



2023  
Kootenay Regional  
Swim Championships  
<https://www.bcsummerswimming.com/>



August 5<sup>TH</sup> AND 6<sup>TH</sup> 2022  
Nelson B.C.  
KO Regional Championship Meet Package



**KOOTENAY SWIMMING**  
<https://koregion.teampages.com/>

**DATE:** August 5<sup>th</sup> and 6<sup>th</sup> 2022  
**LOCATION:** Nelson B.C.  
**TYPE OF MEET:** BCSSA Kootenay Regional Championships  
**REGIONAL DIRECTOR:** Leanne Badry  
**MEET MANAGER:** Ashlea Lutz-Miller  
**MEET REFEREE:** Chad Badry

### **2023 KO REGIONAL BOARD RESPONSIBILITIES**

#### **1. Regional Director: Leanne Badry**

- a. Responsible for Regional Supplies: KO Swim Caps and Regional/Provincial T-shirts.
- b. Responsible for Regional Volunteer & Coaching Awards.
- c. Responsible for Provincial Sign-up for swimmers and parents and to ensure that all our KO Provincial Meet responsibilities in Nanaimo are filled.
- d. Responsible for KO Region Provincial Championship Meet entries to be delivered on time to the BCSSA Office.
- e. Responsible to ensure that KO Regional Coach forms KO Regional Relays in accordance to the BCSSA Provincial Championship eligibility rules and Regional Policy.

#### **2. Regional Director of Officials: Chad Badry**

- a. Regional Meet Referee in charge of the working deck.
- b. Will arrange for Provincial Sign-up for Officials.
- c. Organize and assign all qualified deck officials shifts for Regional Championship:
  - Timers
  - Stroke & Turn
  - Referees & Starters

#### **3. Director of Competition / Meet Manager: Ashlea Lutz- Miller**

- a. Responsible to ensure that Regional Championship Meet is properly organized and conducted.
- b. Inventory of medals and ribbons.
- c. Oversee and distribute Regional Invitation.
  1. Responsible to collect and oversee all meet entries and distribute to Data Entry person and Regional Dir.
- d. Oversee volunteer assignments and that numbers of volunteers needed are provided for each area. Club signup list located in the meet package.
- e. Rotate and Assign Club Responsibilities. Areas of responsibility will be delegated to clubs based on their areas of strength and volunteer manpower. Larger clubs are given a minimum of 2 areas to cover.

#### **4. Regional Registrar: Breanne Lipinski**

- a. To ensure that all Regional Championship swimmers are eligible to swim at the Regional Championship.
- b. Responsible for registering all provincial qualifiers for Provincial Championship in conjunction with the Regional Director and to ensure that the entries are sent to BCSSA Office as by the deadline.
- c. Check eligibility of KO Regional Relay members using BCSSA Provincial Championship eligibility rules.

#### **5. Regional Treasurer: Laura Lewis**

- a. Provide 2023 Regional Championship Budget.
- b. To collect all regional entry fees from clubs.
- c. Responsible for collecting and remuneration of costs incurred at Regionals.

**6. Regional Equipment Manager: Alan Leroy (Yoda of computers and all things technical)**

- a. Responsible to ensure all equipment located in the Regional Timing Trailer is in good working order for use at Regionals
- b. Overseeing Set-up / Take Down Crew – **(all clubs are to provide help)**
- c. Organize and assign all qualified Colorado Electronic officials shifts for Regional Championship

**7. KO Club Presidents:**

- a. Responsible for all individual club meet entries being submitted by the Thursday July 27th 2023 deadline outlined in the Regional Championship Meet Package. No entries will be accepted after the deadline, re: Administration, page 31 of the BCSSA Rule Book Section 8, A, 1.
- b. Club Presidents or delegates are responsible to fill their assigned club duties and return completed Sign-up sheet via e-mail to Ashlea Lutz- Miller at [ashlea\\_lutz@yahoo.com](mailto:ashlea_lutz@yahoo.com) by July 31 st 2023.
- c. Clubs to distribute completed club volunteer list to their members prior to Regionals.

**8. Host Club:- Nelson Neptunes Swim Club**

- a. Responsible to work in conjunction with Director of Competitions.
- b. Organize and Oversee Camping, if applicable.
- c. Provide Portable Toilet Rentals for campers, if applicable.
- d. Provide Garbage containers. Arrange for supplies and disposing during weekend use
- e. Provide listing of local accommodations for Championship Meet Package.
- f. Provide Announcers
- g. Provide Anthems Singers
- h. Provide Office Equipment & Supplies –Tables, Chairs
- i. Provide Deck Food Manager and Storage Equipment- Food to be purchased by region , Region will reimburse for all dry goods and beverages. Receipts to be submitted to regional Treasurer.
- j. Supply Marshalling area tents and benches
- k. Supply tables, chairs for officials & coaches.
- l. Supply seating for spectators.
- m. Host Club Fundraising – Concession
- n. Host Club – Regional Championship Meet Program ( region to reimburse ).

**Notes:**

The Regional Championship is to mirror the Provincial Championship. All Regional Executive members are involved in Regionals. The Regional goal is to create consistency at our Regional Championship. All Registered Div 1 - 8 and Cat 0 swimmers are eligible to attend the KO Regional Championship Meet provided they have swam in at least one (1) Individual Event at a 2023 BCSSA Club Hosted Meet as per the BCSSA Rules & Regulations. **Novices do not attend.** All parents who have children swimming at the **Regionals are expected to help with this regional event.** The KO Region covers most of the costs of holding the Regionals except for the concession, as this is a fundraising event for the Host club. Office paper, medals and ribbons provided by Region, all other supplies needed for office will be reimbursed. Receipts to be submitted to regional Treasurer. Clubs will **not** be expected to provide food donations for deck food. The host club will purchase the food and the charges will be covered by monies in the regional account.

