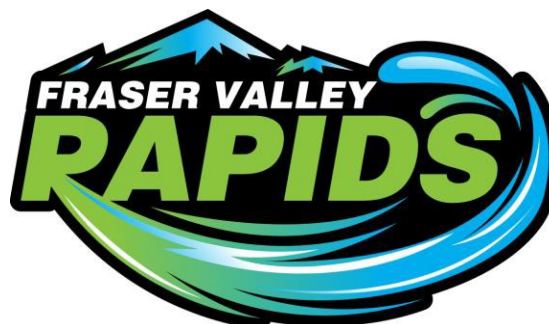


**2025 Fraser Valley Regional Speed Swimming
Championship Finals
Friday/ Saturday/ Sunday
August 1st – August 3rd, 2025
Centennial Outdoor Pool
2310 Emerson Street
Abbotsford, BC**

Regional Director.....	Mitch McCormick
Meet Manager.....	Matt Langdon
Meet Referee.....	Julie Buffett
Chief Meet Recorder.....	Nick Alvaro
Clerk of the Course.....	Will Watchorn
Equipment Manager.....	Vacant
Announcer	TBD
Awards & Presentations.....	Chilliwack Stingrays
6 & under bags.....	Hope River Monsters
Computers & Office	N/A
Marshalling.....	Mission Marlins
Deck Food.....	Agassiz-Harrison Aquanauts
Setup and Take Down.....	Abbotsford Whalers
Provincial Signup Desk.....	Langley Flippers
Provincial Meet Entries.....	Maria Gorelova



Daily Schedule

Morning Warmups: 0600 - 0730

Officials meeting: 0710 - 0725

Coaches meeting: 0730 – 0740

Land Acknowledgement: 0800 (Volunteer)

O Canada: 0805 (Volunteer)

Equipment testing: 0730 - 0800

Meet begins: 0815

45-minute Lunch/awards break: Immediately following the last preliminary event

30-minute Warmups: Following lunch break. Will be announced

Finals begin: 5 minutes following the end of warmups

Provincial signup desk: Opens when results arrive after finals. Will be announced.

Awards:

- Friday events awarded Saturday Lunch time
- Saturday events awarded Sunday Lunch time
- Sunday events awarded at end of Meet.

Meet Format

The Fraser Valley Regional Championship Finals mirrors the BCSSA Provincial Championship and as allowed by the Official BCSSA rules, except where otherwise specified in this package.

Eligibility

Eligibility to compete at the FV Regional Championship Meet shall be limited to competitors (including 6 & under) who have competed in a BCSSA club-hosted meet during the current competitive season. Athletes must have competed in each individual event they wish to compete in at the Regional Championship Meet. All entered swimmers shall be checked for eligibility by the Regional Registrar or designate. Entry times shall be based on 2025 BCSSA events only. Swimmers must be entered with a 2025 time, there will be no NT entries. **Swimmers must be entered in their correct competitive (S/O) category.** Athletes competing on a club relay must have competed in at least one individual event during the 2025 season.

Facilities

FINA Standard 25-meter pool, 8 lanes with anti-wave ropes inside of lanes, electronic timing-Colorado with touch pads. Stopwatches will be in place as backup for all lanes. Athlete showers and change rooms on site adjacent to pool deck.

Working Deck

As delineated by flagging tape and cones around the pool. Only those swimmers competing in an event will be permitted in this area.

Spectators and swimmer parents/supporters are not permitted on the pool deck (Unless working as a deck official).

Coaches' area: Deck at the shallow end of the pool.

Please speak with the meet referee for guidelines regarding noisemakers.

Fraser Valley Region Annual General Meeting

Date: Saturday, August 2nd, 2025

Time: Afternoon, 20 minutes after finals

Place: Marshalling area of the pool, 2310 Emerson Street, Abbotsford, BC

Fraser Valley BCSSA Clubs

Abbotsford Whalers

Aldergrove Sea Monkeys

Hope River Monsters

Mission Marlins

Agassiz Harrison Aquanauts

Chilliwack Stingrays

Langley Flippers

Haney Neptunes

Deadline for meet entries: Meet entries along with complete club rosters must be submitted by email to no later than Monday July 28th, 2025, 11:59pm. No entries and/or changes other than scratches accepted after the deadline.

