



**BC Summer Swimming Association**  
SWIMMING | DIVING | WATER POLO | ARTISTIC

***Provincial Meet Package***  
**August 14-20, 2023**

**BC Summer Swimming Association**  
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# BC SUMMER SWIMMING ASSOCIATION 65<sup>th</sup> PROVINCIAL CHAMPIONSHIPS August 14 – 20, 2023

## COMPETITION SCHEDULE

### ***WATER POLO***

August 16  
8:00 am – 8:00 pm  
August 17  
8:00 am – 4:00 pm

### ***DIVING***

August 14  
4:00 pm – 8:00 pm  
August 15  
7:00 am - 3:00 pm

### ***ARTISTIC SWIMMING***

August 15  
3:00 pm – 8:00 pm

### ***SPEED SWIMMING***

August 18 – 20  
8:00 am – 6:00 pm

All four aquatic sports including Water Polo, Diving, Artistic Swimming and Competitive Swimming will be held at the Nanaimo Aquatic Centre. (Address: 741 3<sup>rd</sup> Street, Nanaimo, BC, V9R 7B2)

## KEY DATES

August 7, 2023	Noon	Deadline for Provincial Entries
August 11, 2023		Wildcards announced
August 14, 2023		Provincial Championships begin
August 17, 2023	7:30 PM	BC Summer Swimming Association Annual General Meeting

## MEET COMMITTEE MEMBERS

Meet Chairperson:	Jim Baxter	president@bcsummerswimming.com
Meet Manager:	Sean Cauley	competition@bcsummerswimming.com
Meet Referee:	Leah Esplen	officials@bcsummerswimming.com
Meet Registrar:	Catherine Swichtenberg	registrar@bcsummerswimming.com
Diving Coordinator:	Drea Beye	diving@bcsummerswimming.com
Water Polo Coordinator:	Sam Furneaux	waterpolo@bcsummerswimming.com
Artistic Swim Coordinator:	Nicola Iten	artistic@bcsummerswimming.com
Meet Treasurer:	Jeff Sheehan	treasurer@bcsummerswimming.com
Hospitality:	Brendan Connolly	memberservices@bcsummerswimming.com
On-Site Staff Contact:	Natalie Baxter	office@bcsummerswimming.com

## VENUE:

### *Nanaimo Aquatic Centre*

- A 50-metres long, eight lane indoor pool which will be divided into two pools; senior pool at the East end and junior pool at the West end for Water Polo and Speed Swimming. All Diving and Artistic Swimming events will be in the junior pool at the West end. Both pools will be used concurrently for speed swimming competitions.
- Spectator viewing will be subject to provincial health regulations, risk management assessments, and facility requirements. There may be limitations on capacity, and these will be communicated prior to the start of competition. Access to the spectator viewing area, as it is available, will be through the doorways from the lot northwest of the aquatic centre. Please respect pool staff, volunteers, signs and barriers to ensure a safe and enjoyable experience.
- Coaches' bleachers are located on deck along the north side of the swimming pool.
- Marshalling is planned to be under cover outside of the junior pool at the West end. Alternate plan is to move indoors if conditions warrant.
- Vendors' area will be located in the North-west parking lot adjacent to the day camping area.
- Parking is available at the Aquatic Centre and in the Vancouver Island University parking lots. Please obey all parking regulations.
- RV parking is currently not available during the Championships. Please visit our website to find a list of nearby campgrounds.
- Souvenir Provincial Meet Programs will be available for purchase at a cost of \$20 and will include a highlighter pen. CASH SALES ONLY.
- Q'unq'inuqwtuxw NDSS Turf Field (adjacent to the Aquatic Centre) will be available for day use only. No staking is allowed due to irrigation system:
  - August 16: 6:00am - 5:30pm
  - August 17: 9:30am - 5:30pm
  - August 18-20: 6:00am - 8:00pm
- **A detailed Venue Site Map will be posted on the "Provincials" Page on the BCSSA Website.**

## PUBLIC HEALTH PROTOCOLS:

Public Health Protocols are ever changing based on directions from the Regional & Provincial Health Officers. We will monitor the Island Health Website and follow their direction.

## VENDORS:

BCSSA will have aquatic suppliers & vendors on site and the schedule of this will be provided prior to August 14, 2023. We will also confirm the presence and schedule of food trucks on site for the weekend.

## RULES:

The BCSSA Rules as published in the 2023 Rulebook, including any rules passed by the Provincial Board of Directors, which are posted on the BCSSA website, will apply. Any recent rule changes can be found on the BCSSA website under Officials > Rules & Regulations > Rule Changes.

All member clubs, competitors, coaches, officials, or individuals attending the Championships shall abide by the BCSSA Code of Conducts as stipulated in Section 3: Conduct of the BCSSA Rule Book. Any members or individuals who violate or fail to comply with the BCSSA Code of Conduct, or rules and regulations may be disciplined at the sole discretion of the Meet Manager. Disciplined members or individuals may appeal to the BCSSA Provincial Board. The decision rendered by the BCSSA Provincial Board on the matter shall be final.

### ***New Marshalling Rules for 2023***

#### **1. Senior Divisions Check in Procedure (Div 5 and older)**

- a. Senior swimmers 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.

#### **2. Alternate Process**

- a. A deadline has been established for the submittal of **Regional Alternates** by the Regions to the Meet Manager. Rather than being administered during the preliminaries marshalling process, the substitutions will be done in the Provincial Meet file immediately following the deadline **12:00 PM of the Monday of Provincials week (August 14, 2023)**. Wildcard entries will also be added and both will be included on the prelim heat sheets distributed to coaches and officials.
- b. A list will then be produced and published showing the 'official' two fastest **Provincial Alternates** for each preliminary event, drawn from all eligible swimmers in the Province not already qualified through the Wildcard or Regional Alternate process. This **Provincial Alternates** list will be used by the Clerk of the Course, both in marshalling (for the Junior events), and behind the blocks (for the Senior events), to fill empty lanes. It is the responsibility of these alternates to be at marshalling (junior pool) or near the session referee (senior pool) when the preliminary race is marshalled/called.
- c. Any late substitutions of **Regional Alternates** (after the Monday deadline-up to the session referee calling that race) will be the responsibility of the **Region**. A '**Regional Alternate**' slip must be completed by the **Region**, and must be brought to the Clerk of the Course, or Senior Pool designate, by the alternate swimmer. No late Regional Alternate substitutions will be permitted without this slip.
- d. Each region must appoint a contact person for all matters relating to **Regional Alternate** and **Wildcard** entries. This person, with contact info, must be forwarded to the Meet Manager prior to the meet, and that person should be easily reachable both prior to, and during, morning preliminaries.

#### **3. Elite Athlete Eligibility**

- a. Any swimmer who has achieved a SNC Senior National Qualifying Time during the preceding 3 years shall compete in Division O8, regardless of the swimmer's age.

## Summary of 2023 Changes in updated BCSSA Rulebook:

### 1. BCSSA Diving Rule Revisions – changes in *italics*, deletions in ~~strikethrough~~:

- 5.2.5 a) May dive for more than two (2) hours per calendar week between September 1<sup>st</sup> of the previous year through to April 30<sup>th</sup> of the current year. *This applies to all age categories.*
- 5.5.5 b) 2<sup>nd</sup> bullet – ~~In Armstand Dives, the second digit indicates the direction in which the diver moves: 1 = Front 2 = Back 3 = Reverse~~
- 5.5.6 Entire section including tables deleted
- 5.7.6 d) Perform the announced dive after the Referee's signal has been given, *within 60 seconds*, or receive 0 points. (Refer to Section 5.11.1 d)
- 5.8.9 Add to the end of this rule – *Once the dive is completed the announcer will request the judges scores by saying "Judges awards".*
- 5.9.1 d) 5<sup>th</sup> bullet – Add to end of bullet *One redive can be allowed at the discretion of the head referee with no effect on the score.*

### 2. BCSSA Artistic Rule Revisions – changes in *italics*

- 7.1 An athlete's age as of *December 31st* each year ...
- 7.1.2 b) *There will be no level changes after multi-regionals.*
- 7.2.3 e) Artistic athletes are to compete in their designated categories and skill level for *technical and free* routines as described under Section 7.1 Athlete Categories, Skill Levels and Age Divisions.
- 7.2.3 f) Awards are provided by BCSSA. Each routine, technical and free will be awarded *medals to the top three* and ribbons to *fourth through eighth* place
- 7.3.1 d) *White caps and black suits are permitted for technical routines. Caps are permitted for free routines if desired.*
- 7.3.1 e) Suits for *all* routines shall conform to FINA specification in the latest FINA manual, *nothing may hang/dangle from the suits (including longties) – nothing on the suit should be able to float.* In the event that the referee deems an athlete's(s') swimwear does not conform to FINA standards, the athlete(s) will not be permitted to compete until changing into appropriate swimwear.
- 7.3.2 *All technical and free routines are scored in their individual category/level with awards for each.*
- 7.3.3 a) BCSSA competes both *technical and free* routines in team, duet and limited solo.
- 7.3.3.b) An athlete may be permitted to compete in a maximum of one solo (for advanced and o-cat), one duet event, one team event for free *and a* maximum of one solo (for advanced and o-cat), one duet event, one team event for *technical routines.*
- 7.3.3 c) *Every athlete must compete at least one technical routine.*
- 7.3.3 e) *Technical routines will have 4 elements (generally figures or positions) that may change from year to year and can be found in the Provincial meet package.*
- 7.3.3 f) *Technical and free routines will be judged as a free routines (with Execution, Difficulty and Artistic Impression), using the system prior to 2023, with the addition of judging of the walk-on. Two technical monitors will be assigned to technical routines.*
- 7.3.3 g) The free team and technical event is open to all skill levels and shall consist of a minimum of three (3) to a maximum of ten (10). The team event can have any number of different skill levels on the team. When there is more than one skill level on a team, the skill level with the majority of athletes will determine which skill level the team competes in. *When there is the same number of athletes in more than one skill level, that team will compete at the highest skill level.*
- 7.3.3 i) *The walk-on will no longer be timed.*
- 7.3.3 j) *Deck movements will no longer be timed separately but will still be included in the routine time.*

7.3.3 k) *All routines, technical and free will have a maximum time of four minutes which includes 10 seconds for deck movements and allows a plus or minus of 15 seconds.*

7.3.3 l) Timing of the routines shall start *when the music starts upon a signal from the Referee and finish when the music stops.*

7.6 *Coaches will be informed of any penalties after the event(s) are completed.*

7.6.3 a) The artistic athlete, or the club, may exercise the right to appeal any decision under these rules to the Jury of Appeal at a meet or if not at or about a meet, the Appeals Committee of the BCSSA. No protests shall be made against judges' marks or penalties. The Jury of Appeal shall resolve any protests referred to it *at a meet when possible.*

7.6.3 b) A verbal protest must be submitted within 30 minutes of the results being posted or 12 hours after being emailed out and be followed up with a written protest to the Chief Referee/Judge. The Chief Referee/Judge shall deliver the written protest to the Meet Manager *and the Artistic Director* for consideration by the Jury of Appeal *named for the meet.* The Jury of Appeal will then be convened, and reach a decision.