**POOL CONFIGURATION:**

- 25m – 6 lane indoor pool

**RULE APPLICATION:**

- The BCSSA Rules and Regulations, published April 2023, including any updates listed on the webpage, will apply.

### STARTING SYSTEM:

- Electronic Timing System via Colorado Timing system, which is initiated by a “beep” start, will be used in accordance with BCSSA rules

### BCSSA KO REGION CLUBS:

- CAS - CASTLEGAR AQUANAUTS
- COL – COLVILLE VALLEY SHARKS
- CST – CRESTON WAVES SWIM CLUB
- GFA - GRAND FORKS PIRANHAS
- KIM – KIMBERLEY SEAHORSES
- NEL – NELSON NEPTUNES
- TRA – TRAIL and AREA STINGRAYS

### REGIONAL CHAMPIONSHIP AWARDS:

- Individual Awards will be given out after each final has been swam.
- Medals for individual events, first three places Div 1 – 8 and ‘O’ Cat 1 & 2.
- Ribbons for individual events 4<sup>th</sup> – 12<sup>th</sup> place. Medals for relay 1<sup>st</sup> – 3<sup>rd</sup> place.
- Points for 1<sup>st</sup> – 12<sup>th</sup> place will be awarded.  
Finals: 18-16-15-14-13-12  
Consolations: 11-10-9-8-7-6  
Relays: 36-32-30-28-26-24;

### REGIONAL VOLUNTEER AWARDS:

- **Russell Beattie Memorial Trophy** - Awarded to the best Div 6 male breaststroke at Regionals
- **Dick Buckingham Memorial Trophy**-Awarded to the most sportsmanlike team in the Region
- **Cora Lee Schuepfer Trophy**- Awarded for volunteer work for the Region
- **Pat McLean Memorial Trophy** Awarded for volunteer work for a Regional Club
- **Jeli Orrell Memorial Spirit of Kootenay Swimming Trophy** -Awarded to a Kootenay swimmer that has entered the coaching field and shows a positive encouraging method of coaching young children at swim meets
- **Erin Hartson Memorial** - Swimming Family “Spirit of the Kootenays” Award  
\*Awarded to a Kootenay Family where all family members demonstrate the principles of Kootenay swimming including sportsmanship, commitment, developing the Region, promoting the sport, representing the Region, and generally making contributions towards the growth and development of the sport within the Kootenays.
- There will be a Regional trophy given to the winning team at regionals. It will be determined by taking the Total number of points for a team and dividing it by the number of swimmers that participated at the meet. That will give the average of points per swimmers. That is number that will determine the winner.

**NOTE: Club presidents are responsible for returning any trophies from 2022. Return them for Regionals.**

### REGIONAL CHAMPIONSHIP ENTRIES:

- Please e-mail the Hy-Tek Meet Entry File and Hy-Tek Meet Entry Report (validation list) in soft copy word or text format to, Ashlea Lutz- Miller, at [ashlea\\_lutz@yahoo.com](mailto:ashlea_lutz@yahoo.com). Clubs are to enter relay teams in to the Hy-Tek entry file with alternates included. There will be no late entries.
- **ENTRY DEADLINE, FIRST DRAFT IS THURSDAY, JULY 27TH, 2023 by 7:00 pm, (PST).** In accordance with the BCSSA Submission Process of June 7, 2008; clubs have agreed to submit first draft of verification Electronically Thursday evening. A validation will then be produced of how your own club swimmers are attached to their events and sent back to the club President for

confirmation or correction. **Final confirmation must be completed ASAP or by 3:00 pm Monday July 31, 2023. (no later than).** This will allow the Meet to be built, time sheets to be printed and the appropriate information to be sent off to the printers for submission to the Program. No entries will be accepted after the deadline. Please include a phone number where you can be reached for emergencies with the entry submission.

- **E-Scratches:** All scratches, must be emailed to Ashlea Lutz- Miller on the KO Region Scratch Form (**Appendix II**), to ashlea\_lutz@yahoo.com by 7:00 PM on Thursday, August 3rd 2023. **Please include a phone number where you can be reached for emergencies with the entry submission.**
- **There are no novice 25m events or exhibition events at any BCSSA Regional Championship.**
- Presidents are responsible to ensure their clubs meet entries are submitted by the above deadline.
- The entry fee is **\$12.00** per swimmer. No refunds for scratches.
- Payment: cheque made out to “BCSSA Kootenay Summer Swimming” is due no later than the Sunday of Regionals. Please pass cheque on to Laura Lewis or designate.

## **2023 REGIONAL CHAMPIONSHIP POLICIES AND RULES**

### **SCHEDULE OF EVENTS:**

#### **START TIMES:**

- Warmups - 7:30-8:30 AM Saturday & Sunday
- National Anthems - 8:45
- Marshalling - will commence at 8:50 a.m. Saturday & Sunday
- Heats - will commence at 9:00 AM Saturday & Sunday
- Lunch Break - will commence directly after Heats
- Finals - will commence 1 hour after the completion of the heats
- Relays - will follow the finals
- All heats and finals will be run for all events for Regionals except relays

#### **TEAM WARM-UPS FOR ALL CLUBS ARE AS FOLLOWS:**

- A Coach or Team official must be on deck for each team's warm-ups. Warm-ups for heats will be 30 minutes shifts per age group. Warm-ups for finals will be 15 minutes shifts per age group. **Regional Coach will be responsible for assigning club lanes during each shift.**

#### **TEAM WARM-UP TIMES FOR SATURDAY HEATS:**

- Shift 1- Juniors / Div. 1-3 -7:30 am - 8:00am
- Shift 2- Seniors / Div. 4 and up - 8:00 am - 8:30am

#### **TEAM WARM-UP TIMES FOR SATURDAY FINALS:**

- To start approximately 30 minutes after last heat.
- Shift 1- Juniors / Div. 1-3 -15 minutes
- Shift 2- Seniors / Div. 4 and up -15 minutes

#### **TEAM WARM-UP TIMES FOR SUNDAY HEATS:**

- Shift 1- Seniors / Div. 4 and up -7:30 am - 8:00am
- Shift 2- Juniors / Div. 1-3 - 8:00 am - 8:30am

#### **TEAM WARM-UP TIMES FOR SUNDAY FINALS:**

- To start approximately 30 minutes after last heat.
- Shift 1- Seniors / Div. 4 and up -15 minutes
- Shift 2- Juniors / Div. 1-3 -15 minutes

**OFFICIALS MEETING:**

- 8:15 AM Saturday & Sunday in the marshalling area. All Stroke & Turn and Senior Officials and Club Presidents **must** be present.
- Timers and Place Judge meeting will take place at 8:40 AM Saturday & Sunday by the starting blocks.