Meet Entries

Without exception: All meet entries, changes, questions and/or adjustments are only accepted from the **registered Club Meet Entry Official**. Parents, guardians and athletes with questions, concerns, or requests, are asked to speak with their President, Head Coach or Registered Meet Entry Official.

Registered Club Meet Entry Officials

Aldergrove Sea Monkeys:

Katie Davidson

katiedasm@gmail.com

Abbotsford Whalers:

Olivia Langdon

awaccoacholivia@gmail.com

Agassiz Harrison Aquanauts:

Ben Reist

ahacoach1@gmail.com

Chilliwack Stingrays:

Myles Wheeler

myles@chilliwackstingrays.com

Haney Neptunes:

Jimmy Zhang

headcoach_jimmy@haneyneptunes.net

Hope River Monsters:

Violette Freimark

coach@rivermonstersswimclub.ca

Langley Flippers:

Brielle Woodruff

brielle@langleyflippers.com

Mission Marlins:

Shayne Pacheco

missionmarlins.registrar1@gmail.com

- All entered swimmers and relay teams shall be checked for eligibility by the regional registrar.
- A swimmer may enter no more than four individual events and two club relays.
- No entries will be accepted after the deadline as per BCSSA (2025) Rule 4.3.4.a).
- No entries will be accepted from individual swimmers, parents, guardians, or non-Head coaches.
- Entry confirmations will be returned to Registered Meet Entry officials on or before **Wednesday July 30th, 2025**, for verification purposes.
 - Clubs are responsible for doing their own verification.
- All swimmers must be entered using Active.
- Events File will be forwarded to Registered Meet Entry Officials and the Regional Coach Representative.
- Entries MUST include a name and phone number for a contact person or coach.

Relay entries shall adhere to the following procedures:

- Relay entries are due to **the crash desk** no later than 7am the day of the relay.
- Four swimmers and up to two alternates must be listed on an official relay entry form
- The age division for all swimmers and alternates must be entered on the entry form

No late entries, deck entries, or changes will be made other than scratches.

- Seeding of the meet is done by Hy-Tek Meet Manager based on entry times from 2025 BCSSA meets only.

Scratches

Please inform the crash desk of scratches prior to 07:15am.

Meet Management

- **Officials/Timers:** Sign up Sheet to follow.
- **Shift commitment:** One shift per day for one swimmer in the family; two shifts per day for 2 or more swimmers in the family.
- **Shift lengths** are varied.
 - Crash Desk are 3+ hours,
 - Deck Officials are by event,
 - Timers/recorders are 2 hours on the even hours,
 - Meet support (concession, deck food etc.) are 3–4-hour shifts.
- **Breaks during shifts:** Please return to your scheduled shift if the meet resumes before the shift ends.
- **Families unable to commit:** Please find members from your club to cover shifts.
- **Officials:** Please talk with Regional Director of Officials Julie Buffett regarding scheduling.
- **Crash Desk:** Please talk with **Nick Alvaro** regarding scheduling and then signup online.
- There will be no shadowing of officials or Crash Desk during Regionals.
- **Timers & Recorders: Thank you!** Sign Up Sheet to follow.
- Timers, please report 5 minutes early for your shift. If timers/recorders have not been replaced within 10 minutes of their end time, please speak with the Head Timer to obtain replacement. PLEASE DO NOT LEAVE until replaced.
- Timers/Recorders to be a minimum of 16 years old.

Warm-Up Lanes: will be determined by registration numbers.

Marshalling

Announcer's calls are courtesy only. Swimmers remain responsible for being close enough to the Clerk of the Course and on time for the calling of events, so that they can personally hear the events called by the clerk.

