



Nechako Otters 2nd Invitational Swim Meet July 8 & 9th, 2023

Vanderhoof Aquatic Centre

Meet Manager: Andrea Grady, President, Nechako Valley Swim Club

Please submit meet entries by Tuesday, July 4th at 6:00pm to nvsc.otters@gmail.com

Questions? Please call 250-567-7869

DAILY SCHEDULE

Warm-ups: 7:00 – 7:50am (VAC - see lane assignments with lane timing)

Officials meeting: 7:30 am – 7:45am (arena)

Coaches meeting: 7:50 – 8:00am (arena)

Timers Meeting: 8:00am Please be seated in your timing chairs in your appropriate lane (VAC).

Team Cheers & National Anthem: 8:00am (arena)

Marshalling Call: 8:10am (Check-in arena and then walk over to VAC)

Racing Begins: 8:15am (VAC)

Please note that times are tentative. The Meet Manager/Meet Referee may adjust times as required.

Location: (See Appendix 1)

- Vanderhoof Aquatic Centre (VAC), 390 Columbia Street E, Vanderhoof, BC V0J 3A0
- 25-meter, 6 lane pool
- Club tents and day camping at the Vanderhoof arena, directly across the parking lot from VAC. Due to limited pool deck space, clubs will set up their day camping in the arena and only athletes being called for their events to marshalling are permitted into VAC. Athletes are permitted to speak with their coaches after each of their race events.
- There is limited spectator seating in VAC. Please watch your athlete and then leave the viewing area after their event.

Eligibility

- Swimmers Div 1-4 may enter up to six (6) individual events and two (2) relay events.
- Swimmers Div 5-8 may enter up to seven (7) individual events and two (2) relay events.
- Divisions will be determined by the Age locator provided by BCSSA. This is BCSSA sanctioned event and all athletes must be registered with BCSSA.
- There is a \$20 splash fee for out of region swimmers.

Race Format:

Preliminary Races: will be time seeded. Swimmers will be assigned seedings according to their entry times. Swimmers with no times (NT) will be seeded in the slowest heats. Please ensure swimmers are entered in the correct category according to the event numbers listed in the tables below.

Final Races: will be seeded by division, with the fastest 6 swimmers to qualify from the preliminary races. Final races will follow the same event schedule in the afternoon following the preliminaries. Combining of divisions in heats and finals may occur depending on the number of entries. Relays are timed finals and will follow individual finals on Saturday and individual preliminaries on Sunday.

Saturday Preliminary Events

Girls	Event	Division	Boys
701	50 Free	Div 1-3 & O Cat 1	702
703	50 Free	Div 4-7 & O Cat 2/8	704
601	25 Free	Pups	602
705	100 IM	Div 1-3 & O Cat 1	706
707	200 IM	Div 4-7 & O Cat 2/8	708
603	25 Back	Pups	604
709	50 Fly	Div 1-4 & O Cat 1	710
711	100 Fly	Div 5-7 & O Cat 2/8	712
713	50 Back	Div 1-3 & O Cat 1	714
715	100 Back	Div 4-7 & O Cat 2/8	716
741 & up	200 Medley Relay	All (after Saturday finals)	742 & up

Lunch Break:

- to follow preliminaries. Please listen for the announcement
- Afternoon warm-ups will be 30 minutes.

Saturday dinner – We invite all athletes, their families, and volunteers for a complimentary dinner of pizza, salads, dessert, and refreshments at the Vanderhoof Arena. Approximately 15 minutes after the final race.

Sunday Preliminary Events

Girls	Event	Division	Boys
801	50 Fly	Div 5-7 & O Cat 2/8	802
605	25 Free (w/Kickboard)	Pups	606
803	50 Breast	Div 1-3 & O Cat 1	804
805	100 Breast	Div 4-7 & O Cat 2/8	806
607	25 Back	Pups	608
807	100 Free	Div 1-3 & O Cat 1	808
809	100 Free	Div 4-7 & O Cat 2/8	810
841 & up	200 Freestyle Relay	All	842 & up

Race Entries:

- Race entry will open on Tuesday, June 27th, 2023.
- All entries must be in by **6:00pm Tuesday, July 4/23**. Please email to: nvsc.otters@gmail.com
- Entries must be submitted through Swim Manager or Meet Manager to export the event file with all entries in the correct events. Please ensure the correct designations (“S” or “O”) and the BCSSA ID’s are entered for each swimmer with verified birthdates.
- **Deck entries will only be allowed if there is an available lane in the applicable event at the discretion of the Clerk of the Course or Meet Manager.**
- Scratches - please advise crash desk by 7:45am each day on designated scratch sheets provided.

Race Officiating & Rules:

- The Regional Director of Officials (RDO) or designate, will ensure all BCSSA Speed Swimming Rules are adhered to during the competition.
 - All participating clubs must supply at minimum, one qualified official or designate an official in training to shadow a qualified official during the competition.
 - Lane timing will be completed by the visiting swim clubs volunteer base. Each team will be designated timing stations to man for the entire competition, each lane must provide 3 volunteers per lane. (If this requirement can’t be met you must notify the Meet Manager by July 7th). All timers must be at their timing stations, ready for a pre-race briefing, training, and the timing system pre-race tests no later than 15 minutes prior to the race scheduled start.
 - Dawson Creek Seals: Lane 1-2
 - Prince George Pisces: Lane 3-4
 - Nechako Otters: Lane 5-6
 - Quesnel Sea Lions: Lane 6
- *Lane assignments for timing and warm-ups may be adjusted based on the number of entries per club

Marshalling will be announced for Divisions 1-4 within VAC and club tenting area in the arena following the BCSSA policy regarding marshalling calls. Divisions 5-8 will be self-marshalled.

Awards

- Ceremony to follow approximately 30 mins following the final race on Sunday.
- Medals – Gold, Silver and Bronze Aggregate Medals for Division 1-8.
- Ribbons – 1st – 6th place ribbons for Individual events for Divisions 1-8.
- All Pups will receive an award.

Accommodations

- The Homestead Inn and Suites. Please call to reserve 250-567-0170 or website homestead-inn-suites.mydirectstay.com/
- Coach Light Motel. Please call to reserve 250-567-2614.
- North Country Inn. Standard rate. Please call to reserve or through website. 250-567-3047 northcountryinnmotel.com/NCI_motel.html
- Siesta Inn Motel. Please call to reserve 1-800-914-3388
- The Hillview Guest Rooms Please call to reserve 250-567-4468 or website thehillview.ca/

Camping

- Due to limited parking space, overnight camping is **NOT** permitted at VAC or at the arena. We have been granted special permission to overnight camp in self-contained units at the Nechako Valley Secondary School parking lot (see Appendix 1). It's approximately a 2 min walk across the field to VAC. Please be respectful of SD#91 property with cleaning up your area after your use and no loud noise after 11pm. There are no services.
- Riverside Campground - serviced sites with electricity and water hook-ups. Approximately 15 min walk from campground to VAC. <https://reserve.campgroundbooking.com/Riverside-Park-Campground>

Appendix 1