7.6.3 c) The Jury of Appeal *is* named prior to the meet *and the name written on the Officials schedule* and shall have no conflicts, where possible, with any BCSSA Clubs and/or athletes. The Jury of Appeal shall follow FINA procedures.

### 3. BCSSA Water Polo Rule Revisions

- Provincials remain as 4X4 for all age groups.
- Junior nets for all games.
- Longer pool for older divisions
- Game length changed to 10-minute halves, 3-minute half time.
- Straight run time.
- No scoring from your half of the pool
- There will be no 3-goal rule for players (Wayne Gretzky rule).
- After a goal the goalie will put the ball into play, play is continuous.
- Each club at Provincials will provide volunteers for security with the spectators. Each volunteer will be provided with a reflective vest for identification.
- At least one female player must be in the game at all times.
- We will exempt the Ocat #1 rule for this year at Provincials on a trial basis.
- Ocat #2 will be defined by playing or rostered on a NCL club, on a trial basis.
- U14 Who play U15 NCL play up to U16, on a trial basis.

### 4. BCSSA Speed Swimming Rule Revisions – changes in *italics*, deletions in ~~strikethrough~~

Under Definitions:

“S Swimmer” – an ‘S’ swimmer is an individual who trained and competed for an unrestricted number of hours from May 1st to *August 31st* (inclusive)

4.2.1 e) 4th bullet – From September 1st to November 30th (inclusive), 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 middle/secondary school athletic association. Training for the meet must have been carried out under the direction of the ‘S’ swimmer’s school.

4.5.2 g) 2nd bullet – A *man’s* swimsuit shall not...

4.5.2 g) 3rd bullet – A *women’s* swimsuit shall not...

4.5.6 g) 3rd bullet – Upon hearing the command “Take Your Marks”, immediately assume a starting stance at the front of the starting platform, ~~with no forward motion~~ and at least one foot remaining at the front of the starting platform, or at the edge of the pool.



- 4.5.6 g) 4th bullet – *Remain in position* until the starting signal is given or until the Starter or Referee directs them to relax.
- 4.5.7 d) 1st bullet – replacing existing wording with *Any swimmer starting before the starting signal has been given.*
- 4.5.9 e) 3rd bullet – Some part of the swimmer shall break the surface of the water throughout the race, except the swimmer may completely submerge at the start and following each turn for a distance of not more than 15 metres, *and at the finish, provided that some part of the head has passed the 5 metre mark.*
- 4.5.9 e) last bullet – ~~some part of the body shall break the surface of the water.~~
- 4.5.9 f) 1st bullet, 2nd dash – At any time prior to the first breaststroke kick, after the start and after each turn, the swimmer may take one *dolphin* kick.
- 4.5.9 f) 3rd bullet, 2nd dash – All movement of the arms shall be simultaneous without alternating movement *and may vary in length throughout the race.*
- 4.5.9 f) 3rd bullet, 3rd dash – The swimmer’s hands shall be pushed forward from the breast, *on, under, or over the water.*
- 4.5.12 b) 1st bullet, 3rd dash – The Meet Manager shall select members of the Jury from among officials in attendance at the meet, endeavoring to include neutral and experienced officials who were not directly involved in the protested event, *or who may be perceived to have a conflict of interest.*
- 4.5.12 b) 2nd bullet – Upon receiving a written protest from the Referee, the Meet Manager shall convene a Jury as early as is practicable ~~and reach a decision on the day the written protest is filed.~~
- 4.5.12 b) 2nd bullet, 3rd dash – Such evidence shall not include video footage of a disqualification, except when recorded by *the BCSSA live-feed, and then only for the purposes of identifying the correct event, heat, lane and official.*

## **SPEED SWIMMING STARTING SYSTEM:**

The Colorado Timing System will be used as the approved automatic judging and timing system for the Speed Swimming Championships in accordance with the BCSSA rules according to Section 4.5.13.b (Automatic Timing System.) Electronic plunger results shall be recorded and reported to 100<sup>ths</sup> of a second only. If a malfunction or light touch invalidates the touch pad results, the electronic plunger results are considered as the Official times. Swimmers with identical Official Times shall be tied both for places and time in accordance with Section 4.5.13 (Timing) of the 2023 BCSSA Swimming Rule Book.

Should the automatic judging and timing system fail for an extended period of time (20 minutes or more), at the Meet Manager’s discretion, the Championships may proceed with manual timing (three stopwatches with “starting gun”, see Section 4.5.13 (Timing) of the 2023 BCSSA Swimming Rule Book) until the electronic judging and timing system is running again. Should a failure occur between Heats, the remaining Heats of the event will be postponed and then swum once the automatic system is operating properly. BCSSA Swimming Rule Section 4.5.5 (The Race) 20-minute rule governing re-swims will apply.

## **MEETING SCHEDULE**

### ***Speed Swimming Coaches Meeting***

**Date:** Thursday August 17<sup>th</sup>, 2023  
**Time:** 4:00 p.m. – 4:45 p.m.  
**Place:** JACK LITTLE ROOM

### ***Speed Swimming Officials’ Meeting***

**Date:** Thursday August 17<sup>th</sup>, 2023  
**Time:** 5:30 p.m. – 7:00 p.m.  
**Place:** JACK LITTLE ROOM

### ***BCSSA Annual General Meeting***

**Date:** Thursday August 17<sup>th</sup>, 2023  
Beverages and light refreshments will be served.  
**Time:** 7:30 p.m. – 9:00 p.m.  
**Place:** JACK LITTLE ROOM

## 2023 BCSSA REGIONS AND CLUBS

CARIBOO (CA)							
SEALS	Dawson Creek Seals	PGP	Prince George Pisces	QAC	Quesnel Aquatic Club	NVSC	Nechako Valley Otters
FRASER SOUTH (FS)							
BOU	Boundary Bay Bluebacks	CLO	Cloverdale Tritons	CBSC	Crescent Beach S.C.	LS	Ladner Stingrays
NOD	North Delta Sunfish	KIGOO	Richmond Kigoos	FSSSL	Surrey Sea Lions	WRASA	White Rock Amateur Swimming Assoc.
FRASER VALLEY (FV)							
ASM	Aldergrove Sea Monkeys	AWAC	Abbotsford Whalers	AHA	Agassiz/Harrison Swim Club	CWK	Chilliwack Stingrays
HAN	Haney Neptunes	HOP	Hope River Monsters	LFSC	Langley Flippers	LWC	Langley Water Polo Club
MIS	Mission Marlins						
KOOTENAY (KO)							
CAS	Castlegar Aquanauts	CVSC	Colville Sharks	CST	Creston Waves	GFA	Grand Forms Piranhas
KSSC	Kimberley Sea Horses	KONEL	Nelson Neptunes	TRA	Trail Stingrays		
OKANAGAN (OK)							
DOLPH	Golden Dolphins	KAM	Kamloops Tsunami	OKO GO	Kelowna Ogopogos	OKLUM	Lumby Lightning
MER	Merritt Otters	PEN	Penticton Pikes	PRI	Princeton Kokanees	REV	Revelstoke Aquaducks
SAA	Salmon Arm Sockeyes	SSC	Similkameen Swim Club				
SIMON FRASER (SF)							
BMM	Burnaby Mtn. Mantas	BUR	Burnaby Barracudas	COQ	Coquitlam Sharks	PCM	Port Coquitlam Marlins
PMA	Port Moody Aquarians						
VANCOUVER & DISTRICT (V&D)							
NSWC	North Shore Winter Club	NVC	North Vancouver Cruisers	VIK	Vancouver Vikings	SQU	Squamish Pirates
SUP	Super Sharks Swim Club						
VANCOUVER ISLAND (VI)							
CRSK	Campbell River Salmon Kings	BD	Courtenay Blue Devils	CVB	Cowichan Valley Breakers	GHG	Gordon Head Gee Gees
NAN	Nanaimo White Rapids	ORCAS	Oak Bay Orcas	PDI	Pender Island Otters	POW	Powell River Aquatic Club

SPSC

Sidney Piranhas

JUA

Juan de Fuca  
Royals

SSS

Salt Spring  
Stingrays

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*The club acronyms to be used are shown above. These acronyms are the only acronyms officially recognized by the Chief Meet Recorder and will be used to compute regional points.*

## **AWARDS**

### ***Water Polo***

Medals shall be awarded to each player on the gold, silver, and bronze medal teams. A maximum of fifteen (15) medals per team will be provided.

Team Points for Water Polo will be awarded as follows: 36, 32, 30, 28, 26, 24, 22, 20.

### ***Diving***

Medals shall be awarded to the top three finishers in each event. Ribbons will be awarded to the 4<sup>th</sup> to 8<sup>th</sup> place finishers.

All divers should attend the awards ceremony on Tuesday, August 15<sup>th</sup> immediately following the competition. Divers must be dressed in their competitive bathing suits or team/regional T-shirt to receive their awards. The BCSSA Office will be responsible for having trophies engraved. Coaches and Executives please ensure that trophies are returned to the Director of Diving in advance of the competition.