**COACHES MEETING:**

- 8:35-8:45 AM Saturday & Sunday in the marshalling area. All Club presidents are asked to be present.

**REGIONAL MEETING:**

- There will be Regional meetings during the lunch break on Saturday in the Marshalling area. Each club should be represented by 1 club designate.

**RELAY ENTRIES:**

- For relays, 4 swimmers and up to 2 alternates, must be listed on the BCSSA Official Relay Entry Form. The age division for all swimmers and alternates must be entered on the BCSSA Official Relay Entry Form. The form must be submitted by the deadline 9:00AM the day of the event, in order to be checked for eligibility by the Regional Registrar. Disqualifications will result where it is confirmed that an improperly constituted team swum. If one of the listed swimmers is ineligible to swim, an alternate may replace that swimmer to participate prior to the team reporting to the clerk.

	Club Relays	Regional Relays (Provincials Only)
<b>O-Cat 1</b>	MUST include <u>at least one</u> O-Cat 1 swimmer and a maximum of three Div 1 - 3 swimmers	ONLY O-Cat 1 swimmers allowed
<b>O-Cat 2</b>	MUST include <u>at least one</u> O-Cat 2 swimmer and a maximum of three O-Cat 1 and/or Div 4 – 6 swimmers	ONLY O-Cat 2 swimmers allowed* <i>*O-Cat 1 can move up to this relay only if there are not enough O-Cat 2 swimmers from that region at Provincials</i>

- Division 7 and 8 are not eligible for O-Cat 2 relays

- O-Cat swimmers are not eligible to swim in ANY “S” relays. Any relay which includes an O-Cat swimmer, must swim in the corresponding “O” category

**MARSHALLING:**

- All swimmers are encouraged to participate in the National anthems and Regional cheers. Marshalling calls will not be made until the completion of the Anthems.
- The Regionals will be run as follows; the Clerk will announce the availability of the event cards two (2) times with two (2) minutes between each announcement.
- It is responsibility of each competitor to be close enough to the Clerk to hear the announcements.
- There will not be “personal Calls” from the public address system.
- Coaches will be allowed to pick up their own cards and are not required to go through marshalling, but coaches will be responsible to be at the blocks prior to the start of the race. This will be at the discretion of the Session Referee.
- Swimmers will be marshaled in the designated marked area.

**No Clerk/ No Marshalling**

- For senior swimmers Divisions 5 through 8, similar to Fina rules, there is no marshalling process, and the swimmer is 100% responsible for being at the blocks when his/her race is called by the referee for senior swimmers for PRELIMS ONLY. We will provide an area that they may congregate prior to their races. Divisions 1, 2, 3, and 4 will marshal as usual.
- **DIVISIONS 1-6 AND O CAT 1 WILL MARSHALL FOR FINALS AS USUAL.**
- **PLEASE SEE THE NEW RULE BELOW:**
- **1. O-Cat 2/ Div 7/ Div 8 Finals Check in Procedure**
- **a. These age groups WILL NOT be marshalled for Finals. Finalists, Consolation Finalists and Alternates will report directly to the starting end of the pool prior to the start of their race.**
- **b. These events will be swum with the Championship final swimming first, followed by the Consolation final.**
- **The Clerk of the Course, or designate, will be stationed in a conspicuous place adjacent to the start end of the finals pool, and will assist the session referee with alternate substitutions.**
- **4.5.2.4.9 Simplified Marshalling Procedure -**
- a) At the discretion of the Meet Manager, the Simplified Marshalling Procedure may be used for some or all preliminary and/or Timed Finals sessions of a BCSSA-hosted meet.
- b) If the SMP is to be used, the Meet Manager shall inform all participating clubs prior to the meet start, and shall also specify, in the Meet Package, the sessions and/or events for which it will be in effect.
- c) Under the SMP, the swimmer has sole responsibility for being behind the blocks and ready to swim when the referee calls his/her race. There will be NO check-in, marshalling, or announcing of events.

- e) As space permits, the Meet Manager may provide a 'green room' area for the swimmers to congregate prior to their race.
- f) The Meet Manager shall post current heat sheets in a conspicuous location to allow swimmers to verify their event, heat and lane assignments.
- g) In the event that a swimmer is NOT behind the blocks when the referee calls his/her race, then the referee may call the designated alternate, if any, to swim in his/her place. In this case the original swimmer shall be deemed a 'late scratch'.
- h) The alternate shall identify himself/herself to the referee and shall report immediately to the correct lane as directed by the referee.
- The meet will follow the Provincial policy of no personal calls. The Clerk will announce the availability of the event two (2) times with two (2) minutes between each announcement.
- The Kootenay Region has embarked on running our meets similar to SNC (Swimming/National Canada). The announcer will announce the events to be marshaled, as in previous meets in this region. Coaches, as in the past will sign-in and continue coaching and will not be required to go through marshalling, as per BCSSA policy. Once the swimmers arrive at the blocks the **Timers will ask their names to verify that the swimmer is in the correct event, heat and lane assignment.**

#### **HEATS, FINALS AND CONSOLATIONS:**

- Tier "S" and Tier "O" swimmers will compete in Heats, Finals and Consolations according to Division or Category.
- This Meet will have consolation finals for the 7<sup>th</sup> – 12<sup>th</sup> place finishers in the morning heats for individual events.
- Consolations will be swum **first** and finals **second**.
- Swimmers qualifying for the consolation finals cannot place higher than 7th place irrespective of their afternoon time.

