



**PORT MOODY AQUARIANS' 53rd ANNUAL
GOLDEN SPIKE INVITATIONAL**
Saturday and Sunday,
June 24-25, 2023

POOL FACILITY

- Westhill Pool in Port Moody – 203 Westhill Place (*at the end of Glenayre Drive*)
- 5-lane, 25-meter competition pool
- Colorado Timing System/HYTEK Meet Manager
- Free parking at Westhill Pool and to the north. Map will be sent prior to the meet.

MEET RULES

- The latest BCSSA Rules and Regulations with amendments are in effect.
- All swimmers must be registered with BCSSA
- Swimmers must be entered in their age-appropriate division as per the BCSSA age locator.

MEET FORMAT

- Events will be timed finals separated by division and gender.
- Development 25-meter races for each of the 4 strokes are open to all swimmers DIV 2 and under. These swimmers cannot be entered into the same 50m event in the same stroke.
- **TURTLE RACES FOR MINIS (Sunday, June 25):** Minis from all clubs are invited to swim in fun 25-meter exhibition races!
 - » Pool noodles or kickboards are allowed
 - » A Coach may be in the water as needed
 - » These swimmers cannot enter in other Development 25m events.
- Relays are timed finals and take place at the end of the heats each day. Parent/Coach relays take place after the Breaststroke events.
- **Eliminator 50 FREE (highlighted in blue on the event list page 6):** All “S” swimmers born in 2005 or later are eligible. Coaches do not register swimmers for these races.
 - » **ROUND 1** is the 50 Free swims on Saturday for all eligible swimmers.
 - » The fastest FIVE (5) swimmers from Round 1 will face off in the **ROUND 2 PRELIMS** on Sunday after the DIV 3 Backstroke events.
 - » The fastest TWO (2) swimmers from Round 2 Prelims will face off in the **FINALS** which is scheduled immediately following the Coach Relays.
- **Marshalling:**
 - » DIVISIONS 1-3 and OCAT 1 – check in with the Clerk of the Course and will be marshalled.
 - » DIVISIONS 4-7 and OCAT 2 and O8 will self-marshall.

ENTRIES

- **Deck entries are NOT permitted.**
- Relay entries: Submit to the Office by 10:00am each morning.
- Submit HYTEK or ACTIVE entries to our Meet Manager at: pma.meetmanager@gmail.com **before Tuesday, June 20 at 4:00pm.** Any changes to meet entries are due by 12:00am Wednesday, June 21.
- Maximum of six (6) events per swimmer PLUS two (2) relays. No more than four (4) events per day.
- Clubs will be accepted up to and including the Club entering the 450th swimmer.
- Heat placements will be available prior to the meet but are subject to change depending on scratches received. Heats may be combined.

MEET START TIME

- Warm up (*subject to change*):
 - » **7:00 - 8:00am** – warm-up times in 30-min blocks. Clubs will be informed of their times closer to the meet.
- Races Start: **8:30am**

OFFICIALS

- All clubs are expected to supply deck officials and timers for each day of the meet. Lane timing responsibilities will be emailed to clubs prior to the meet.
 - Officials meeting*: 8:00am each day by the dive tank
 - Coaches meeting*: 8:10am each day by the dive tank
- * *meeting times will depend on warm up times – clubs will be informed.*

AWARDS

- **Individual Events:** Ribbons for 1st to 6th place.
- **Relays:** Ribbons for 1st to 3rd place.
- Ribbons will be ready for pick up at the conclusion of Sunday's events. **Please ask a representative from your club to collect your club's ribbons from the Office located beside the diving boards.**
- **Eliminator 50 Free** winner and runner-up will receive a Championship award. NO individual points awarded for this event.
- **Train "Whistle" Races** – Winners of randomly selected heats throughout the weekend receive a prize.
- **Golden Spike Pins** for swimmers who earn four (4) best times in individual events. Swimmers must have a seed time for each event to be eligible.
- **NEW! Aggregate Award – the "Golden Spike"**. One male and female in each division and in OCat1 and OCat2 who earns the most accumulated points in all their individual events (*see point chart below*) will be awarded the top aggregate award. Points will be calculated from (up to) six (6) individual events. The Golden Spike Aggregate winners will be announced after the completion of the 100 Freestyle events; and swimmers can collect their award towards the end of the Meet.

SCORING

- Points are awarded as follows:

Individual Events:		Relays:	
1 st place – 7pts	4 th place – 3pts	1 st place – 14pts	4 th place – 6pts
2 nd place – 5pts	5 th place – 2pts	2 nd place – 10pts	5 th place – 4pts
3 rd place – 4pts	6 th place – 1pts	3 rd place – 8pts	6 th place – 2pts

- No points are awarded for the 25-meter events and the Eliminator 50 Free races.

FEES

- **Individual Events: \$7.50 per swimmer**
- **Relays: \$10.00 per relay**
- Late entries are subject to a \$10.00 fee
- **Payment options:**
 - » cheque payable to “Port Moody Aquarians”
 - » etransfer to pmtreasurer@gmail.com

PARENTS and COACHES RELAYS

- Don't just cheer for the kids! Get in the water! Parents and Coaches are invited to register (no fee) for our fun relay events on Sunday. Get your teams ready!
- **200m Freestyle Parent Relay:** 4 or 8 swimmers. Prizes for the fastest time!
- **200m Medley Coaches' Relay:** Bragging rights!
- All swimmers must be registered with BCSSA. Registration will be available on site; and forms can be obtained from, and submitted at, the Office (next to the diving boards).