Team Points for Diving will be awarded as follows: 36, 32, 30, 28, 26, 24, 22, 20.

### ***Artistic Swimming***

Medals will be awarded to the top three finishers in each figure event.

**Regional Scoring:**      Duet/Team:      18, 14, 12, 10, 8, 6, 4, 2

## Speed Swimming

### **Provincial Records:**

Certificates will be awarded for any new BCSSA Championship Meet record if it remains standing after Finals (for “S” and “O” – Individual Events and Club Relays only) and if there was a time established for that event at a previous BCSSA Championship Meet. Provincial Record certificates will be mailed to recipients after the conclusion of the Championships. See Section “Awards and Medals Pick up” below for information on receiving individual recognition items at the Championship meet. Provincial Record breakers will also receive a gold ‘Record Breakers’ swim cap.

### **Medals:**

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Individual Events  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Relay Events

### **Ribbons:**

4<sup>th</sup> to 8<sup>th</sup> (Individual and Relay)  
9<sup>th</sup> to 16<sup>th</sup> (Individual)

### **Regional Points will be awarded as follows:**

Consolations:	9, 7, 6, 5, 4, 3, 2, 1
Finals:	18, 16, 15, 14, 13, 12, 11, 10
Relays:	36, 32, 30, 28, 26, 24, 22, 20

Only Regional points will be published during the Championships.

Club points will be posted to the BCSSA website within one week of the conclusion of the meet.

## **MEDALS AND RIBBONS PICK UP**

Pick-up of all medals and ribbons will be by the **Regional Directors** at the completion of finals each day. Awards will not be given to individual swimmers, parents, or coaches.

**REGIONAL DIRECTORS ARE RESPONSIBLE FOR THE RETURN OF ANY TROPHIES/PLAQUES.** Trophies are to be returned in the same condition as received and prior to next year’s Championship Meet.

### **Coaches and Members**

Visit the BCSSA website for information on Scholarships and Bursaries <http://www.bcsummerswimming.com>.

## ENTRIES: SPEED SWIMMING

1. The Regional Championships event list as shown in the Final Results **must coincide with the event numbers of this invitation**. If there is an event numbered differently, change the numbers on the Final Results to agree with the Provincial system. Entries must conform to Provincial Event numbers in this Meet Package.

All information submitted for the BC Championships (BCCH) Meet Registration must use the BCCH Meet Event Numbers. **No exceptions.**

1. BCCH qualifiers, from each region, must be submitted using the most recent version of Hy-Tek's **Meet Manager "advancer" function**. Detailed instructions will be provided to Regional Directors, **including instructions on creating a separate 'wildcard/alternate' database**
2. It is recommended that regions submit their entries as soon as possible after the completion of the Regional Championships Meet.
3. Swim meet entry files **MUST** be emailed to [office@bcsummerswimming.com](mailto:office@bcsummerswimming.com) and [competition@bcsummerswimming.com](mailto:competition@bcsummerswimming.com) by **12:00 noon on August 7<sup>th</sup>, 2023**. Entries from each region will be entered into the BCSSA Championship Meet and a verification list will be emailed back to the Regional Director by 12:00 noon August 8<sup>th</sup>, 2023. Any entry changes or corrections must be emailed back to the above email addresses by 12:00 noon on August 9<sup>th</sup>, 2023. If there are no changes or corrections, an email with the entries report attached, confirming that the entries are correct, must be sent to the above email addresses by 12:00 noon on August 11<sup>th</sup>, 2023.

**An unlocked copy of the Regional Championship Meet, the "Advancers" file and email confirming the correct entries and all entry information for Diving, Artistic, and Water Polo must be in the BCSSA office no later than 12 noon on Monday, August 7<sup>th</sup>, 2023.**

**Completed Entries are due to BCSSA by:**

**12:00 noon Monday, August 7<sup>th</sup>, 2023**

### **PLEASE NOTE THE FOLLOWING CHANGE IN REGIONAL PAYMENTS**

No payment is required from the Regions prior to the Provincial Meet. Fees will be compiled and calculated after the meet is completed, and Regions will receive detailed invoices from the Provincial Office.

4. **Speed swimming entry fees are:** \$9.00 per Individual Event; \$15.00 per Relay; \$15.00 per Regional Medley Relay; \$5.00 Athlete Facility Surcharge per Swimmer.
5. Any entry discrepancies to the BCSSA Championship Meet will be resolved by the Meet Manager at their discretion.
6. **Wildcard Entries:** Regional Directors will notify swimmers who have been selected to fill wildcard lanes by Friday August 11, 2023. It is the responsibility of the Regional Director to contact and notify the club and coaches within their region of swimmers who have been selected for a wildcard spot. It is an expectation that all wildcard swimmers will swim that event at Provincials.



**BC Summer Swimming Association**  
SWIMMING | DIVING | **WATER POLO** | ARTISTIC

# WATER POLO

**WEDNESDAY, AUGUST 16, 2023**

8:00 am - 8:00 pm

**THURSDAY, AUGUST 17, 2023**

8:00 am – 4:00 pm

**ALL AWARDS**

Thursday, August 17, 2023

Following the Tournament

## WATER POLO

It is the objective of BCSSA to have each region field a team(s) at the BCSSA Water Polo Championships and that fair competition and sportsmanship prevail.

### Governance

Rules for the 2023 Provincial Championship Competitions.

All Provincial Championships are governed by the BCSSA in accordance with the By-laws, Rules and Regulations set forth by the BCSSA Board, as presented in Section 6 (Water Polo) of the 2023 BCSSA Rulebook.

### Categories of Play

Co-educational Provincial Championships will be played in the following categories:

Category	Age as of Dec. 31, 2023	Year of Birth
U12	11 & Under	2012 & later
U14	12 & 13	2011 & later
U16	14 & 15	2008 & later
U18	16 & 18	2006 & later
OCat2	17 & under	
Senior / O8	18 +	2005 & earlier

(See Section B3ii for team minimum composition rules.)

Players' age will be calculated as of December 31, 2023.

### Definitions (Section 6.1.1)

- a) S-POLO players are Athletes who practice Water Polo 3 hours or less per week from September 1<sup>st</sup> to April 30<sup>th</sup>.
- b) And O-CAT Water Polo player may revert to an S-POLO player one time only, having done no more than three (3) hours per calendar week from September 1<sup>st</sup> to April 30<sup>th</sup> for the previous 2 years.
- c) Athletes who participated, played or were rostered on a NCL club will be O-CAT 2, on a trial basis. U14 Who play U15 NCL play up to U16, on a trial basis.
- d) O-CAT 2 is U16 and U18.
- e) Open Cat (O8) or Senior is ages 18+.
- f) S-POLO players can play up with O-CAT but O-CAT cannot play down with S-POLO.
- g) "Participant" in a Provincial Championship shall be understood to include players, coaches, referees, managers, volunteers, and medical personnel.

### Entry Format

- i) **Entries:** As per the 2023 BCSSA Rule Book (Section 6.3 Team Eligibility) all eligible teams must be co-educational. Teams qualify for Provincial Championships by regional play downs. Wild card entries will be announced the weekend before entries are due.

Attached **Water Polo Entry forms** must be duly completed and submitted to the **Director for Water Polo** c/o the BCSSA office 205-2323 Boundary Road, Vancouver, B.C., V5M 4V8, by **August 8<sup>th</sup>, 2023 at 12 noon** (or earlier where possible).



The full names (as registered) of all participants must be included on the **Water Polo Entry Form**.

All participants must be registered and in good standing with the BCSSA. Individuals or teams not abiding by this rule will not be permitted to participate in the Provincial Championships.

Copies of the Water Polo Entry Form (maximum 10 players) for each game must be presented to the recording/official's table 20 minutes before scheduled game time.

- ii) **Fees:** A three hundred and twenty five-dollar (**\$325.00**) entry fee and a one hundred and fifty dollar (**\$150.00**) referee fee **must** accompany the entry form for each team entered. A \$5.00 per athlete facility surcharge will also apply. Any cheque returned to BCSSA for reason of "non-sufficient funds" ("N.S.F.") will be returned to the point of origin immediately and an additional fee of twenty-five dollars (**\$25**) will be added to the entry fee. Regional fees are due by **August 12<sup>th</sup>, 2023**.

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## General Rules

### 1. Rules of Play

The rules of play for all championship categories shall be in accordance with the **2023 BCSSA Rulebook** (Section 6: Water Polo). The style of play will follow the 4 x 4 Beach Water Polo (Section 6.3 – 6.4 of the 2023 BCSSA rule book).

### 2. Team Eligibility (Section 6.5)

- To be eligible to participate in the Provincial Championship, club teams (other than as provided for in #4 below) must be registered with a member club and BCSSA by the second Thursday in July
- A responsible adult/chaperone, other than the Head Coach or players, must accompany and be responsible for each team participating in the Provincial Championships. This adult/chaperone must be present at all Team Games.
- The Head Coach of each team is to be fully certified NCCP Level One or current **Canadian** equivalent.
- All teams must supply one certified referee to provincials
- **ANY COACH WHO HAS COACHED A TEAM DURING THE SEASON WILL NOT BE PERMITTED TO PLAY WITH THAT TEAM.**

### 3. Team Composition

- i. Teams in all categories are permitted to select **ten (10) players**, all of whom must individually be properly registered with BCSSA and be collectively registered as a **Member Team** and listed on the duly completed Water Polo Entry Form.
- ii. The minimum team composition is four (**4**) players (goalie included); one of whom must identify as female, and two of whom must identify as male. A minimum of two (2) "male" and one (1) "female" must be always in the water except as provided in 3iii) below.
- iii. If a team has only one female or two males, and due to exclusions was reduced to two (2) or no eligible females / males and an additional male was excluded from the game for three personal fouls or misconduct, the team will play one member short with only one (1) male / zero (0) female in the water.
- iv. **Alternates:**
  - a) Each team may list (**2**) alternates on their roster. The same player may be listed as an alternate for more **than (1)** one team if all other eligibility requirements are met. Once an alternate replaces a player on a roster, that alternate may not be used as an alternate on another team.
  - b) Once a player on a roster is replaced by an alternate, that player may not return to that team roster for the duration of that tournament.

