



2023 Golden Dolphins Swim Meet Saturday 8th & Sunday 9th July

The Golden Dolphins Swim Club would like to invite you to join us for our Annual swim meet.

Location: Golden Outdoor Swimming Pool – 1408 9th Street South.

Facility: 25m, 6 Lane, Outdoor.

Schedule:	Saturday	Sunday
Warm Ups:	8:00am MDT	8:00am MDT
	(Div 1-4: 8:00-8:20)	(Div 5-8: 8:00-8:20)
	(Div 5-8: 8:20-8:40)	(Div 1-4: 8:20-8:40)
Officials Meeting:	8:20am MDT	8:20am MDT
Coaches Meeting:	8:45am MDT	8:45am MDT
Races begin:	9:00am MDT	9:00am MDT

“We would like to acknowledge that we are located on the unceded traditional lands of the Ktunaxa and Secwepemc peoples, and the Metis Nation Columbia River Society. We hope that our actions on these homelands will honor the ancestors and our partnership towards reconciliation.”

Meet Manager: Dr Leah Mortimer

Meet Referee: Paul Coatesworth

Format:

- Heats & Finals – Open Format
- BCSSA 2023 rules apply. All BCSSA rules apply or as the Meet Manager deems fit and fair.
- Swimmers with NT will be seeded in the slower heats
- Div 1-7 will swim heats and finals: Consolations only if there are 3 or more qualifiers.
- Div 8 will swim timed finals in the morning only.
- Turtle events are finals and not timed.
- Relays will be timed finals in the afternoon only.
- Swimmer may enter 4 individual events and 2 relays.
- “O” Cat will swim with “S” Divisions
- Electronically timed event.



Marshalling:

We will be using the “Simplified Marshalling procedure”. Divisions 5-8 will NOT be marshalled, but swimmers must check in once at Marshalling at the start of the day. These swimmers are responsible for being behind the blocks and ready to swim when the referee calls the race. There will be no announcing of events for Divs 5-8. The Heat Sheets will be posted to allow swimmers to verify their event, heat and lane assignments.

Swimmers may come through the Marshaling area to congregate and organise themselves prior to going out on deck. Swimmers will check in with the lane timers to ensure they are in the right heat.

Marshaling for Divs 1-4:

Calling of the meet will follow the BCSSA policy regarding marshalling calls. Events will be called 2 times with 2 minutes between each announcement. Divs 1-4 must go to Marshalling for each event. For all Div 4 events except for the 50m Fly, the Div 4 swimmers will be alone in Marshalling. They can take this opportunity to see how Div 5-8 marshal themselves, and will have guidance from Marshals to ensure they arrive at their event on time.

Officials:

All Clubs are asked to supply deck officials, timers, recorders, place judges and other positions as needed. Food is provided in an unending supply of the best on-deck food in the Region =) Please bring your own refillable water bottle. Clubs will be assigned lanes to time/record throughout the meet.

Fees:

Flat fee of \$30 per swimmer. Turtle swimmers in 25m races only pay no fees. No late entry. There will be no refunds for scratched swimmers. Payment in full is expected by Noon on Sunday to the Meet Manager. Cheques payable to the Golden Dolphins Swim Club.

Entries:

Must be received by e-mail at goldendolphinssc@gmail.com no later than Tuesday July 4th 2023 at 8pm MDT.

No deck entries will be allowed. Swimmer event registration will be via Active Networks Swim Portal.

Relays: All relay entries must be submitted to the Meet office **prior to 10am** each day.

Scratches:

By 8pm Friday at the pool for Saturday events & following the Saturday finals for Sunday events.

Turtles:

All turtles must be registered with their home club, Please enter with team entries. Turtles can enter the 25m events for free. The regular fees will apply for turtle swimmers that enter any 50m or 100m events. Swimmers entering 25m events cannot enter a longer distance event in the same stroke. Turtle swimmers will do a water start (no diving). A senior swimmer or coach may accompany turtle swimmers. Turtles will receive goody bags at the end of each event.



Schedule of Events:

Saturday:	Sunday:
100m IM Div 1-3 (& Ocat 1)	50m Fly Div 5-8 (&Ocat 2)
200m IM Div 4-8 (& Ocat 2)	50m Back Div 1-3 (&Ocat 1)
50m Free Div 1-8 (& Ocat 1 & 2)	100m Back Div 4-8 (&Ocat 2)
25m Free – Turtles	25m Back – Turtles
50m Fly Div 1-4 (& Ocat 1)	50m Breast Div 1-3 (&Ocat 1)
100m Fly Div 5-8 (&Ocat 2)	100m Breast Div 4-8 (&Ocat 2)
25m Fly - Turtles	25m Breast - Turtles
	100m Free Div 1-8 (&Ocat1 & 2)
Finals	
200 Medley Relay – all divisions	Finals
*** Fun Relay ***	200m Free Relay

Awards:

Division 1-4: Ribbons will be awarded to top 12 swimmers.

