.42	1:08.82		1:17.97		1:10.79	:59.10
8B	:25.69		2:30.31	:27.57	1:03.38		1:16.17		1:08.11	:57.13
O1G	:32.21	1:21.54		:36.66		:41.96		:37.64		1:10.76
O2G	:29.35		2:45.63	:32.98	1:15.99		1:25.51		1:15.54	1:05.04
O1B	:32.25	1:22.74		:37.63		:42.91		:38.80		1:11.32
O2B	:26.17		2:30.09	:29.56	1:08.24		1:16.24		1:08.92	:58.64



Appendix III B
2010 BC CHAMPIONSHIPS QUALIFYING STANDARDS
RELAY TEAMS

Qualifying Standards are based on the average of 3rd place in Heats for 2005-2009 inclusive

Any relay team finishes in the top two (2) and/or **equals or betters** the following times in the **FINALS** at a **2010** Regional Championships Meet automatically qualifies for the respective events at the Provincial Championships.

<i>DIV</i>	200 MEDLEY	200 FREE
1G	3:22.36	2:54.32
2G	2:49.91	2:29.43
3G	2:30.08	2:11.05
4G	2:22.22	2:06.21
5G	2:18.51	2:02.21
6G	2:14.57	2:00.60
7G	2:18.18	2:01.91
8G	2:15.74	1:59.63
1B	3:22.08	2:55.91
2B	2:51.15	2:28.10
3B	2:33.41	2:15.09
4B	2:20.22	2:03.52
5B	2:12.12	1:53.91
6B	2:03.91	1:48.40
7B	2:01.28	1:46.75
8B	1:56.81	1:42.73
O1G	2:30.08	2:11.05
O2G	2:14.57	2:00.60
O1B	2:33.41	2:15.09
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	CA	SF	FV	KO	OK	VD	VI	FS
FINALS	SF	FV	OK	VD	FV	KO	CA	VI
Saturday								
Heats	FS	CA	SF	FV	KO	OK	VD	VI
FINALS	CA	VI	OK	SF	FV	KO	VD	FS
Sunday								
Heats	VI	FS	FV	KO	SF	CA	OK	VD
FINALS	SF	VI	VD	FV	CA	KO	OK	FS