CONCESSION

- Open both days.
- On the Grill:
 - » Breakfast served between 7:00am – 10:30am
 - » Lunch served between 11:00am – 3:00pm
- Packaged snacks and drinks available throughout each day of the meet.
- **Cash and Debit/Credit (Square) accepted.**

RAFFLE BASKETS and ONLINE 50/50

- Raffle basket draws.
- 50/50 online tickets will be on sale soon, closing June 25. Watch for the QR code.

CONTACTS

Tammy Raesler, President	pmapresident@gmail.com
Kerry LeCorre, Director of Competition	pmadirectorcompetition@gmail.com
Simon Grace, Meet Manager	pmameetmanager@gmail.com

SATURDAY, JUNE 24, 2023**Warm up:** 7:00am to 8:00am**Races Start:** 8:30am

- DIVISIONS 1-3 and O1 will check in at the Clerk of Course and be marshalled for all events.
- DIVISIONS 4-7, O2 and O8 will self-marshall.

GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
101	100IM DIV 1	102	2	Mixed 25m Butterfly ALL DIVISIONS	2
103	100IM DIV 2	104	141	50m Butterfly DIV 1	142
105	100IM DIV 3	106	143	50m Butterfly DIV 2	144
107	100IM OCAT 1	108	145	50m Butterfly DIV 3	146
109	200IM DIV 4	110	147	50m Butterfly OCAT 1	148
111	200IM DIV 5	112	149	50m Butterfly DIV 4	150
113	200IM DIV 6	114	151	100m Butterfly DIV 5	152
115	200IM OCAT 2	116	153	100 Butterfly DIV 6	154
117	200IM DIV 7	118	155	100 Butterfly OCAT 2	156
119	200IM O8	120	157	100 Butterfly DIV 7	158
1	Mixed 25m Freestyle ALL DIVISIONS	1	159	100 Butterfly O8	160
121	50m Freestyle DIV 1	122	161	DIV 1 200m Medley RELAY	162
123	50m Freestyle DIV 2	124	163	DIV 2 200m Medley RELAY	164
125	50m Freestyle DIV 3	126	165	DIV 3 200m Medley RELAY	166
127	50m Freestyle OCAT 1	128	167	OCAT 1 200m Medley RELAY	168
129	50m Freestyle DIV 4	130	169	DIV 4 200m Medley RELAY	170
131	50m Freestyle DIV 5	132	171	DIV 5 200m Medley RELAY	172
133	50m Freestyle DIV 6	134	173	DIV 6 200m Medley RELAY	174
135	50m Freestyle OCAT 2	136	175	OCAT 2 200m Medley RELAY	176
137	50m Freestyle DIV 7	138	177	DIV 7 200m Medley RELAY	178
139	50m Freestyle O8	140	179	O8 200m Medley RELAY	180

SUNDAY, JUNE 25, 2023**Warm up:** 7:00am to 8:00am**Races Start:** 8:30am

GIRLS	EVENT	BOYS	GIRLS	EVENT	BOYS
201	50m Butterfly DIV 5	202	249	100m Breaststroke DIV 7	250
203	50m Butterfly DIV 6	204	251	100m Breaststroke O8	252
205	50m Butterfly OCAT 2	206		25m Turtle Exhibition Races	
207	50m Butterfly DIV 7	208	900	Mixed "O" Cat and DIV 8 200 Freestyle PARENT RELAYS	900
209	50m Butterfly O8	210	901	Mixed "O" Cat and DIV 8 200 Medley COACH RELAYS	901
3	Mixed 25m Backstroke ALL DIVISIONS	3	922	50 Freestyle ELIMINATOR FINALS	923
213	50m Backstroke DIV 1	214	253	100m Freestyle DIV 1	254
215	50m Backstroke DIV 2	216	255	100m Freestyle DIV 2	256
217	50m Backstroke DIV 3	218	257	100m Freestyle DIV 3	258
219	50m Backstroke OCAT	220	259	100m Freestyle OCAT 1	260
920	50m Freestyle ELIMINATOR PRELIMS	921	261	100m Freestyle DIV 4	262
221	100m Backstroke DIV 4	222	263	100m Freestyle DIV 5	264
223	100m Backstroke DIV 5	224	265	100m Freestyle DIV 6	266
225	100m Backstroke DIV 6	226	267	100m Freestyle OCAT 2	268
227	100m Backstroke OCAT 2	228	269	100m Freestyle DIV 7	270
229	100m Backstroke DIV 7	230	271	100m Freestyle O8	272
231	100m Backstroke O8	232	273	DIV 1 200m Freestyle RELAY	274
4	Mixed 25m Breaststroke ALL DIVISIONS	4	275	DIV 2 200m Freestyle RELAY	276
233	50m Breaststroke DIV 1	234	277	DIV 3 200m Freestyle RELAY	278
235	50m Breaststroke DIV 2	236	279	OCAT 1 200m Freestyle RELAY	280
237	50m Breaststroke DIV 3	238	281	DIV 4 200m Freestyle RELAY	282
239	50m Breaststroke OCAT 1	240	283	DIV 5 200m Freestyle RELAY	284
241	50m Breaststroke DIV 4	242	285	DIV 6 200m Freestyle RELAY	286
243	100m Breaststroke DIV 5	244	287	OCAT 2 200m Freestyle RELAY	288
245	100m Breaststroke DIV 6	246	289	DIV 7 200m Freestyle RELAY	290
247	100m Breaststroke OCAT 2	248	291	O8 200m Freestyle RELAY	292