#### **SCRATCHES FROM HEATS AND FINALS:**

##### **HEATS:**

- Scratches **must** be on a KO Region Scratch Form (**Appendix II**). These will be available from the Clerk of the Course.
- Saturday, August 5 & Sunday, August 6, 2023, each club shall advise the Clerk of the Course in writing of any scratch from any HEAT by 8:00 AM on the day in which the event is scheduled.

##### **FINALS:**

- ii] One alternate relay team may be listed from each Regional Championship Relay event.
- iii] The alternate relay team may only replace those relay teams entered from the Region in the Provincial Championship as the top 2 qualifiers in the event.

#### **4. Regional Medley Relays**

- a] Qualifiers



- i] A Regional Medley Relay team shall consist of 4 swimmers.
  - ii] All swimmers must have competed at their Regional Championship
  - iii] All swimmers must be from the same division or category for which the event is being staged, unless there are an insufficient number of swimmers available from that division. In that case, swimmers from lower divisions may be included to form the Regional Relay Team.
- b) Alternates  
Up to 2 alternate swimmers can be included on a regional relay team and must be listed on the Official Relay Entry Form.

## **4.2. COMPETITOR ELIGIBILITY**

### **Requirements 4.2.1.**

*Any dispute related to a swimmer's 4.2.1.1 competitive status shall adhere to the process as set out in the section entitled Protests Regarding Competitor Eligibility.*

*All competitors must indicate all aquatic 4.2.1.2 participation between October 1st of the previous year through April 30th of the current year on the registration form.*

*Competitors who misrepresent their 4.2.1.3 aquatic participation may be disqualified from all BCSSA competition within the current season. A disqualification shall take effect immediately and be in effect for twelve months from the date of the disqualification.*

*All competitors must compete in their 4.2.1.4 designated competitor categories.*

*An 'S' swimmer is an individual who 4.2.1.5 trained and competed for an unrestricted number of hours between May 1st and September 30th of any year. Between the October 1st to April 30th period immediately preceding registration, an 'S' swimmer may have:*

*Participated in speed swimming 4.2.1.5.1 training and/or swim meets, provided the activity(ies) did not exceed a total of two (2) hours within a calendar week. A calendar week is Sunday through Saturday. A swim meet counts as one hour of activity per day of meet. 24 | Page SWIMMING Version 1*

*Trained and competed in 4.2.1.5.2 diving, water polo and synchronized swimming with no restrictions.*

*Engaged in accredited and 4.2.1.5.3 certified water safety and learn to swim programs delivered by a recreation program or school.*

*Between October 1st and 4.2.1.5.4 November 30th, engaged in swimming activities for the specific purpose of competing in any swim meet recognized in the official program schedule of the annual swimming championships organized by a secondary school athletic association. Training for the meet must have been carried out under the direction of the 'S' swimmer's school.*

*Between December 1st and 4.2.1.5.5 February 28th, participated as a non-high school swimmer in swimming activities to a maximum of two hours per week with their school-sanctioned swim team, plus any school swim meets. These activities may have been in addition to other permitted swimming activities and must have been under the direction of the 'S' swimmer's school.*

*Should a club, region or 4.2.1.5.6 individual wish to request the exemption of any additional activities from the provisions of this section, such a request shall be submitted for the consideration of Version 1 SWIMMING Page | 25*

*the BCSSA Board of Directors at its Fall Board Meeting.*

*A swimmer may be registered as an 'S' 4.2.1.6 swimmer following registration in a previous year as an 'O' swimmer on one occasion only.*

*An 'O' Swimmer is an individual who: 4.2.1.7*

*participated in organized aquatic 4.2.1.7.1 activity in excess of what is provided for in 4.2.1.5 between the October 1st to April 30th period immediately preceding registration; or achieved a SNC Senior National 4.2.1.7.2 Qualifying Time at a non-BCSSA swim meet within the three years preceding registration.*

## **4.3. REGIONAL CHAMPIONSHIP MEETS**

### **Requirements 4.3.1.**

*Each Region shall organize and conduct 4.3.1.1a Regional Championship Meet to qualify competitors for the Provincial Championship Meet.*

*The Regional Director is responsible for 4.3.1.2 ensuring that the Regional Championship Meet is properly organized and conducted.*

**Eligibility 4.3.2.**

*Eligibility to compete at the Regional 4.3.2.1 Championship Meet shall be limited to competitors who have competed in at least one individual event at a BCSSA club-hosted meet during the current competitive season.*

*All entered swimmers shall be checked 4.3.2.2 for eligibility by the Regional Registrar or designate. 26 | Page SWIMMING Version 1*

**Events 4.3.3.**

*Individual events at the Regional 4.3.3.1 Championship Meet shall be swum as heats and finals.*

*Events may be combined. 4.3.3.2*

**Entries 4.3.4.**

*Individual and relay team entries shall 4.3.4.1 be submitted by clubs to the appropriate individuals by the date indicated in the Regional Meet Package. Entries shall not be accepted after the deadline.*

*A competitor may enter a maximum of 4.3.4.2 four individual events and two club relays.*

*Relay entries shall adhere to the 4.3.4.3 following procedures:*

*Four swimmers and up to two 4.3.4.3.1 alternates must be listed on an Official Relay Entry Form.*

*The age division for all swimmers 4.3.4.3.2 and alternates must be entered on the entry form.*

*The meet package shall indicate 4.3.4.3.3 a deadline for submitting the entry form, which shall be on the day the relay is scheduled to be swum. No late entries shall be permitted.*