If there is doubt about player eligibility, please contact the [BCSSA Office/Water Polo Director \(waterpolo@bcsummerswimming.com\)](mailto:waterpolo@bcsummerswimming.com) prior to the Game/Tournament, or contact the **Meet Manager** BEFORE the player(s) enter the water.

### **1. Regional Selection**

- ii) Where there is one club registered in a region and other clubs within the region having Water Polo Players, the **Regional Director** or the **Director of Water Polo** can allow the amalgamation of those players under one club, for participation at Regional Championships, as a second team within the region.
- iii) Any region with more than one team registered, in an age category, must have a play-off for that category to determine a representative for that region at Provincials.

### **2. Competition Format**

Unless otherwise indicated and approved by BCSSA, the normal format shall be a round robin when 4 to 16 teams enter. If possible, teams will play a maximum of 3 games per day. BCSSA will not host an age group (U12, U14, U16, U18, OCat 2) tournament with less than 4 teams registered.

### **3. Tie Breaking Procedures**

Refer to the Rules and Regulations Section 6.9 (Rules of the Game) of the 2023 BCSSA Rule Book.

### **4. Vetoes**

No vetoes, pertaining to referees, shall be permitted during the Provincial Championships. Referees are assigned wherever possible based on geographic neutrality.

### **5. Protests**

Refer to Section 6.16 (Protest) of the 2023 BCSSA Rule Book.

### **6. Conduct/Discipline**

Refer to Section 6.17 (Discipline) of the 2023 BCSSA Rule Book.

### **7. Brutality/Misconduct/Disrespect**

Section 6.15 (Brutality and Misconduct) of the 2023 BCSSA Rule Book.

### **8. Forfeits/Defaults**

- i. Any team which forfeits a game will lose by a score of 2-0. Additional action will be based on a review of the circumstances by the Discipline Committee.
- ii. If all males / females from one team are excluded from the game, the team will forfeit the game.
- iii. A forfeit occurs when less than four (4) members of a team are present at the start of the game, or when an ineligible player is participating or if a team does not have two (2) members of each sex to start the game.

**Note:** Teams that do not satisfy the minimum player requirements (4 players) 5 minutes after the recorded game start time will forfeit.

**Note:** A forfeit will result in a score of 2-0 for the winning team and 2 points towards standings, and 0-2 against the forfeiting team and 0 points toward standings.

### 9. Selection of Game Referees

- Referees for all games shall be appointed by the Referee-In-Chief.
- Referees for medal-round games shall be selected by the participating coaches, with the gold medal game receiving priority.
- If no consensus can be reached by the two participating coaches in each of the medal-round games, referees will be assigned by the Referee-In-Chief.

### 10. Water Polo Caps

If a bathing cap is worn under a Water Polo Cap, it must be the same colour as the water polo cap.

### 11. Team Benches

Refer to Section 6.6 (Pool & Equipment Requirements) of the 2023 BCSSA Rule Book.

### 12. Articles Causing Injury

Prior to taking part in a match, the players must discard all articles likely to cause injury.

The following objects are **not** permitted:

● rings	● eyeglasses
● necklaces	● long finger & toenails
● earrings ● swimming goggles <i>(prescription goggles may be worn in special cases and will be examined by the officials)</i>	

**Other objects not listed here will be examined by the officials before the tournament begins.**

## General Information

### Pre-Competition Meeting

BCSSA will organize and conduct a pre-competition meeting for coaches, officials and team personnel. It is the responsibility of each team to **ensure** that a representative is in attendance.

The following agenda items will be discussed at the meeting:

- Schedule
- Protest Committee
- Competition rules
- Verification of team rosters
- Tournament procedures

### Championship Awards

Medals shall be presented to each player on the gold, silver, and bronze medal teams. A maximum twelve (12) medals per team will be provided.

## Responsibilities

### 1. BCSSA

BCSSA shall ensure that:

- i. All teams have paid the entry fee by the deadline and that all players are registered members of BCSSA and eligible to play.
- ii. A competition Referee-In-Chief is selected.
- iii. All referees are eligible to referee, and coaches are registered with BCSSA.
- iv. A referee schedule is compiled at the discretion of the Referee-in-Chief.
- v. The host organization and all participating teams are provided with a competition schedule as soon, as is practical.
- vi. The ball used for all U12 BCSSA competitions shall be the Mikasa #6008/ size 4, or equivalent.
- vii. The Mikasa #6009/ size 5 ball or equivalent shall be used for all other age groups.
- viii. That a minimum of three (3) minor officials are provided for each **U18, U16, and OCat 2** game and two (2) for each **OCat 1, U14 and U12** games. Minor officials are not permitted to work more than three (3) games in succession.
- ix. That an adequate swimming area is provided for team warm-ups prior to the start of each game, where possible.
- x. That official closing ceremonies are included for each competition.

## 2. Club/Team

### a) The club/team attending a Provincial Championship shall ensure the following:

- i. That the entry fee is paid directly to the region and forwarded to BCSSA by **Friday, August 12, 2023**.
- ii. That all players are registered with BCSSA.
- iii. That a duly completed **Provincial Championship Water Polo Entry Form** is submitted to BCSSA by the same date as indicated for the submission of the entry form.
- iv. That all Provincial Rules are maintained and adhered to and that the club/team is in good standing with BCSSA.
- v. That all expenses incurred by the team are paid for by the club organization.
- vi. Each team **must** provide, at its own expense, a minor official for each game (who is expected to be on deck ten (10) minutes prior to game time) and a responsible adult other than the head coach or player who will be responsible for the team.

**THE CLUB/TEAM ATTENDING THE PROVINCIAL CHAMPIONSHIPS IS RESPONSIBLE  
FOR PROVIDING ITS OWN WATER POLO CAPS AND PRACTICE BALLS.**

### b) Sanctions that may apply:

- i. Removal from area of competition
- ii. Loss of game(s) 2-0
- iii. Non-acceptance of entry
- iv. Forfeit of entry fee
- v. Cannot participate in the medal round
- vi. Other sanctions may apply

### The following are some specific sanctions, which will be applied against the following infractions:

- i. A team which drops out, after the deadline. The following sanction will apply:
  - Forfeit entry fee.
- ii. A team participates in a game with a non-registered player (not part of the BCSSA membership listing); the following sanctions will apply:
  - A non-registered, or otherwise ineligible, player(s) cannot take part in any game(s).
  - A team using or having used non-registered player(s) shall lose by a score of 2-0 for each game.
  - A team using or having used non-registered player(s) further sanctions may be imposed but not limited to the following:
    - \* Suspension from the tournament

- \* Suspension for a period of one year
  - \* Fine
  - \* Disciplinary Hearing
- iii. A team participates in a game with an ineligible player(s); the following sanctions will apply:
- \* An ineligible player(s) cannot take part in any game(s)
  - \* A team using an ineligible player(s) shall lose by a score of 2-0 for each game
- iv. A team/club or participant fails to abide by any ruling imposed by BCSSA; the following must apply:
- \* The club/team or individual participant will be denied access to further BCSSA activities until the complaint is rectified
- v. If a team commits any infraction with the intention to gain an advantage (e.g., use of non-registered, illegal players; forfeit a game in the purpose of gaining or make another team gain a better ranking); the following sanction will apply:
- \* The team cannot take part in the medal round
  - \* The team shall lose by a score of 0-2 for each game in which they have intentionally tried to gain an unfair advantage

<b>Regional Team</b>				<b>Club Team</b>			
<b>Team Contact (first &amp; last name)</b>				<b>Phone Number</b>			
				<input type="checkbox"/> U16		<input type="checkbox"/> U12	
				<input type="checkbox"/> U18		<input type="checkbox"/> U14	
<b>Team Minor Officials</b>				<b>Team Chaperone</b>			
Cap #	First Name	Last Name	Registration #	Club Initial	DOB (YYYY/MM/DD)	Polo Only	
<i>example</i>	<i>33</i>	<i>Julie</i>	<i>BCSSA#</i>	<i>RIV</i>	<i>1985-01-01</i>		
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
Alternate							
Alternate							
(Coach)							
(Coach)							
1. List female players first, then male and youngest to oldest. 2. Individuals may be listed as an alternate on more than one form. Once an alternate replaces a player on the roster, that alternate may not be used as an alternate. 3. Once a player on a roster is replaced by an alternate, that player may not return to that Team Roster for the duration of that tournament. 4. A Player can only appear on two teams. 5. A player cannot play on the team that they have coached during the season.							
<b>I certify that all players and coaches listed on this form are registered members of BCSSA.</b>				<b>Entry Fee of \$325.00, Referee Fee of \$150.00 Athlete Facility Fee of \$5.00/athlete</b>			
<b>Signature of Club Official</b>				<b>Please return this form to BCSSA by 12 NOON, AUGUST 8, 2023</b>			



**BC Summer Swimming Association**  
SWIMMING | **DIVING** | WATER POLO | ARTISTIC

# DIVING

**MONDAY, AUGUST 14, 2023**

1:30-3:30 pm Diving Coach Meeting

4:00 pm – 5:15 pm Warm Up

5:30 pm - 8:00 pm Competition

**TUESDAY, AUGUST 15, 2023**

7:00 am – 3:00 pm Competition

**DIVING AWARDS**

Tuesday, August 15, 2023

*(Following the conclusion of the competition*

*Approximately 4:30 pm)*

## **DIVING COACH MEETINGS**

**Date:** MONDAY, AUGUST 14, 2023 1:30 - 3:30 pm (Final Dive sheets due Monday, August 7, 2023 at noon)

**Place:** TBD

All judging and other decisions will be made here, as well as discussion and suggestions about rules/regulations and any future changes.

## **AWARDS**

Medals: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Ribbons: 4<sup>th</sup> to 8<sup>th</sup> place  
Trophies: Top Female Team  
Top Male Team  
BCSSA Regional Award (Top Regional Team)  
BCSSA Challenge Cup (Top Overall Team)

Awards will be presented to divers on Thursday, August 18<sup>th</sup>, immediately following the competition.

