

Centennial Pool
2310 Emerson Road
Abbotsford, BC.

Meet Manager.....	Mike Perrin
Meet Referee	Cos Van Wermeskerken
Chief Meet Recorder.....	Heather Stein
Regional Registrar	Patty Marconato
Clerk of the Course	Francis Cheung
Office Manager	Karen Bennett
Ribbons/Awards.....	Agassiz
Computer/Provincial Entries	Haney
Clerk of the course/Marshalling.....	Langley
Deck food.....	Chilliwack
Crash desk.....	Mission
Setup, Takedown and raffles	Abbotsford

Meet Format: The Fraser Valley Regional Championships mirror the BCSSA Provincial Championships and as allowed by the Official BCSSA rules, except where otherwise specified in this package and the "6 and Under" who swim timed Finals, no points. Champion Finals and Consolation Finals will be held if entries permit.

Schedule: Warm-ups: 6:30a.m. – 7:30a.m.
Officials meeting: 7:35a.m. daily
Coaches meeting: 7:00a.m. daily
Heats: 8:10a.m.
Finals: Approx. 1 hr after completion of all heats and after a period of warm-ups..

Facilities: 25 metre, FINA Standard 8 lane pool, Colorado Timing system with touch pads.

Showers and change rooms on site adjacent to Pool deck. Variety of vendors on site, including Host club canteen. Numerous restaurants are located within walking distance.

Camping On Site:
Day tents can be set up on the grass area within Centennial Pool- PLEASE DO NOT PEG IN as there is significant underground irrigation. ***Should you peg in and puncture irrigation, you will be responsible for repairs.***
RV parking surrounding Centennial Pool.
There will be a cost of \$10.00 per RV/trailer to help cover security. Tickets for parking will be available at the gate. **No Vehicles will be permitted overnight unless they are a legitimate RV unit.** The park is not a parking lot and the risk to children in the park is high- please be respectful of this. There is significant parking at the Ice rink and the Parking lot at the Pool- see below
No reservations will be taken as there is ample space within the park.
Portable Toilets and security will be on hand for your convenience and security.

Guests that are not the host club will not be permitted to enter the park with Trailer units until after 3pm- Thursday July 31-2007- no exceptions. The Host club is responsible for set up and take down throughout the meet and are required prior to the start of the meet and immediately following the event.

Parking Parking within the designated parking lots is strongly encouraged. **No vehicles will be allowed to stay within the Centennial Park unless a legitimate RV/Trailer unit, and should be removed immediately after set-up.** Vehicles that are setting up for day tenting should be out of the park immediately after set up, take down of the temporary site. There is significant parking at both the pool parking lot and the skating rink parking lot, both accessible from Emerson Street. There is a safe cross-walk with traffic lights- please walk across the intersection only when the lights indicate to do so.

AGM: A Regional Annual General Meeting and Volunteers Social will be held at:
Location: 2323 Emerson Street – MSA Arena foyer
When: Saturday August 2nd, 2008
Time: 5:00 for the social; 7:00 until 9pm for the AGM.
Cost: \$10.00 per ticket.
Catering will be provided
Each club is responsible for bringing two \$50 prizes

Awards: **Trophies:**
The Jim Gibson trophy will be awarded to the club with the most combined points for the meet.
The Directors Award to the club with the most points per swimmer ratio.
(individual and relay)

Aggregates:
Donated by Fraser Valley families, total aggregate point awards will be presented to the boy and girl of each division and category with the highest total in aggregate points.

Medals:
1st, 2nd & 3rd Individual Events (Tier 'S' and 'O')
1st, 2nd & 3rd Relay Events (Tier 'S' and 'O')

Ribbons:
4th-16th place (Individual and relay Tier 'S' and 'O')

Scoring

Individual Events:

Place: 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th 13th 14th 15th
16th

Points: In 8 lanes: 18-16-15-14-13-12-11-10; 9-7-6-5-4-3-2-1

Relay Events:

Place: 1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th 13th 14th 15th 16th

Points: 36- 32- 30-28-26-24-22- 20- 18- 14- 12- 10- 8- 6- 4- 2

No points are awarded for Div 0 (6 and under) events.