*The Regional Registrar shall 4.3.4.3.4 check all relay entries for eligibility. Should this check result in one or more listed swimmers being identified as ineligible to compete in that relay, the club may replace the swimmer(s) with an alternate(s) indicated on the entry form, as long as this substitution takes place prior to the team reporting to the clerk of the course. Version 1 SWIMMING Page | 27*

*Should an improperly constituted 4.3.4.3.5 relay team compete, it shall be disqualified.*

**4.4. PROVINCIAL CHAMPIONSHIP MEET**

**Requirements 4.4.1.**

*The BCSSA Board of Directors shall 4.4.1.1 organize and conduct a Provincial Championship Meet to be held during the second half of August each year.*

*There shall be no changes to the 4.4.1.2 Provincial Championship Rules and Regulations after March 31st of each year.*

*The Provincial Championship Meet 4.4.1.3 Package shall be circulated to all BCSSA clubs no later than May 1st of each year.*

*There shall be a Provincial Trophy 4.4.1.4 awarded to the top Region in each of the four aquatic disciplines.*

**Eligibility 4.4.2.**

*In order to compete in the Provincial 4.4.2.1 Championship Meet, a swimmer shall have competed in at least one individual event at a BCSSA club-hosted meet prior to the Regional Championship Meet.*

*In order to compete in an individual 4.4.2.2 event, a swimmer shall have competed at the Regional Championship Meet.*

*A swimmer entered only in a club 4.4.2.3 relay(s) is not required to have competed at the Regional Championship Meet.*

*In order to participate in an 'S' individual, 4.4.2.4 club relay or regional relay event, a swimmer shall be properly registered as an 28 | Page SWIMMING Version 1*

*'S' swimmer.*

*In order to participate in an 'O' individual 4.4.2.5 or regional relay event, a swimmer shall be properly registered as an 'O' swimmer.*

*A swimmer shall compete only in the 4.4.2.6 competitor category in which they were registered, except when participating on relay teams, and then subject to the conditions of relay team eligibility described in this section.*

**Events 4.4.3.**

*Individual events at the Provincial 4.4.3.1 Championship Meet shall be swum as heats and finals.*

**Entries 4.4.4.**

*Each region shall submit entries to the 4.4.4.1 BCSSA Office by the deadline indicated in the Provincial Championship Meet Package.*

*A competitor may be entered in a 4.4.4.2 maximum of four individual events, two club relay events and one regional relay.*

*Individual event entries 4.4.4.3*

*The top three finishers in the 4.4.4.3.1.Regional Championship Final of each individual event qualify to compete in that event at the Provincial Championship Meet.*

*Any swimmer who attains a PQT 4.4.4.3.2.in a Regional Championship Final of an individual event but does not place among the top three swimmers in the final, also qualifies to compete in that event at the Provincial Championship Meet. Version 1 **SWIMMING Page | 29***

*Up to two swimmers who placed 4.4.4.3.3.fourth or lower in the Regional Championship Final of an individual event and did not attain a PQT may be listed as alternates for that event.*

*An alternate may only replace a 4.4.4.3.4.competitor who qualified for an event as a result of finishing in the top three in the Regional Championship Final.*

#### KO REGION POLICY REGIONAL MEDLEY RELAYS:

The last event at Provincials is the Regional Medley Relays. Each Region is allowed to enter one elite medley relay team per division with members drawn from any club in the Region. For example, the division 3 Boys team could have swimmers from Kimberley, Trail, Colville and Grand Forks, provided that all team members are competitors in at least 1 individual event at Provincials. To assist families to make their travel plans, membership for these teams will be determined before Provincials and will not be change unless one of the selected swimmers does not show up at Provincials or is unable to compete due to illness or injury. There is a KO Regional Policy for Regional relay team members that are “no shows” at Provincials. The Regional Coach may of course, juggle the stroke assignments within the Regional Relay Team in order to take advantage of the strengths of each swimmer following the Provincial rules.

#### **SIGNING UP FOR PROVINCIALS: (PARENT RESPONSIBILITY)**

If your child qualifies for the Provincials in one or more events, please come to the Provincial Sign-up Table as soon as possible. If the swimmer is going, we will ask the parents or guardian to **sign up for two per swimmer** of the Kootenay Region Duties during Provincials. Our 2023 duties are DECK FOOD DISTRIBUTION with the Caribou region. There will be a schedule to follow. Parents must sign up for their 2 shifts per swimmer. All intermediate, senior and master Officials’ sign-up through KO Regional Director of Officials, Chad Badry. **If no one shows up to confirm a swimmer’s attendance at Provincials, the Regional Director will assume that he/she has declined. If the swimmer is not going the Regional Director will need to locate the alternates, and to notify them!**