## **RULES**

Please refer to the 2023 edition of the BCSSA Diving Rules available on the BCSSA website or in the BCSSA Rule Book.

## **RESULTS**

All results will be scored and awarded separately for each division and category. Team points for diving will be awarded as follows: 36, 32, 30, 28, 26, 24, 20, and 18.

## **ENTRY FEES**

There will be a **\$25.00 entry fee per event**, and a **\$5.00 per athlete surcharge**. All Fees, Dive Entry Forms and BCSSA Dive Sheets must be sent to the **Regional Director and Provincial Director** as the entire Regional package is due to the office by 12:00 noon on **Monday, August 7<sup>th</sup>, 2023**.

**A typed copy of ALL dive meet results must be emailed to the BCSSA Office immediately following the completion of each competition at [office@bcsummerswimming.com](mailto:office@bcsummerswimming.com) and [diving@bcsummerswimming.com](mailto:diving@bcsummerswimming.com).**

## **ENTRIES**

All Diving Entries must be sent by email to [diving@bcsummerswimming.com](mailto:diving@bcsummerswimming.com) (Subject: 2023 Provincial Diving Entries) by **Monday August 7, 2023**.

**NO LATE ENTRIES WILL BE ACCEPTED.**  
**ALL ENTRIES MUST BE IN BEFORE 12:00 NOON MONDAY, AUGUST 7, 2023.**



Entries must be entered using the **BCSSA Diving Entry Form**. Entries must include a copy of Regional results, Regional Dive Sheets and Provincial Dive Sheets.

The Diving Entry Form must be signed by a coach, the Regional Dive Coordinator or Director and the Regional Registrar.

## **DIVE SHEETS**

Must be completed **and emailed by Monday, August 7, 2023**. All changes must be completed before specific event warmups start on the day of competition.

Divers should remain at the pool for the entire competition. Events will run consecutively and will not be paused for divers as time is limited. It is the competitor's and coach's responsibility to be there on time for each event, dressed appropriately and ready to dive. Divers shall ensure proper attire is worn, which allows the judges to clearly see the lines of the body while a dive is being executed. Events may be combined as needed.

A schedule of events will be emailed to Dive Directors and Head Coaches on **August 9, 2023**

**Each club is required to supply at least one Judge. Please let BCSSA Director of Diving, Drea Beye** (diving@bcsummerswimming.com), know the judge's name as soon as possible. There will be a sign-up app circulated prior to the Diving Competition to facilitate table workers.

## **2023 BCSSA – Age Group Dive Requirements**

### **Summer Divers**

<b>Age Group</b>	<b>Compulsory Dives on 1m</b>	<b>Optional Dives on 1m or 3m</b>	<b>3m</b>
8& Under (Total 5 dives)	Any 3 of: 100 200 001 <b>or 101</b> 002	2 dives  Compulsory dives may be repeated once in a different position.	Do not need to have ANY dives on 3m, however, divers can choose to have up to 2 dives on 3m.
9/10 (Total 6 dives)	Any 3 of: 100 200 001 <b>or 101</b> 002	3 dives  The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 3 dives on 3m.
11/12 (Total 7 dives)	Any 3 of: 100 200 001 or 101 002 or 201	4 dives  The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.
13/14 (Total 8 dives)	All 4 of: 100 200 001 or 101 002 or 201	4 dives  The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.

15+ (Total 8 dives)	All 4 of: 100 200 001 or 101 002 or 201	4 dives  The same dive number may not be used twice. Compulsory dives may be repeated once in a different position	Do not need to have ANY dives on 3m, however, divers can choose to have up to 4 dives on 3m.
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### Open Divers 1m

Age Group	Compulsory Dives	Optional Dives	Optional Clarification
8& Under (Total 6 dives)	100 200 001 002	2 dives	<ul style="list-style-type: none"> <li>All jumps and fall-ins are permitted, but only one in each direction.</li> <li>Compulsory dives may be repeated once in a different position.</li> </ul>
9/10 (Total 6 dives)	100 200 101 002 or 201	2 dives	<ul style="list-style-type: none"> <li>No Jumps</li> <li>Fall-ins are permitted, but only one in each direction.</li> <li>Compulsory dives may be repeated once in a different position</li> <li>2 categories must be used.</li> </ul>
11/12 (Total 6 dives)	101 201 or 301 401	3 dives	<ul style="list-style-type: none"> <li>No Jumps</li> <li>Fall-ins are permitted, but only one in each direction.</li> <li>Must have one optional that demonstrates flipping rotational movement.</li> <li>Compulsory dives may be repeated once in a different position</li> <li>2 categories must be used.</li> </ul>
13/14 (Total 6 dives)	101 201 or 301 401	3 dives	<ul style="list-style-type: none"> <li>No Jumps</li> <li>Fall-ins are permitted, but only one in each direction.</li> <li>Must have one optional that demonstrates flipping rotational movement.</li> <li>Compulsory dives may be repeated once in a different position</li> <li>3 categories must be used.</li> </ul>
15+ (Total 7 dives)	101 002 or 201 401	4 dives	<ul style="list-style-type: none"> <li>No Jumps or Fall-ins</li> <li>Must have one optional that demonstrates flipping rotational movement.</li> <li>Compulsory dives may be repeated once in a different position</li> <li>3 categories must be used.</li> </ul>

**2023 BCSSA – Age Group Dive Requirements, continued**

**Open Divers 3m**

Age	Compulsory Dives	Optional Dives	Optional Clarification
8 & Under (Total 5 dives)	100 200 001	2 dives	<ul style="list-style-type: none"> <li>All jumps and fall-ins are permitted, but only one in each direction.</li> <li>Compulsory dives may be repeated once in a different position.</li> </ul>
9 & 10 (Total 6 dives)	Any 3 of: 100 200 001 101	3 dives	<ul style="list-style-type: none"> <li>No Jumps</li> <li>Fall-ins are permitted, but only one in each direction.</li> <li>Compulsory dives may be repeated once in a different position</li> <li>2 categories must be used.</li> </ul>
11 & 12 (Total 6 dives)	Any 3 of: 200 001 002 101	3 dives	<ul style="list-style-type: none"> <li>No Jumps</li> <li>One additional Fall-in is permitted</li> <li>Compulsory dives may be repeated once in a different position</li> <li>2 categories must be used.</li> </ul>
13 & 14 (Total 6 dives)	001 002 101	3 dives	<ul style="list-style-type: none"> <li>No Jumps / 1 Fall-in allowed</li> <li>Compulsory dives may be repeated once in a different position</li> <li>2 categories must be used.</li> </ul>
15+ (Total 6 dives)	001 002 101	3 dives	<ul style="list-style-type: none"> <li>No Jumps or Fall-ins</li> <li>Must have one optional that demonstrates flipping rotational movement.</li> <li>Compulsory dives may be repeated once in a different position.</li> <li>3 categories must be used.</li> </ul>

**Degree of Difficulty Table- This table is to be used for both Summer and Open - All Age Categories**

SPRINGBOARD		1 Metre				3 Metres			
		Strt	Pike	Tuck	Free	Strt	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
100	Front Jump	1.0				1.0			
001	Front Dive FALL IN	1.1				1.1			
101	Forward Dive	1.2	1.4	1.3		1.4	1.6	1.5	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1 ½ Somersault		1.7	1.6			1.6	1.5	
104	Forward Double Somersault		2.3	2.2			2.1	2.0	
105	Forward 2 ½ Somersault		2.6	2.4			2.4	2.2	
106	Forward Triple Somersault			2.9			2.8	2.5	
107	Forward 3 ½ Somersault			3.0			3.1	2.8	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward Flying 1 ½ Somersault		1.9	1.8			1.8	1.7	
115	Forward Flying 2 ½ Somersault							2.5	
BACK GROUP		A	B	C	D	A	B	C	D
200	Back Jump	1.0				1.1			
002	Back Dive FALL IN	1.1				1.2			
201	Back Dive	1.4	1.7	1.6		1.6	1.9	1.8	
202	Back Somersault	1.7	1.7	1.6		1.9	1.9	1.8	
203	Back 1 ½ Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2 ½ Somersault			3.0			3.0	2.8	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1 ½ Somersaults							2.1	
REVERSE GROUP		A	B	C	D	A	B	C	D
301	Reverse Dive	1.8	1.8	1.7		2.0	2.0	1.9	
302	Reverse Somersault	1.8	1.8	1.7		2.0	2.0	1.9	
303	Reverse 1 ½ Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault		2.6	2.3			2.4	2.1	
305	Reverse 2 ½ Somersault		3.2	3.0			3.0	2.8	
312	Reverse Flying Somersault		1.8	1.7				1.8	
313	Reverse Flying 1 ½ Somersault							2.2	
INWARD GROUP		A	B	C	D	A	B	C	D
401	Inward Dive	1.7	1.6	1.5		1.8	1.6	1.5	
402	Inward Somersault		1.7	1.6			1.6	1.5	
403	Inward 1 ½ Somersaults		2.4	2.2			2.1	1.9	
404	Inward Double Somersaults			2.8			2.6	2.4	
405	Inward 2 ½ Somersaults		3.4	3.1			3.0	2.7	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1 ½ Somersault			2.7				2.4	