Marshalling Preliminary Events

- 6 and Under, Divisions 1-4, & O Cat 1 heats and relays: Full marshalling.
- Divisions 5-8, 10 & O-Cat 2 heats and relays: Per rule 4.5.2.d (**Simplified Marshalling Procedure**) there will be no check-in, marshalling calls, or marshalling for Divisions 5 – 8, 10 and O-Cat 2 preliminary heats. It is the swimmer's sole responsibility to be behind the blocks in the correct lane when the referee calls their race. No exceptions.
- This is a cardless meet; however, there will be relay cards for relays.

Marshalling Consolations and/or Finals

- Full marshalling for all events and all divisions in consolations and finals.
- Marshalling for Div 8 relays: As per the coaches meeting each day.
- After an alternate is called by the clerk of the course, the listed qualifier (and any alternate called) who failed to report are irrevocably scratched.

Heats, Finals and Consolations

The following applies to Regional Championship events.

- All 6 and under events are timed finals.
- Heats and finals will be swum for all individual events in Divisions 1-8, 10 and O Cat 1-2.
 - Individual event swimmers **MUST** swim the heat to be in the final, even if there is only one heat.
 - Consolation finals will be swum for all individual events with 16 or more qualifying swimmers.
 - Consolations will be swum first and finals second.
- Relay events with more than one heat will be swum as heats and finals.
- Relays with only one heat will be declared final
- There will be no consolation finals for relays.
- In Time-Finals, Preliminary Heats, Consolation Finals and Finals, at least 20 minutes shall be given between **starting times of any two races**, within the same age group, in which the same swimmer is competing. (BCSSA Rule Book 2025; 4.5.5.c)

Calling of Events mimics BCSSA provincials' requirements and therefore the following is adapted from BCSSA "Best Practice for Clerk of the Course, 2025").

Only calls made by the Clerk of the Course at marshalling are the official calls. Announcer calls over the PA are courtesy calls and are not official.

- Each event must be called twice at least 2 minutes between each call [Section 4.5.2.d.ii.]

- The time of each call must be recorded on the Clerk of the Course Heat Sheets. Preferably an assistant to the Clerk will write down the time of each call and keep track of the 2-minute rule.
- Example of Call: "First Call for Event 102 Boys Div. 1 50 Freestyle"
- If you call the event early and all the swimmers are there, (this means no alternates are needed), then you may go ahead and swim the event.

Calling Alternates

- The Clerk of the Course must not call specific names even if you know the athletes so DO NOT make personal calls.
- The Alternate must be in the Marshalling area preparing to swim when called.
- Example of Calling for an Alternate: "Calling for the 1st Alternate from the X club for Event 102 Boys Div 1 50 Freestyle"
- When this call for an Alternate is made, the qualifier published on the Heat Sheets is irrevocably scratched from the event [Section 4.5.2.d.vi.].
- Cross out the name of the qualifier and mark "Scratched" or "SCR" on the Clerk of the Course Heat Sheets.
- The Alternate swims in the lane of the person who is scratched.
- Allow a minimum of one (1) minute for the 1st Alternate to respond and come forward.

If the 1st Alternate does not respond or come forward in one (1) minute, immediately call the **2nd Alternate**.

- When this call for the 2nd Alternate is made, the 1st Alternate is irrevocably scratched from the event [Section 4.5.2.d.vi.].
- Cross out the name of the 1st Alternate, and mark "Scratched" or "SCR" on the Regional Results Record and note on the Clerk of the Course Heat Sheets.
- The Alternate swims in the lane of the person who was scratched.

If the 2nd Alternate does not show up within one (1) minute of the call then you shall allow the event to proceed with an empty lane.

- Advise the Session Referee immediately.
- Absolutely NO RE-SEEDING of the Heat or the Event.

AWARDS and SCORING

Medals

Awarded to 1st, 2nd & 3rd place swimmers in Div. 1-8, 10 and O cat 1-2 individual events. Awarded to 1st, 2nd & 3rd place relay teams in Div. 1-8 and O cat 1-2 relay events.

Ribbons

Awarded to 4th-16th place swimmers in Div. 1-8, 10 and O cat 1-2 individual events Awarded to 4th – 16th place relay teams in Div. 1-8, and O cat 1-2 individual events

Goodie Bags

Provided to swimmers in 6 and under events only.