*This year there will be a \$10 charge per regional swim cap.*

#### **Regional Club Assignments 2023**

**Deck Food: Nelson**

**Marshalling & Clerk of the Course: Castlegar**

**Office: Nelson + Trail**

**Tower & Runners: Grand Forks**

**Head Timer: Colville + Kimberley**

**Safety Marshall: Nelson**

**Medal Presentation Saturday and Sunday afternoon: Grand Forks + Trail**

**Announcer: Nelson**

**Declaration Desk: Breanna Lipinski - Creston**

**Timers: Everyone**

**Appendix # I**

**2023 KO Regional Championships - 08/05/2023 to 08/06/2023  
Session Report**

**Session: 1 Saturday Preliminary Heats**

**Day of Meet: 1 Starts at 09:00 AM**

<b>Round</b>	<b>Event</b>
Prelims	101 Girls Div 1 100 IM
Prelims	102 Boys Div 1 100 IM
Prelims	103 Girls Div 2 100 IM
Prelims	104 Boys Div 2 100 IM
Prelims	105 Girls Div 3 100 IM
Prelims	106 Boys Div 3 100 IM
Prelims	107 Girls "O" Cat 1 100 IM
Prelims	108 Boys "O" Cat 1 100 IM
Prelims	109 Girls Div 4 200 IM
Prelims	110 Boys Div 4 200 IM
Prelims	111 Girls Div 5 200 IM
Prelims	112 Boys Div 5 200 IM
Prelims	113 Girls Div 6 200 IM
Prelims	114 Boys Div 6 200 IM
Prelims	115 Girls "O" Cat 2 200 IM
Prelims	116 Boys "O" Cat 2 200 IM
Prelims	117 Girls Div 7 200 IM
Prelims	118 Boys Div 7 200 IM
Prelims	119 Girls Div 8 200 IM
Prelims	120 Boys Div 8 200 IM
Prelims	121 Girls Div 1 50 Freestyle
Prelims	122 Boys Div 1 50 Freestyle
Prelims	123 Girls Div 2 50 Freestyle
Prelims	124 Boys Div 2 50 Freestyle
Prelims	125 Girls Div 3 50 Freestyle
Prelims	126 Boys Div 3 50 Freestyle
Prelims	127 Girls "O" Cat 1 50 Freestyle
Prelims	128 Boys "O" Cat 1 50 Freestyle
Prelims	129 Girls Div 4 50 Freestyle
Prelims	130 Boys Div 4 50 Freestyle
Prelims	131 Girls Div 5 50 Freestyle
Prelims	132 Boys Div 5 50 Freestyle
Prelims	133 Girls Div 6 50 Freestyle
Prelims	134 Boys Div 6 50 Freestyle
Prelims	135 Girls "O" Cat 2 50 Freestyle
Prelims	136 Boys "O" Cat 2 50 Freestyle
Prelims	137 Girls Div 7 50 Freestyle
Prelims	138 Boys Div 7 50 Freestyle
Prelims	139 Girls Div 8 50 Freestyle
Prelims	140 Boys Div 8 50 Freestyle
Prelims	201 Girls Div 1 50 Butterfly
Prelims	202 Boys Div 1 50 Butterfly
Prelims	203 Girls Div 2 50 Butterfly
Prelims	204 Boys Div 2 50 Butterfly
Prelims	205 Girls Div 3 50 Butterfly
Prelims	206 Boys Div 3 50 Butterfly
Prelims	207 Girls "O" Cat 1 50 Butterfly

Prelims	208 Boys "O" Cat 1 50 Butterfly
Prelims	209 Girls Div 4 50 Butterfly
Prelims	210 Boys Div 4 50 Butterfly
Prelims	211 Girls Div 5 100 Butterfly
Prelims	212 Boys Div 5 100 Butterfly
Prelims	213 Girls Div 6 100 Butterfly
Prelims	214 Boys Div 6 100 Butterfly
Prelims	215 Girls "O" Cat 2 100 Butterfly
Prelims	216 Boys "O" Cat 2 100 Butterfly
Prelims	217 Girls Div 7 100 Butterfly
Prelims	218 Boys Div 7 100 Butterfly
Prelims	219 Girls Div 8 100 Butterfly
Prelims	220 Boys Div 8 100 Butterfly

**Session: 2 Saturday Finals Heats**

**Day of Meet: 1**

<b>Round</b>	<b>Event</b>
Finals	101 Girls Div 1 100 IM
Finals	102 Boys Div 1 100 IM
Finals	103 Girls Div 2 100 IM
Finals	104 Boys Div 2 100 IM
Finals	105 Girls Div 3 100 IM
Finals	106 Boys Div 3 100 IM
Finals	107 Girls "O" Cat 1 100 IM
Finals	108 Boys "O" Cat 1 100 IM
Finals	109 Girls Div 4 200 IM
Finals	110 Boys Div 4 200 IM
Finals	111 Girls Div 5 200 IM
Finals	112 Boys Div 5 200 IM
Finals	113 Girls Div 6 200 IM
Finals	114 Boys Div 6 200 IM
Finals	115 Girls "O" Cat 2 200 IM
Finals	116 Boys "O" Cat 2 200 IM
Finals	117 Girls Div 7 200 IM
Finals	118 Boys Div 7 200 IM
Finals	119 Girls Div 8 200 IM
Finals	120 Boys Div 8 200 IM
Finals	121 Girls Div 1 50 Freestyle
Finals	122 Boys Div 1 50 Freestyle
Finals	123 Girls Div 2 50 Freestyle
Finals	124 Boys Div 2 50 Freestyle
Finals	125 Girls Div 3 50 Freestyle
Finals	126 Boys Div 3 50 Freestyle
Finals	127 Girls "O" Cat 1 50 Freestyle
Finals	128 Boys "O" Cat 1 50 Freestyle
Finals	129 Girls Div 4 50 Freestyle
Finals	130 Boys Div 4 50 Freestyle
Finals	131 Girls Div 5 50 Freestyle
Finals	132 Boys Div 5 50 Freestyle
Finals	133 Girls Div 6 50 Freestyle