TWIST GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive, ½ Twist	1.8	1.7			1.8	1.7		
5112	Forward Dive, 1 Twist	2.0	1.9			2.0	1.7		
5121	Forward Som., ½ Twist		1.8		1.7		1.8		1.7
5122	Forward Som., 1 Twist				1.9				2.0
5124	Forward Som., 2 Twist				2.3				
5126	Forward Som., 3 Twist				2.7				
5131	Forward 1 ½ Som., ½ Twist		2.1	2.0			2.0	1.9	
5132	Forward 1 ½ Som., 1 Twist				2.2				2.1
5134	Forward 1 ½ Som., 2 Twists				2.6				2.5
5136	Forward 1 ½ Som., 3 Twists				3.0				2.9
5138	Forward 1 ½ Som., 4 Twists								3.3
5152	Forward 2 ½ Som., 1 Twist		3.2	3.0			3.0	2.8	2.8
5154	Forward 2 ½ Som., 2 Twists						3.4	3.2	3.2
5211	Back Dive ½ Twist	1.4				1.5			
5212	Back Dive, 1 Twist	1.6				1.7			
5221	Back Somersault, ½ Twist				1.8				1.8
5222	Back Somersault, 1 Twist				1.9				
5223	Back Somersault, 1 ½ Twists				2.3				
5225	Back Somersault, 2 ½ Twists				2.7				
5227	Back Somersault, 3 ½ Twists								3.2
5231	Back 1 ½ Som., ½ Twist				2.1				2.0
5233	Back 1 ½ Som., 1 ½ Twists				2.5				2.4
5235	Back 1 ½ Som., 2 ½ Twists				2.9				2.8
5237	Back 1 ½ Som., 3 ½ Twists								3.2
5251	Back 2 ½ Som., ½ Twist						3.1	2.8	2.7
5253	Back 2 ½ Som., 1 Twist						3.5	3.3	3.1
5311	Reverse Dive ½ Twist	1.9				2.0			
5312	Reverse Dive, 1 Twist	2.1				2.2			
5321	Reverse Somersault, ½ Twist				1.8				
5322	Reverse Som., 1 Twist				2.0				
5323	Reverse Som., 1 ½ Twists				2.4				
5325	Reverse Som., 2 ½ Twists				2.8				
5331	Reverse 1 ½ Som., ½ Twist				2.2				2.1
5333	Reverse 1 ½ Som., 1 ½ Twists				2.6				2.5
5335	Reverse 1 ½ Som., 2 ½ Twists				3.0				2.9
5337	Reverse 1 ½ Som., 3 ½ Twists								3.3
5351	Reverse 2 ½ Som., ½ Twist						3.1	2.9	2.7
5371	Reverse 3 ½ Som., ½ Twist							3.5	3.6
5411	Inward Dive, ½ Twist	2.0	1.7			1.9	1.6		
5412	Inward Dive, 1 Twist	2.2	1.9			2.1	1.8		
5421	Inward Som., ½ Twist		1.8	1.7			1.6	1.5	
5422	Inward Som., 1 Twist				2.1				
5432	Inward 1 ½ Som., 1 Twist				2.7				2.4
5434	Inward 1 ½ Som., 2 Twists				3.1				2.8

## 2023 BCSSA Dive Entry Form

<b>Club</b>	<b>Date</b>
<b>Judge Name/Designate</b>	<b>Coach</b>
<b>Phone No.</b>	

Name					8 & Under		9 & 10		11 & 12		13 & 14		15 +		Total Fee	Regional Score
	M	F	S	O	1m	3m	1m	3m	1m	3m	1m	3m	1m	3m		

*Note: Summer Divers, please select only the 1m event. Open Divers, please select 1m and/or 3m as appropriate.*

Signature \_\_\_\_\_

Total Entries \_\_\_\_\_ X \$25.00 = \$ \_\_\_\_\_

Athlete Facility Fee \_\_\_\_\_ X \$ 5.00 = \$ \_\_\_\_\_

Total Payable \$ \_\_\_\_\_

Regional Registrar Signature: \_\_\_\_\_

Regional Diving Coordinator / Director: \_\_\_\_\_

## BC Summer Swimming Association

### 2023 Dive Sheet

Event No. \_\_\_\_\_ Grp./Cat \_\_\_\_\_ S/O \_\_\_\_\_ 1m\_\_\_\_3m \_\_\_\_\_ Sex \_\_\_\_\_ Diving Order \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_ Coach \_\_\_\_\_

Meet \_\_\_\_\_ Date \_\_\_\_\_

Board No.	Dive No.	Description of Dive	POS	Judges Awards					DD	Total	Score
		<b>Compulsory Dives</b>		1	2	3	4	5			
		<b>Optional Dives</b>									

Competitor's Signature \_\_\_\_\_

Coaches Initials \_\_\_\_\_

**Total Points** \_\_\_\_\_

**FINAL PLACE** \_\_\_\_\_



**BC Summer Swimming Association**  
SWIMMING | DIVING | WATER POLO | **ARTISTIC**

# ARTISTIC SWIMMING

**TUESDAY, AUGUST 15, 2023**

3:00 pm - 8:00 pm

Warmups/ Team, Duet and Solo  
Technical and Free Competitions



## **ARTISTIC SWIMMING**

### **PROVINCIAL CHAMPIONSHIP POLICY**

Unless specific wording is found in the BCSSA Rules or in the Provincial Meet Package, all officials shall refer to the 2018 FINA rulebook for artistic competitions.

#### **Eligibility**

Competitors must be correctly registered with the BCSSA for the current season.

All athletes must have competed at a Regional Artistic Championship (Rulebook 7.2 Competitions) to be eligible to compete at Provincial Championships (exemptions are covered within this rule).

#### **Athlete Categories, Skill Levels and Age Divisions**

An athlete's age as of December 31st each year, aquatic participation in the non-competitive season and skill level shall be used to determine the athlete's category. All athletes shall declare all artistic swimming participation that occurs from September 1 of the previous year through to April 30 of the current year. (Rulebook 7.1 Athlete Categories, Skill Levels and Age Divisions)

<b>Categories</b>	<b>Skill Level</b>	<b>Age Divisions</b>
<b>Summer Categories (S)</b>	Beginner athletes can stay as a beginner as long as needed to competently compete the beginner elements in a technical routine.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Intermediate athletes can stay as an intermediate as long as needed to competently compete the intermediate elements in a technical routine.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
	Advanced athletes can stay as advanced as long as needed to competently compete the intermediate elements in a technical routine. Athletes compete the same elements as the o-category 1 athletes.	Div 3 – 12u (aged 12 & under) Div 4 – 13o (aged 13 & over)
<b>Open Categories (o-cat)</b>	O category 1 artistic athletes were registered, trained and/or have competed in a provincial stream artistic swimming program age group 11-12 or younger, excluding recreational or limited competitive.	PS 12u (Provincial Stream)

	<p>O category 2 artistic athletes were registered, trained and/or have competed in any provincial or national stream artistic swimming program age 13 and older.</p>	<p>PS 13-15 &amp; NS (National Stream)</p>
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## **General Rules**

- a) All entry packages must be completed and shall be submitted to the BCSSA office by each club by the deadline stated in the Provincial Meet Package
- b) Nose clips/plugs and goggles may be worn.
- c) Make-up that provides a natural, clean and healthy glow is acceptable. Theatrical make-up, nail polish, jewelry, accessory equipment and/or additional clothing is not permitted, unless required for medical reasons except for medical alerts and Kira religious bracelets. Medical certification must be submitted to the Chief Referee/Judge at least 30 minutes before the event.
- d) White caps and black suits are permitted for technical routines. Caps are permitted for free routines if desired.
- e) Suits for all routines shall conform to FINA specification in the latest FINA manual, nothing may hang/dangle from the suits (including longties) – nothing on the suit should be able to float. In the event that the referee deems an athlete's(s') swimwear does not conform to FINA standards, the athlete(s) will not be permitted to compete until changing into appropriate swimwear.

## **Routine Events**

- a) BCSSA competes both technical and free routines in team, duet and limited solo.
- b) An athlete may be permitted to compete in a maximum of one solo (for advanced and o-cat), one duet event, one team event for free and a maximum of one solo (for advanced and o-cat), one duet event, one team event for technical routines.
- c) Every athlete must compete at least one technical routine.
- c) The solo event is for athletes competing in the advanced and o-cat levels only.
- d) The duet event is open to all levels of athletes and consists of two athletes. They will compete in the highest skill level of the duet partners.
- e) Technical routines will have 4 elements (generally figures or positions) that may change from year to year and can be found in the Provincial meet package.
- f) Technical and free routines will be judged as a free routines (with Execution, Difficulty and Artistic Impression), using the system prior to 2023, with the addition of judging of the walk-on. Two technical monitors will be assigned to technical routines.
- g) The free team and technical event is open to all skill levels and shall consist of a minimum of three (3) to a maximum of ten (10). The team event can have any number of different skill levels on the team. When there is more than one skill level on a team, the skill level with the majority of athletes will determine which skill level the team competes in. When there is the same number of athletes in more than one skill level, that team will compete at the highest skill level.
- h) Routines may start on the deck or in the water, but must finish in the water.
- i) The walk-on will no longer be timed.
- j) Deck movements will no longer be timed separately but will still be included in the routine time.
- k) All routines, technical and free will have a maximum time of four minutes which includes 10 seconds for deck movements and allows a plus or minus of 15 seconds.
- l) Timing of the routines shall start when the music starts upon a signal from the Referee and finish when the music stops.

- m) The music accompaniment shall begin upon a signal from the Referee. After the signal, the athlete(s) must perform the routine without interruption.
- n) In the case of technical problem(s) during a routine, the athletes may be allowed to re-swim at the discretion of the Chief Referee/Judge.

### ***Elements for Technical Routines***

<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced/Ocat 1</b>	<b>Ocat 2</b>
Back tuck somersault	Kipnus	Kip	Seagull
Assume a Front Pike Pull-Down	Neptunus	Tower	Porpoise Spin 360°
Split Position	Surface Prawn	Barracuda	Barracuda Spin 180°
Tub Turning 360°	Walkout Front	Walkover Back	Ariana

### ***Penalties***

Coaches will be informed of any penalties after the event(s) are completed

Coaches are expected to attend the re-timing of their music. Should a coach fail to participate, the Chief Judge/Referee will make the final ruling without the coach. There will be no protest opportunity once the final ruling has occurred when a coach fails to attend the re-timing. Coaches need to be mindful that routines are timed on a "meet-by-meet" basis. Routines that did not receive a timing violation at a previous competition can still be subject to timing violations at subsequent competitions.

- a) A one (1) point penalty shall be deducted from the routine score if:
  - There is a deviation from the specified routine time limit allowed (less or more than) for the routine.
  - An athlete has made a deliberate use of the bottom of the pool during the routine.
  
- b) A two (2) point penalty shall be deducted from the routine score if:
  - An athlete has made a deliberate use of bottom of the pool during a routine to assist another athlete.
  - If during the deck movements in team routines athletes are executing stacks, towers or human pyramids.