Total Aggregate Point Awards

Donated by Fraser Valley BCSSA clubs and to be awarded at Regional Practice.

Presented to swimmers with highest total in aggregate points in Div. 1-8, 10 and O cat 1-2 events.

Scoring

BCSSA standard for 8 lane pools:

- Individual event Championship Finals 1-8th place: 18-16-15-14-13-12-11-10 points.
- Individual event Consolation Finals 9-16th place 9-7-6-5-4-3-2-1 points.
- Relay Events 1-8th place: 36-32-30-28-26-24-22-20 points.

Trophies

Brent Hayden trophy: to the club with the most combined points for the meet.

Directors Award: to the club with the most points per swimmer ratio (Individual and relay).

Award Presentations

Medal presentations will be announced, and medals will be presented as follows:

- Friday Events awarded during lunch Saturday
- Saturday Events awarded between heats and finals on Sunday
- Sunday Events awarded at end of meet.
- Aggregate Awards during regional practice
- Ribbons provided to the Head Coach or delegate at end of meet.

CAMPING AND VENDORS FOR FRASER VALLEY REGIONAL MEET

Invited Vendors

The following vendors have been invited to the Regional Meet.

- SeaSide Swim & Sport

Overnight Camping and Day Tenting:

There will be NO overnight camping. The City of Abbotsford does not allow overnight camping at Mill Lake Park.

Parking

Please park in the designated areas. Please do not move flags, chains or posts.

There is plenty of parking at MSA, directly across the street from the pool. Ensure parking is allowed on any side street that you find before leaving your vehicle.

Security

Security will be present July 31 (6pm – 6am), Aug. 1 (5pm – 6am), Aug. 2 (5pm – 6am)

Swimming Events

JURY OF APPEAL: For Protests and Appeals, please see current BCSSA Rule Book

QUALIFIERS FOR BCSSA PROVINCIAL MEET AUGUST 15-17, 2025, at the Prince George Aquatic Centre

- See [BCSSA Rulebook](#)
- Please see the [2025 Provincials | Bcssa \(bcsummerswimming.com\)](#) for details.

Process for Provincial Qualifiers

- Qualified swimmers (18 and under) attending the provincial Swim Meet in Prince George must have their parent/guardian sign to declare their intention to attend at the Provincial Sign-Up Desk.
- Adult swimmers and coaches attending the provincial swim meet must also sign to declare their intention to attend at the Provincial Sign-up Desk.
- Athletes who do not sign up will not be entered into the Provincial Meet. No exceptions.
- Head Coaches to provide confirmation at the Provincial Sign-up Desk of swimmers attending the provincial meet no later than 2 hours after finals on Sunday, Aug. 3rd, 2025.
- All swimmers attending must have timing, officiating, or work shifts covered on their behalf.

Provincial Sign-Up Desk

- The provincial Sign-Up desk will be located adjacent to the pool and will be open for one hour:
 - Saturday and Sunday at 0800 and
 - After Finals on Friday, Saturday, and Sunday

Provincial Championship Family Shift commitment.

All swimmers who intend to compete at the Provincial Championships are required to have a parent or delegate sign up for the applicable number of timing, officiating, or office shifts.

- Parents/delegates may only sign up for the same day as their swimmer qualifies. E.g., if their swimmer qualifies on day 1 of Regionals, they may only sign up for a day 1 speed swimming shift at Provincials.
- Qualified athletes who do not have a representative for their shift commitment need to speak with their club president to obtain one.

Provincial Championships Uniform.

The region is not providing qualifier shirts and caps. Instead, the Fraser Valley Rapids Uniform consists of One Rapids Cap and shirt per person and is only provided to those confirmed to attend the Provincial Swim meet in Prince George.

- Provincial Uniform sizes to be ordered at the Provincial Sign-Up desk
- Provincial Uniform to be handed out at the Regional Practice. Swimmers missing the Regional practice will receive theirs in Prince George.

Swimming Events

Provincial Entries

Please see the [2025 Provincials | Bcssa \(bcsummerswimming.com\)](https://bcsummerswimming.com) for all information regarding the provincial championship meet.