Finals	134	Boys Div 6 50 Freestyle
Finals	135	Girls "O" Cat 2 50 Freestyle
Finals	136	Boys "O" Cat 2 50 Freestyle
Finals	137	Girls Div 7 50 Freestyle
Finals	138	Boys Div 7 50 Freestyle
Finals	139	Girls Div 8 50 Freestyle
Finals	140	Boys Div 8 50 Freestyle
Finals	201	Girls Div 1 50 Butterfly
Finals	202	Boys Div 1 50 Butterfly
Finals	203	Girls Div 2 50 Butterfly
Finals	204	Boys Div 2 50 Butterfly
Finals	205	Girls Div 3 50 Butterfly
Finals	206	Boys Div 3 50 Butterfly
Finals	207	Girls "O" Cat 1 50 Butterfly
Finals	208	Boys "O" Cat 1 50 Butterfly
Finals	209	Girls Div 4 50 Butterfly
Finals	210	Boys Div 4 50 Butterfly
Finals	211	Girls Div 5 100 Butterfly
Finals	212	Boys Div 5 100 Butterfly
Finals	213	Girls Div 6 100 Butterfly
Finals	214	Boys Div 6 100 Butterfly
Finals	215	Girls "O" Cat 2 100 Butterfly
Finals	216	Boys "O" Cat 2 100 Butterfly
Finals	217	Girls Div 7 100 Butterfly
Finals	218	Boys Div 7 100 Butterfly
Finals	219	Girls Div 8 100 Butterfly
Finals	220	Boys Div 8 100 Butterfly
Finals	141	Girls Div 1 200 Medley Relay
Finals	142	Boys Div 1 200 Medley Relay
Finals	143	Girls Div 2 200 Medley Relay
Finals	144	Boys Div 2 200 Medley Relay
Finals	145	Girls Div 3 200 Medley Relay
Finals	146	Boys Div 3 200 Medley Relay
Finals	147	Girls "O" Cat 1 200 Medley Relay
Finals	148	Boys "O" Cat 1 200 Medley Relay
Finals	149	Girls Div 4 200 Medley Relay
Finals	150	Boys Div 4 200 Medley Relay
Finals	151	Girls Div 5 200 Medley Relay
Finals	152	Boys Div 5 200 Medley Relay
Finals	153	Girls Div 6 200 Medley Relay
Finals	154	Boys Div 6 200 Medley Relay
Finals	155	Girls "O" Cat 2 200 Medley Relay
Finals	156	Boys "O" Cat 2 200 Medley Relay
Finals	157	Girls Div 7 200 Medley Relay
Finals	158	Boys Div 7 200 Medley Relay
Finals	159	Girls Div 8 200 Medley Relay
Finals	160	Boys Div 8 200 Medley Relay

**Session: 3 Sunday Preliminary Heats**  
**Day of Meet: 2 Starts at 09:00 AM**

<b>Round</b>		<b>Event</b>
Prelims	301	Girls Div 5 50 Butterfly
Prelims	302	Boys Div 5 50 Butterfly
Prelims	303	Girls Div 6 50 Butterfly
Prelims	304	Boys Div 6 50 Butterfly
Prelims	305	Girls "O" Cat 2 50 Butterfly
Prelims	306	Boys "O" Cat 2 50 Butterfly
Prelims	307	Girls Div 7 50 Butterfly
Prelims	308	Boys Div 7 50 Butterfly
Prelims	309	Girls Div 8 50 Butterfly
Prelims	310	Boys Div 8 50 Butterfly
Prelims	221	Girls Div 1 50 Backstroke
Prelims	222	Boys Div 1 50 Backstroke
Prelims	223	Girls Div 2 50 Backstroke
Prelims	224	Boys Div 2 50 Backstroke
Prelims	225	Girls Div 3 50 Backstroke
Prelims	226	Boys Div 3 50 Backstroke
Prelims	227	Girls "O" Cat 1 50 Backstroke
Prelims	228	Boys "O" Cat 1 50 Backstroke
Prelims	229	Girls Div 4 100 Backstroke
Prelims	230	Boys Div 4 100 Backstroke
Prelims	231	Girls Div 5 100 Backstroke
Prelims	232	Boys Div 5 100 Backstroke
Prelims	233	Girls Div 6 100 Backstroke
Prelims	234	Boys Div 6 100 Backstroke
Prelims	235	Girls "O" Cat 2 100 Backstroke
Prelims	236	Boys "O" Cat 2 100 Backstroke
Prelims	237	Girls Div 7 100 Backstroke
Prelims	238	Boys Div 7 100 Backstroke
Prelims	239	Girls Div 8 100 Backstroke
Prelims	240	Boys Div 8 100 Backstroke
Prelims	311	Girls Div 1 50 Breaststroke
Prelims	312	Boys Div 1 50 Breaststroke
Prelims	313	Girls Div 2 50 Breaststroke
Prelims	314	Boys Div 2 50 Breaststroke
Prelims	315	Girls Div 3 50 Breaststroke
Prelims	316	Boys Div 3 50 Breaststroke
Prelims	317	Girls "O" Cat 1 50 Breaststroke
Prelims	318	Boys "O" Cat 1 50 Breaststroke
Prelims	319	Girls Div 4 100 Breaststroke
Prelims	320	Boys Div 4 100 Breaststroke
Prelims	321	Girls Div 5 100 Breaststroke
Prelims	322	Boys Div 5 100 Breaststroke
Prelims	323	Girls Div 6 100 Breaststroke
Prelims	324	Boys Div 6 100 Breaststroke
Prelims	325	Girls "O" Cat 2 100 Breaststroke
Prelims	326	Boys "O" Cat 2 100 Breaststroke
Prelims	327	Girls Div 7 100 Breaststroke
Prelims	328	Boys Div 7 100 Breaststroke
Prelims	329	Girls Div 8 100 Breaststroke
Prelims	330	Boys Div 8 100 Breaststroke
Prelims	331	Girls Div 1 100 Freestyle
Prelims	332	Boys Div 1 100 Freestyle
Prelims	333	Girls Div 2 100 Freestyle
Prelims	334	Boys Div 2 100 Freestyle
Prelims	335	Girls Div 3 100 Freestyle

Prelims	336	Boys Div 3 100 Freestyle
Prelims	337	Girls "O" Cat 1 100 Freestyle
Prelims	338	Boys "O" Cat 1 100 Freestyle
Prelims	339	Girls Div 4 100 Freestyle
Prelims	340	Boys Div 4 100 Freestyle
Prelims	341	Girls Div 5 100 Freestyle
Prelims	342	Boys Div 5 100 Freestyle
Prelims	343	Girls Div 6 100 Freestyle
Prelims	344	Boys Div 6 100 Freestyle
Prelims	345	Girls "O" Cat 2 100 Freestyle
Prelims	346	Boys "O" Cat 2 100 Freestyle
Prelims	347	Girls Div 7 100 Freestyle
Prelims	348	Boys Div 7 100 Freestyle
Prelims	349	Girls Div 8 100 Freestyle
Prelims	350	Boys Div 8 100 Freestyle