### ***Music***

There should be no more than a 10 second lead in before the music starts.  
 Music must be uploaded to the software BCSSA is using two (2) weeks prior to Regionals and submitted as follows:

Event - Skill Level - Club Name - Coach Name - athlete name for solo, athlete name for duet and theme for technical and free team

Examples: Free Solo - Advanced - CRB - Sally Sue - Charlie Smith

Free Duet - Ocat2 - CRB - Sally Sue - Charlie Smith and Jane Doe

Free Team - Beginner - COQ – Bill Boy - Beautiful Day

Technical Team – Intermediate – NVC - Nancy Road– Happy Days

Each club coach must be available with a back-up electronic version of the music for each routine in case of technical difficulties.

### ***Coaches & Officials & Volunteers***

Events may run up to 30 minutes early, please inform all athletes, parents, other coaches etc. and be prepared for warmups and events should the schedule change.

An **Artistic Swimming Coaches' Meeting** will be held ½ hour to 1 hour before the meet begins, to review competition details, “scratches”, and procedures, all coaches should attend but each club should have at least one. An **Artistic Swimming Coaches' Meeting** will be held immediately following each of the routine events to provide feedback from the Judges, if wanted.

Coaches are required to sign off on the routine results ½ hour after each event has been completed.

Coaching athletes while they are actively competing will not be permitted. Coaches debriefing competitors after they compete should be well away from the competition area to avoid disadvantaging other competitors and away from the judges who are judging other competitors.

Spectators who are not volunteering will not be permitted on the pool deck. Coaches are asked to inform competitors and parents that spectators are to remain in the spectator viewing area.

Gelling of hair will not be permitted in the facility change rooms or washrooms. Clubs are asked to plan for hair gelling in areas that will not be disruptive to pool patrons and ensure that facilities are left in the same condition after the competition as they were at the beginning of the competition. White caps and black suits are permitted for technical routines. Caps are permitted for free routines if desired.

Flash photography is forbidden. The flash can be disorienting for competitors and judges.

### ***Entry Procedure***

All Clubs must register athletes through the Club Registrar and the Regional Registrar.

Please send either a word or an excel spreadsheet with the following information to your regional registrar, [artisticdirector@bcsummerswimming.com](mailto:artisticdirector@bcsummerswimming.com), [office@bcsummerswimming.com](mailto:office@bcsummerswimming.com)

For **each** routine please give the following info:

- Level team competing at
  - Technical or free routine
  - Team, duet or solo routine
  - Routine theme
  - Name of all coaches for routine
  - All competitors on each routine: name, level and division

Entry Form submission deadline is **Monday, August 7, 2023.**



**BC Summer Swimming Association**  
SWIMMING | DIVING | WATER POLO | ARTISTIC

# SWIMMING

**THURSDAY AUGUST 17, 2023**

5 – 6:30 PM Regional Practice

6:30 – 8 PM Regional Practice

**FRIDAY AUGUST 18, 2023**

6:45 – 7:45 AM Warmups

8:00 AM Competition Starts

**SATURDAY AUGUST 19, 2023**

6:45 – 7:45 AM Warmups

8:00 AM Competition Starts

**SUNDAY AUGUST 20, 2023**

6:45 – 7:45 AM Warmups

8:00 AM Competition Starts

## SPEED SWIMMING

### REGIONAL PRACTICE TIME / WARMUPS

Pool facility:	Nanaimo Aquatic Centre – Nanaimo
Procedure:	2 Lanes per region in Senior Pool (West end) 2 Lanes per region in Junior Pool (East end)
Rental Cost:	\$300 per region (mandatory)

### Times and Lane Assignments for Regional Practice - Thursday, August 17, 2023

#### 5:00 PM – 6:30 PM

<i>Junior Pool</i>		<i>Senior Pool</i>	
<u>Region</u>	<u>Lanes</u>	<u>Region</u>	<u>Lanes</u>
Fraser South	1 & 2	Simon Fraser	1 & 2
Kootenay	3 & 4	Vancouver Island	3 & 4
Vancouver & District	5 & 6	Okanagan	5 & 6
Cariboo	7 & 8	Fraser Valley	7 & 8

#### 6:30 PM – 8:00 PM

<i>Junior Pool</i>		<i>Senior Pool</i>	
<u>Region</u>	<u>Lanes</u>	<u>Region</u>	<u>Lanes</u>
Vancouver Island	1 & 2	Kootenay	1 & 2
Simon Fraser	3 & 4	Fraser South	3 & 4
Fraser Valley	5 & 6	Cariboo	5 & 6
Okanagan	7 & 8	Vancouver & District	7 & 8

The Regional Coach & the Regional Director of each Region are responsible for allocating the Regional practice times.

**During the Speed swimming events, no parents or guests will be permitted on the pool deck or within the marshalling area. The Warmup rules will be in effect and coaches must clear lanes prior to any dive sprints. Safety Marshals will be monitoring lanes and ensuring this rule is adhered to.**

#### WARM-UP EACH DAY

**6:45 AM to 7:45 AM**

Each Region is assigned one lane to best manage swimmer numbers. Regions will keep the same lane assignment throughout the Championship (August 18<sup>th</sup> – August 20<sup>st</sup>, 2023).

Region	Lane
Fraser South	1
Cariboo	2
Fraser Valley	3
Vancouver Island	4
Okanagan	5

Vancouver & District	6
Kootenay	7
Simon Fraser	8

**Coaches' Meeting:** 6:30 AM Saturday and Sunday

**Officials' Meeting:** 7:15 AM each day

## Marshalling and Warm Up Times

### Friday

100/200 IM	7:50 AM
50 Free	9:00 AM
Medley Relays	9:45 AM
<b>Break</b>	<b>Minimum 45 Minutes</b>
Warmups (30 mins)	@ conclusion of Break

### Saturday

50 Fly	7:50 AM
50/100 Backstroke	8:45 AM
Free Relays	9:45 AM
<b>Break</b>	<b>Minimum 45 Minutes</b>
Warmups (30 mins)	@ conclusion of Break

### Sunday

50/100 Breaststroke	8:15 AM
100 Free	9:15 AM
<b>Break</b>	<b>Minimum 45 Minutes</b>
Warmups (30 mins)	@ conclusion of Break

### Note:

1. All Times are approximate. Marshalling and warmups **will not** start before the listed times.
2. All swimmers are encouraged to participate in the Regional Cheers and the National Anthems. Marshalling calls will begin prior to the Anthems, which will be sung once the first preliminary heats are behind the blocks and ready to swim.
3. Marshalling calls by the Announcer are courtesy calls only. The clerk at the marshalling areas makes official Marshalling calls. It is the swimmer's responsibility to be able to hear the calls made by the clerk for the event in which they are participating.

### NO MARSHALLING DIVISIONS 5 – 8, O CAT 2

4. There will be no check-in, marshalling calls, or marshalling for Divisions 5 – 8, 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 will be entertained.



## **HEATS, FINALS AND CONSOLATIONS**

1. Tier “S” and Tier “O” swimmers will compete in Heats, Finals and Consolation Finals according to Division or Category. (See event list)
2. Consolation Finals in Div. 1-4 will be swum **first**, and Championship Finals **second**.
3. Championship Finals in Div. 5 and older will be swum **first**, and Consolation Finals **second**.

## **SCRATCHES**

BCSSA Scratch Sheet is provided on page 47.

### **HEATS:**

- It is the responsibility of the Region to administer any scratches **after** the Regional Advancer File has been submitted to the Provincial Office and Meet Manager.
- Scratches prior to the Regional Alternate Deadline, which will result in the Regional Alternate swimming, must be submitted to the provincial office before Noon, Monday August 14<sup>th</sup>, which will allow the changes to be made in the meet file prior to printing the souvenir programs.
- Any Regional Alternate, swimming because of a scratch after this deadline, must follow the instructions in ‘Alternates’ guidelines below.
- The region should advise the Meet Manager or Clerk **as soon as possible** of any late scratch where there will **not** be a Regional Alternate. These empty lanes may be filled by Provincial Alternates.

### **FINALS:**

- Scratches for finals should be done **as soon as possible** following the posting of the heat results. The Clerk must be advised, by the coach, of this scratch. This will allow alternates adequate notice to prepare and will ensure that all parties agree.

### **ALTERNATES:**

- Any Regional Alternate being substituted **after** the Monday Aug 14 deadline must have a Regional Alternate Slip duly completed by the regional entries person. **No Regional Alternate will be permitted to swim without this slip.** The Regional Alternate should be at the Clerk of the Course, with slip, in place of the scratched swimmer, and identify himself/herself when that swimmer or heat is called.
- A maximum of 2 Provincial Alternates will be eligible to fill empty lanes in heats. If no Provincial Alternate is present when called, the Heat will be swum with that lane empty. Provincial Alternates will not be called by name.
- All Alternates for Finals must go to the Clerk of the Course or designate and be available when the event is called. Alternates will not be called by name.

**\*\*LIVE RESULTS\*\***  
**WILL BE POSTED ON THE WEBSITE**

**2023 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS**

**Friday, August 18, 2023**

7:15 AM Officials' Meeting  
6:45 AM -7:45 AM Warm-ups  
7:55 AM Anthem - TBD

	<u>Girls</u>		<u>Boys</u>	
<b>Start</b> 8:00 AM	101	DIV I	100m I.M.	102
	103	II	100m I.M.	104
	105	III	100m I.M.	106
	107	"O" CAT 1	100m I.M.	108
	109	IV	200m I.M.	110
	111	V	200m I.M.	112
	113	VI	200m I.M.	114
	115	"O" CAT 2	200m I.M.	116
	117	VII	200m I.M.	118
	119	VIII	200m I.M.	120
	121	DIV I	50m Free	122
	123	II	50m Free	124
	125	III	50m Free	126
	127	"O" CAT 1	50m Free	128
	129	IV	50m Free	130
	131	V	50m Free	132
	133	VI	50m Free	134
	135	"O" CAT 2	50m Free	136
	137	VII	50m Free	138
	139	VIII	50m Free	140
	141	DIV I	4 x 50m Medley Relay	142
	143	II	4 x 50m Medley Relay	144
	145	III	4 x 50m Medley Relay	146
	147	"O" CAT 1	4 x 50m Medley Relay	148
	149	IV	4 x 50m Medley Relay	150
	151	V	4 x 50m Medley Relay	152
	153	VI	4 x 50m Medley Relay	154
	155	"O" CAT 2	4 x 50m Medley Relay	156
	157	VII	4 x 50m Medley Relay	158
	159	VIII	4 x 50m Medley Relay	160

\* During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 lane in Finals.