Entries

Regional entries (individual and relay teams) must be submitted to Karen Bennett at: kdyumyum@telus.net by **Monday, July 28th at 5 at the**

VERY latest.

No entries will be accepted after the deadline.

Pinks and Blues will be printed on Wednesday July 30 at the Centennial Pool club office at 7:00 pm. Club representatives will be welcome to attend.

Here is a schedule of required elements;

Monday, 28th Hy tek entry file sent to whalermr@telus.net

INCLUDING RELAYS (at the very latest 5pm)

Monday, 28th Coach email addresses to whalermr@telus.net

Tuesday, 29th Changes to whalermr@telus.net (at the very latest 10pm)

Thursday, 31st Complete Roster to whalermr@telus.net

Friday, 1st Copy of “meets attended” report to meet manager,
Mike Perrin.

SWIMMING AND OVERALL MEET RULES

Regional Championship Qualifiers (General):

BCSSA competitors as defined by these Rules and Regulations shall be eligible to compete at the Regional Championship Meet only if they have competed in one scheduled OFFICIAL BCSSA SWIM MEET prior to this event.

An OFFICIAL BCSSA SWIM MEET is a swim meet that is attended by three or more clubs and offers all seven individual events in every age Division and Category. Further, it must be conducted using the rules of swimming as defined by the BCSSA rulebook.

1. Regional entries (individual and relay teams) must be submitted to the appropriate individuals by 5pm, on the Monday prior to the Regional's. No entries will be accepted after the deadline.
2. All swimmers will be checked for eligibility by the Regional Registrar or designate.
3. A competitor may enter only 4 individual events and 2 club relays.
4. All individual events must be swum as heats and finals at Regional's.
5. Events may be combined but must not disadvantage any competitors.
6. Relays are swum as timed finals unless there are more teams than lanes. In that event, it shall be swum as heats and finals.
7. For relays, 4 swimmers and up to 2 alternates, must be listed on the Official Relay Entry Form. The form must be submitted by the deadline on 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.
8. The Regional Championship shall have the same events and event numbers as the Provincial Championship.

Provincial Championship Qualifiers

1. General Eligibility
 - a. All swimmers must have swum at the Regional Championship Meet.
 - b. All swimmers must be registered as "S" swimmers to participate in an "S" event (individual, club relay, or regional relay).
 - c. All swimmers must be registered as "O" swimmers to participate in an "O" event (individual, club relay, or regional relay).
 - d. All swimmers must swim in the competitor category (Division 1 - Division 8, Category 1 or 2) in which they were registered, except when participating on relay teams, and then subject to the conditions of relay team eligibility described in the rule book.
2. Individual Events
 - a. Qualifiers
 - i. The top 3 swimmers from the Regional Championship Final of each individual event qualify for the Provincial Championship Meet.
 - ii. Any swimmer, who attains a PQT in a Regional Championship Final individual event and does not place among the top three swimmers in the Final, also qualifies for the Provincial Championship Meet.
 - b. Alternates
 - i. The top one or two swimmers placing 4th or lower in a Regional Championship event final who did not obtain a PQT in the final, may be listed as alternate(s) for that event.
 - ii. Alternates for an individual event can only replace the top three swimmers representing their Region in that event at the Provincial Championship. (See current Meet Package for examples)

3. Club Relays
 - a. Team Composition
 - i. A club relay team shall consist of 4 swimmers. The composition may change between Regional and Provincial Championships, provided that all swimmers meet the registration criteria of BCSSA.
 - ii. For a relay team to be legal, at least one swimmer must be from the division entered.
 - iii. Swimmers who did not participate at their Regional Championship are eligible to participate on a club relay provided they have been entered in Event 500, following instructions provided in the Provincial Championship Meet Package.
 - b. Qualifiers
 - i. The top 2 club relays in each relay event at a Regional Championship will qualify for the Provincial Championship.
 - ii. Any club relay team that attains a PQT in the Final of a relay event when that event is swum as a Heats and Finals Event, also qualifies for the Provincial Championship Meet.
 - iii. Any club relay team that attains a PQT in the final of a relay event when that event is swum as a Timed Finals event, also qualifies for the Provincial Championship Meet.
 - c. Alternates
 - i. Up to 2 alternate swimmers may be included on a club relay team and must be listed on the Official Relay Entry form.
 - 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 is 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
 - i. Up to 2 alternate swimmers can be included on a regional relay team and must be listed on the Official Relay Entry Form.