#### Session: 4 Sunday Finals Heats

#### Day of Meet: 2

Round		Event
Finals	301	Girls Div 5 50 Butterfly
Finals	302	Boys Div 5 50 Butterfly
Finals	303	Girls Div 6 50 Butterfly
Finals	304	Boys Div 6 50 Butterfly
Finals	305	Girls "O" Cat 2 50 Butterfly
Finals	306	Boys "O" Cat 2 50 Butterfly
Finals	307	Girls Div 7 50 Butterfly
Finals	308	Boys Div 7 50 Butterfly
Finals	309	Girls Div 8 50 Butterfly
Finals	310	Boys Div 8 50 Butterfly
Finals	221	Girls Div 1 50 Backstroke
Finals	222	Boys Div 1 50 Backstroke
Finals	223	Girls Div 2 50 Backstroke
Finals	224	Boys Div 2 50 Backstroke
Finals	225	Girls Div 3 50 Backstroke
Finals	226	Boys Div 3 50 Backstroke
Finals	227	Girls "O" Cat 1 50 Backstroke
Finals	228	Boys "O" Cat 1 50 Backstroke
Finals	229	Girls Div 4 100 Backstroke
Finals	230	Boys Div 4 100 Backstroke
Finals	231	Girls Div 5 100 Backstroke
Finals	232	Boys Div 5 100 Backstroke
Finals	233	Girls Div 6 100 Backstroke
Finals	234	Boys Div 6 100 Backstroke
Finals	235	Girls "O" Cat 2 100 Backstroke
Finals	236	Boys "O" Cat 2 100 Backstroke
Finals	237	Girls Div 7 100 Backstroke
Finals	238	Boys Div 7 100 Backstroke
Finals	239	Girls Div 8 100 Backstroke
Finals	240	Boys Div 8 100 Backstroke
Finals	311	Girls Div 1 50 Breaststroke
Finals	312	Boys Div 1 50 Breaststroke
Finals	313	Girls Div 2 50 Breaststroke
Finals	314	Boys Div 2 50 Breaststroke
Finals	315	Girls Div 3 50 Breaststroke

Finals	316	Boys Div 3 50 Breaststroke
Finals	317	Girls "O" Cat 1 50 Breaststroke
Finals	318	Boys "O" Cat 1 50 Breaststroke
Finals	319	Girls Div 4 100 Breaststroke
Finals	320	Boys Div 4 100 Breaststroke
Finals	321	Girls Div 5 100 Breaststroke
Finals	322	Boys Div 5 100 Breaststroke
Finals	323	Girls Div 6 100 Breaststroke
Finals	324	Boys Div 6 100 Breaststroke
Finals	325	Girls "O" Cat 2 100 Breaststroke
Finals	326	Boys "O" Cat 2 100 Breaststroke
Finals	327	Girls Div 7 100 Breaststroke
Finals	328	Boys Div 7 100 Breaststroke
Finals	329	Girls Div 8 100 Breaststroke
Finals	330	Boys Div 8 100 Breaststroke
Finals	331	Girls Div 1 100 Freestyle
Finals	332	Boys Div 1 100 Freestyle
Finals	333	Girls Div 2 100 Freestyle
Finals	334	Boys Div 2 100 Freestyle
Finals	335	Girls Div 3 100 Freestyle
Finals	336	Boys Div 3 100 Freestyle
Finals	337	Girls "O" Cat 1 100 Freestyle
Finals	338	Boys "O" Cat 1 100 Freestyle
Finals	339	Girls Div 4 100 Freestyle
Finals	340	Boys Div 4 100 Freestyle
Finals	341	Girls Div 5 100 Freestyle
Finals	342	Boys Div 5 100 Freestyle
Finals	343	Girls Div 6 100 Freestyle
Finals	344	Boys Div 6 100 Freestyle
Finals	345	Girls "O" Cat 2 100 Freestyle
Finals	346	Boys "O" Cat 2 100 Freestyle
Finals	347	Girls Div 7 100 Freestyle
Finals	348	Boys Div 7 100 Freestyle
Finals	349	Girls Div 8 100 Freestyle
Finals	350	Boys Div 8 100 Freestyle
Finals	241	Girls Div 1 200 Freestyle Relay
Finals	242	Boys Div 1 200 Freestyle Relay
Finals	243	Girls Div 2 200 Freestyle Relay
Finals	244	Boys Div 2 200 Freestyle Relay
Finals	245	Girls Div 3 200 Freestyle Relay
Finals	246	Boys Div 3 200 Freestyle Relay
Finals	247	Girls "O" Cat 1 200 Freestyle Relay
Finals	248	Boys "O" Cat 1 200 Freestyle Relay
Finals	249	Girls Div 4 200 Freestyle Relay
Finals	250	Boys Div 4 200 Freestyle Relay
Finals	251	Girls Div 5 200 Freestyle Relay
Finals	252	Boys Div 5 200 Freestyle Relay
Finals	253	Girls Div 6 200 Freestyle Relay
Finals	254	Boys Div 6 200 Freestyle Relay
Finals	255	Girls "O" Cat 2 200 Freestyle Relay
Finals	256	Boys "O" Cat 2 200 Freestyle Relay
Finals	257	Girls Div 7 200 Freestyle Relay
Finals	258	Boys Div 7 200 Freestyle Relay
Finals	259	Girls Div 8 200 Freestyle Relay
Finals	260	Boys Div 8 200 Freestyle Relay

Appendix II



**Club Name:** \_\_\_\_\_ **Abbreviation:** \_\_\_\_\_

**Handed In By:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Enter event number being scratched from.

**SCRATCHES**

<b>EVENT #</b>	<b>NAME</b>	<b>DIV</b>	<b>M/F</b>	<b>STROKE</b>