Division 5-8 & “O”: Ribbons will be awarded to top 6 swimmers.

Aggregate medals will be awarded for top 3 girls and boys in each division.

** Medals will be awarded in a tie to the higher medal color and the lower medal will not be awarded.

Eg If a tie occurs for second, a gold & 2 silver medals will be awarded and no bronze medal will be awarded.**

Point Scores:

Point scores will be awarded for individual events to the top 12 swimmers as follows:

14-12-11-10-9-8-7-5-4-3-2-1. Double points will be awarded for Relays.

Fun Relay:

We’re open to suggestions and whatever we select we promise it’ll be fun, if not entertaining.

Club Tents:

Space is available on the grass surrounding the pool facility for club tents, please ensure all litter is removed. Also note the nearby spray park will be open.

Concession:

There will be a Concession serving fantastic food and treats on both days so make sure to check them out and fuel up you and your Swimmer/s.

Fuel Card Draw:

Each out-of-town swim family attending the Golden meet will be entered into a DRAW for one FUEL GIFT CARD valued at \$150. We know that travel distances within our region can be far and fuel prices are high. We would like to see many of our fellow swim families from within the Okanagan Region go the extra mile and attend our meet. Is this your first time attending the Golden Swim meet? We will enter your family twice! You get to have an awesome weekend AND you also get a chance to win a \$150.00 fuel card. It’s a win-win!



Accommodation:

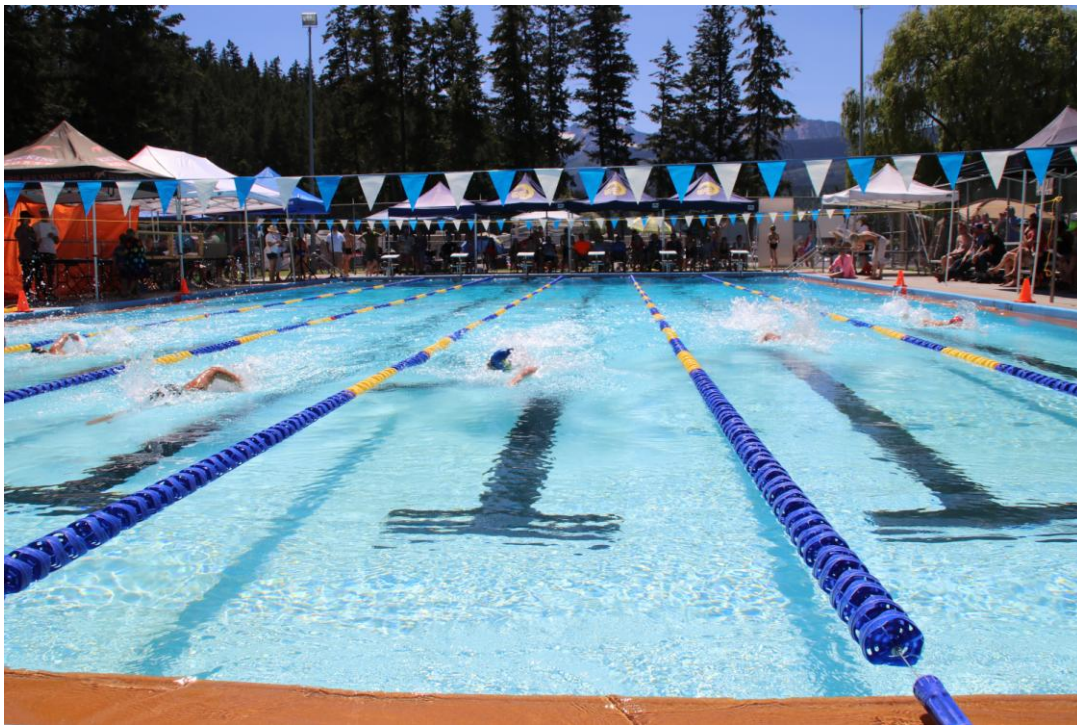
The Golden Municipal Campground is very close to the pool, across from the pool parking lot. This campground fills up early so book early. Reservations - phone: 250-344-5412 or online at: <https://www.goldenmunicipalcampground.com/>

Camping:

The Town of Golden is offering the use of the arena parking lot for self-contained units, ie. No tenting. Please contact Art McClean at cazanek@telus.net if you wish to reserve a spot.

FYI: July in Golden is always a busy time so please consider booking early.

More accommodation information can be found at: <http://www.tourismgolden.com/accommodations>



JOIN US FOR A GREAT WEEKEND IN GOLDEN!