SWIMMING AND OVERALL MEET RULES

Every precaution has been taken to ensure the information in this meet package is correct and free from error. However, in the event of a discrepancy in rules between this meet package and the official rules of the BCSSA, the latter shall apply.

Swimming Events
Friday Aug. 1st, 2025

Girls	Events	Boys
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
910	6 & Under 25 Freestyle	911
121	Div 1 50 Freestyle	122
123	Div 2 50 Freestyle	124
125	Div 3 50 Freestyle	126
127	"O" Cat 1 50 Freestyle	128
129	Div 4 50 Freestyle	130
131	Div 5 50 Freestyle	132
133	Div 6 50 Freestyle	134
135	"O" Cat 2 50 Freestyle	136
137	Div 7 50 Freestyle	138
139	Div 8 50 Freestyle	140
501	"O" Cat 10 50 Freestyle	502
912	Mixed 6 & Under 100 Medley Relay	912
141	Div 1 200 Medley Relay	142
143	Div 2 200 Medley Relay	144
145	Div 3 200 Medley Relay	146
147	"O" Cat 1 200 Medley Relay	148
149	Div 4 200 Medley Relay	150
151	Div 5 200 Medley Relay	152
153	Div 6 200 Medley Relay	154
155	"O" Cat 2 200 Medley Relay	156
157	Div 7 200 Medley Relay	158
159	Div 8 200 Medley Relay	160

Swimming Events
Saturday, Aug. 2nd, 2025

Girls	Events	Boys
921	6 & Under 25 Butterfly	922
201	Div 1 50 Butterfly	202
203	Div 2 50 Butterfly	204
205	Div 3 50 Butterfly	206
207	"O" Cat 1 50 Butterfly	208
209	Div 4 50 Butterfly	210
211	Div 5 100 Butterfly	212
213	Div 6 100 Butterfly	214
215	"O" Cat 2 100 Butterfly	216
217	Div 7 100 Butterfly	218
219	Div 8 100 Butterfly	220
923	6 & Under 25 Backstroke	924
221	Div 1 50 Backstroke	222
223	Div 2 50 Backstroke	224
225	Div 3 50 Backstroke	226
227	"O" Cat 1 50 Backstroke	228
229	Div 4 100 Backstroke	230
231	Div 5 100 Backstroke	232
233	Div 6 100 Backstroke	234
235	"O" Cat 2 100 Backstroke	236
237	Div 7 100 Backstroke	238
239	Div 8 100 Backstroke	240
503	"O" Cat 10 100 Backstroke	504
925	Mixed 6 & Under 100 Freestyle Relay	925
241	Div 1 200 Freestyle Relay	242
243	Div 2 200 Freestyle Relay	244
245	Div 3 200 Freestyle Relay	246
247	"O" Cat 1 200 Freestyle Relay	248
249	Div 4 200 Freestyle Relay	250
251	Div 5 200 Freestyle Relay	252
253	Div 6 200 Freestyle Relay	254
255	"O" Cat 2 200 Freestyle Relay	256
257	Div 7 200 Freestyle Relay	258
259	Div 8 200 Freestyle Relay	260

Swimming Events
Sunday, Aug. 3rd, 2025

Girls	Events	Boys
301	Div 5 50 Butterfly	302
303	Div 6 50 Butterfly	304
305	"O" Cat 2 50 Butterfly	306
307	Div 7 50 Butterfly	308
309	Div 8 50 Butterfly	310
505	"O" Cat 10 50 Butterfly	506
931	6 & Under 25 Breaststroke	932
311	Div 1 50 Breaststroke	312
313	Div 2 50 Breaststroke	314
315	Div 3 50 Breaststroke	316
317	"O" Cat 1 50 Breaststroke	318
319	Div 4 100 Breaststroke	320
321	Div 5 100 Breaststroke	322
323	Div 6 100 Breaststroke	324
325	"O" Cat 2 100 Breaststroke	326
327	Div 7 100 Breaststroke	328
329	Div 8 100 Breaststroke	330
507	"O" Cat 10 100 Breaststroke	508
331	Div 1 100 Freestyle	332
333	Div 2 100 Freestyle	334
335	Div 3 100 Freestyle	336
337	"O" Cat 1 100 Freestyle	338
339	Div 4 100 Freestyle	340
341	Div 5 100 Freestyle	342
343	Div 6 100 Freestyle	344
345	"O" Cat 2 100 Freestyle	346
347	Div 7 100 Freestyle	348
349	Div 8 100 Freestyle	350