\* The first number of the event indicates the day of the swimming Competition

## 2023 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS

Saturday, August 19, 2023

6:30 AM	Coaches' Meeting
7:15 AM	Officials' Meeting
6:45 AM - 7:45 AM	Warm-ups
7:55 AM	Anthem - Annoying Dads

	<u>Girls</u>		<u>Boys</u>
<b>Start</b> 8:00 AM	201	DIV I	202
	203	II	204
	205	III	206
	207	"O" CAT 1	208
	209	IV	210
	211	V	212
	213	VI	214
	215	"O" CAT 2	216
	217	VII	218
	219	VIII	220
	221	DIV I	222
	223	II	224
	225	III	226
	227	"O" CAT 1	228
	229	IV	230
	231	V	232
	233	VI	234
	235	"O" CAT 2	236
	237	VII	238
	239	VIII	240
	241	DIV I	242
	243	II	244
	245	III	246
	247	"O" CAT 1	248
	249	IV	250
	251	V	252
	253	VI	254
	255	"O" CAT 2	256
	257	VII	258
	259	VIII	260

\* During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 lane in Finals.

\* The first number of the event indicates the day of the swimming Competition

## 2023 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS

Sunday, August 20, 2023

6:30 AM Coaches' Meeting  
 7:15 AM Officials' Meeting  
 6:45 AM - 7:45 AM Warm-ups  
 7:55 AM Anthem - TBD

Start 8:00 AM

<u>Girls</u>			<u>Boys</u>
301	DIV V	50m Fly	302
303	VI	50m Fly	304
305	"O" CAT 2	50m Fly	306
307	VII	50m Fly	308
309	VIII	50m Fly	310
311	DIV I	50m Breast	312
313	II	50m Breast	314
315	III	50m Breast	316
317	"O" CAT 1	50m Breast	318
319	IV	100m Breast	320
321	V	100m Breast	322
323	VI	100m Breast	324
325	"O" CAT 2	100m Breast	326
327	VII	100m Breast	328
329	VIII	100m Breast	330
331	DIV I	100m Free	332
333	II	100m Free	334
335	III	100m Free	336
337	"O" CAT 1	100m Free	338
339	IV	100m Free	340
341	V	100m Free	342
343	VI	100m Free	344
345	"O" CAT 2	100m Free	346
347	VII	100m Free	348
349	VIII	100m Free	350

### MIXED

351	DIV I	4 x 50m	MIXED	Med. Regional Relay
352	DIV I	4 x 50m	MIXED	Free Regional Relay
353	II	4 x 50m	MIXED	Med. Regional Relay
354	II	4 x 50m	MIXED	Free Regional Relay
355	III	4 x 50m	MIXED	Med. Regional Relay
356	III	4 x 50m	MIXED	Free Regional Relay
357	"O" CAT 1	4 x 50m	MIXED	Med. Regional Relay
358	"O" CAT 1	4 x 50m	MIXED	Free Regional Relay
359	IV	4 x 50m	MIXED	Med. Regional Relay
360	IV	4 x 50m	MIXED	Free Regional Relay
361	V	4 x 50m	MIXED	Med. Regional Relay
362	V	4 x 50m	MIXED	Free Regional Relay
363	VI	4 x 50m	MIXED	Med. Regional Relay

364	VI	4 x 50m	MIXED	Free Regional Relay
365	"O" CAT 2	4 x 50m	MIXED	Med. Regional Relay
366	"O" CAT 2	4 x 50m	MIXED	Free Regional Relay
367	VII	4 x 50m	MIXED	Med. Regional Relay
368	VII	4 x 50m	MIXED	Free Regional Relay
369	VIII	4 x 50m	MIXED	Med. Regional Relay
370	VIII	4 x 50m	MIXED	Free Regional Relay
400	VIII	30 x 50m	MIXED	Free Regional Relay (Miracle Mile)

- \* During the swimming competition, each region **MUST** staff 1 lane in the pool during Heats and 1 Lane in Finals.
- \* **NOTE:** Events 351-370 will be swum *after* Finals of the Individual events in the PM session.
- \* 400 COACHES' "Miracle Mile" Relay Swim - Finals Only
- \* The first number of the event indicates the day of the swimming Competition

## SCRATCH SHEET

### 2023 BCSSA CHAMPIONSHIPS MEET (HEATS ONLY)

Club Name: \_\_\_\_\_ Club Code \_\_\_\_\_ Handed in by: \_\_\_\_\_

Region: \_\_\_\_\_ Date: \_\_\_\_\_

Provide all details including swimmer name, team name, division #, gender, event #, heat # and stroke being scratched. 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.

Swimmer or Club Name, Div # & Gender	Event # & Heat #	Stroke

## 2023 BC CHAMPIONSHIPS QUALIFYING STANDARD

# Appendix IIIA - 2023 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Qualifying Standards are generally based on the average of 8th place in Heats for 2016-2022 inclusive for Individual Events

Any swimmer who equals or betters the following times in FINALS at a 2023 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
<b>1G</b>	40.91	01:45.51		49.54		55.94		48.47		01:33.83
<b>2G</b>	35.80	01:31.90		41.40		46.94		42.16		01:20.38
<b>3G</b>	31.76	01:21.22		35.92		42.03		37.36		01:10.37
<b>4G</b>	29.97		02:48.20	32.94			01:26.41		01:16.41	01:06.55
<b>5G</b>	29.18		02:44.04	32.22	01:15.86		01:24.90		01:14.92	01:05.23
<b>6G</b>	28.99		02:42.28	31.96	01:14.01		01:23.22		01:13.75	01:04.16
<b>7G</b>	29.95		02:51.88	33.20	01:17.96		01:29.14		01:18.03	01:07.14
<b>8G</b>	29.60		02:53.27	32.31	01:19.70		01:27.49		01:19.43	01:10.22
<b>1B</b>	40.92	01:47.76		51.15		54.31		49.45		01:33.40
<b>2B</b>	35.44	01:31.80		40.92		47.80		43.05		01:20.47
<b>3B</b>	31.48	01:21.44		36.38		41.76		38.45		01:10.96
<b>4B</b>	28.73		02:43.57	32.34			01:23.02		01:15.28	01:04.25
<b>5B</b>	26.85		02:33.58	29.76	01:09.00		01:17.64		01:10.36	01:00.27
<b>6B</b>	25.83		02:27.08	28.42	01:05.01		01:13.30		01:07.08	:57.38
<b>7B</b>	25.75		02:32.19	28.71	01:06.28		01:14.79		01:09.37	:57.79
<b>8B</b>	25.16		02:26.45	27.51	01:03.88		01:14.23		01:05.59	:55.89
<b>O1G</b>	37.72	01:36.49		49.19		50.98		46.85		01:30.12
<b>O2G</b>	30.87		02:55.39	34.02	01:23.87		01:36.84		01:19.02	01:08.57
<b>O1B</b>	39.02	01:40.64		46.05		52.87		50.27		01:30.96
<b>O2B</b>	27.25		02:44.95	31.61	01:11.27		01:24.61		01:22.14	01:00.51

## 2023 BC CHAMPIONSHIPS QUALIFYING STANDARDS

### RELAY TEAMS

Qualifying Standards are generally based on the average of 3rd place in Heats for 2015-2022 inclusive.

Any relay team that **equals or betters** the following times in the **FINALS** at a 2023 Regional Championship Meet automatically qualifies for the respective event at the Provincial Championships.

<i><b>DIV</b></i>	<b>200 MEDLEY</b>	<b>200 FREE</b>
1G	03:19.98	02:56.61
2G	02:46.24	02:25.57
3G	02:27.08	02:11.67
4G	02:19.88	02:05.58
5G	02:15.37	01:59.89
6G	02:13.91	01:58.72
7G	02:14.34	01:59.36
8G	02:10.99	01:57.98
1B	03:26.61	02:55.07
2B	02:49.67	02:27.90
3B	02:27.80	02:11.84
4B	02:14.97	02:00.20
5B	02:05.58	01:51.13
6B	01:58.80	01:45.22
7B	01:58.33	01:45.48
8B	01:56.08	01:43.03
O1G	02:40.03	02:21.65
O2G	02:18.49	02:03.28
O1B	02:45.65	02:24.53
O2B	02:15.10	01:53.59



## REGIONAL RESPONSIBILITIES

### *LANE ASSIGNMENTS FOR TIMERS & RECORDERS*

Heats & Finals: 1 lane per region; same for both senior and junior pool

	Lane No.							
	1	2	3	4	5	6	7	8
Friday								
Heats	FS	CA	SF	FV	KO	OK	VD	VI
<b>FINALS</b>	VI	SF	FV	OK	VD	FS	KO	CA
Saturday								
Heats	OK	VD	VI	FS	CA	SF	FV	KO
<b>FINALS</b>	FS	CA	VI	OK	SF	FV	KO	VD
Sunday								
Heats	CA	SF	OK	VD	VI	FS	FV	KO
<b>FINALS</b>	OK	FS	SF	VI	VD	FV	CA	KO

## **REGIONAL RESPONSIBILITIES**

<b>Region</b>	<b>Duties</b>
<b>Cariboo</b>	<i>Deck Food Distribution</i>
<b>Fraser South</b>	<i>Clerk and Marshalling</i>
<b>Fraser Valley</b>	<i>Security</i>
<b>Kootenay</b>	<i>Deck Food Distribution</i>
<b>Okanagan</b>	<i>Awards</i>
<b>Simon Fraser</b>	<i>Electronics</i>
<b>Vancouver &amp; District</b>	<i>Volunteer Management</i>
<b>Vancouver Island</b>	<i>Office/ Deck Food Purchase</i>