Region: _____ **Date:** _____

Provide all details including swimmer name, team name, division#, gender, event # and stroke being scratched from. This scratch sheet must be delivered to the Clerk of Course as soon as the scratch is confirmed for processing to avoid delay of meet.

[illegible]

2025 Fraser Valley Regional Speed Swimming Championship

BCSSA OFFICIAL RELAY ENTRY FORM

CLUB: _____ DIVISION/CATEGORY _____ EVENT _____

1. _____ Div _____ 3. _____ Div _____

2. _____ Div _____ 4. _____ Div _____

ALTERNATE _____ DIV _____ SWAM HEATS _____ SWAM FINALS _____

ALTERNATE _____ DIV _____ SWAM HEATS _____ SWAM FINALS _____

BCSSA OFFICIAL RELAY ENTRY FORM

CLUB: _____ DIVISION/CATEGORY _____ EVENT _____

1. _____ Div _____ 3. _____ Div _____

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ALTERNATE _____ DIV _____ SWAM HEATS _____ SWAM FINALS _____

ALTERNATE _____ DIV _____ SWAM HEATS _____ SWAM FINALS _____

BCSSA OFFICIAL RELAY ENTRY FORM

CLUB: _____ DIVISION/CATEGORY _____ EVENT _____

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2. _____ Div _____ 4. _____ Div _____

ALTERNATE _____ DIV _____ SWAM HEATS _____ SWAM FINALS _____

ALTERNATE _____ DIV _____ SWAM HEATS _____ SWAM FINALS _____

2025 Fraser Valley Regional Speed Swimming Championship

Appendix IIIA - 2025 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Qualifying Standards are generally based on the average of 8th place in Heats for 2018-2024 inclusive for Individual Events

Any swimmer who **equals or better** the following times in **FINALS** at a **2025** 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	100 BACK	100 FREE
1G	41.40	01:48.40		50.37		56.06		49.09		01:35.69
2G	36.45	01:33.46		42.10		47.36		42.66		01:22.33
3G	32.47	01:22.40		36.26		42.59		37.99		01:11.35
4G	30.30		02:49.94	33.67			01:26.22		01:17.29	01:06.74
5G	29.43		02:43.48	32.47	01:15.53		01:24.61		01:14.86	01:05.67
6G	29.11		02:43.06	31.85	01:14.77		01:22.82		01:13.84	01:04.25
7G	29.85		02:51.56	33.06	01:17.46		01:28.68		01:17.35	01:06.71
8G	29.62		03:10.47	32.05	01:21.51		01:27.96		01:20.16	01:12.37
1B	41.47	01:51.97		51.84		54.88		49.70		01:36.00
2B	35.91	01:33.42		41.93		48.75		43.32		01:20.20
3B	31.95	01:23.06		37.37		42.22		38.88		01:11.23
4B	28.87		02:45.55	32.76			01:22.84		01:15.85	01:04.23
5B	26.92		02:32.99	29.90	01:08.99		01:17.42		01:10.04	01:00.06
6B	25.96		02:27.12	28.27	01:04.83		01:12.86		01:06.78	:57.20
7B	25.76		02:28.81	28.50	01:06.82		01:14.20		01:07.94	:57.31
8B	25.14		02:25.01	27.65	01:04.32		01:14.15		01:08.02	:55.61
O1G	38.15	01:37.83		48.42		51.15		46.62		01:28.67
O2G	29.60		02:48.65	32.44	01:19.56		01:33.35		01:17.53	01:06.13
O1B	38.07	01:41.56		44.95		53.11		46.00		01:35.00
O2B	26.57		02:33.73	30.13	01:08.63		01:20.87		01:11.85	00:59.21