Note: For swimmers moved up, please enter the Age Division after the name on the Relay Entry Form. When a club enters 2 Relay teams in any one event and both teams advance to the finals, **no** interchange of personnel of the 2 teams may be made for the finals.

The BCSSA Official Relay Entry Forms (Yellow) **MUST** be brought by each club/coach to the Championship. They will not be provided at the meet. The Relay Entry Forms **MUST** be given to the Clerk of Course at least 2 hours before the event is called.

HEATS, FINALS AND CONSOLATIONS

1. Tier "S" and Tier "O" swimmers will compete in Heats, Finals and Consolations according to Division or Category. (See event list - **APPENDIX I-A, I-B, I-C**)
2. **In each event,** Consolations will be swum **first** and finals **second**.
3. Consolation Finals will be swum if 16 or more swimmers are entered in an event.

SCRATCHES (OFFICIAL FORM - APPENDIX II)

1. HEATS:

- A) Scratches **must** be on a **FORMAL** BCSSA Scratch Sheet.
- B) Scratches **prior** to the start of the Provincial Meet **MUST** be submitted to the BCSSA office by NOON Thursday August 7, 2008.
- C) August 15 through August 17, 2008 **EACH CLUB SHALL ADVISE THE CLERK OF THE COURSE IN WRITING OF ANY SCRATCH FROM ANY HEAT BY 7:00 A.M. ON THE DAY IN WHICH THE EVENT IS SCHEDULED.** The club must also advise the Regional Director.

PROVINCIAL QUALIFIERS

To qualify to compete at Provincials as an "S" or "O" swimmer you must have:

- Finished 1st, 2nd, or 3rd in the Championship Final of an event at your Regional Championship Meet.
- Attained a PQT in the Championship Final of an event at your Regional Championship Meet.

To be an alternate at Provincials as an "S" or "O" swimmer you must have:

- Swum in the Championship Final of an event at your Regional Championship Meet.

A Championship Final at Regional's is defined as: a race in that consists of the eight fastest swimmers from all of the heats in that event.

JURY OF APPEAL:

1. At a Regional Championship a "Jury of Appeal" decision can be appealed to the Provincial Appeals Committee in writing and must be accompanied by a \$50.00 deposit. This is refundable only if the appeal is successful.
2. At Provincials, a Jury of Appeal will be chaired by the Meet Manager or Designate and be made up of: the Regional Director or Designate involved and any three Senior Officials and/or qualified Board Members.
3. An appeal of the decision of the Jury of Appeal at Provincials may be made in writing to the Provincial Meet Chairperson and must be accompanied by a \$50.00 deposit. This is refundable only if the appeal is successful.

PROVINCIAL SIGN-UP DESK

1. All swimmers who have qualified for provincials will be required to have their parent or legal guardian sign up at the "provincial signup desk", confirming that they are planning to attend the provincial meet to be held at Trail, BC.
2. You must sign up by the end of the finals on Sunday, August 3rd, 2008 or an alternate will be designated to take your place. Once an alternate has been designated there will be no changes.
3. Any swimmer who has qualified for provincials but has failed to sign up as stated above will be scratched from the list of provincial entries and will not be qualified to attend provincials in any event

MARSHALLING

Announcer's calls are courtesy only and are not relied on for timing attendance in marshalling. Swimmers remain responsible for being close enough to the clerk of the course and on time for the calling of events, so that they can personally hear the events called by the clerk. After an alternate is called by the clerk of the course, the listed qualifier (and any alternate called) who failed to report are irrevocably scratched.

LANE ASSIGNMENTS- WARM UPS

LANE 1-	ABBOTSFORD WHALERS
LANE 2-	ABBOTSFORD WHALERS
LANE 3-	AGGASSIZ AQUANAUTS/CHILLIWACK STINGRAYS
LANE 4-	HANEY NEPTUNES
LANE 5-	LANGLEY FLIPPERS
LANE 6-	MISSION MARLINS
LANE 7-	STARTS- 25 METRE EXIT
LANE 8-	STARTS- 25 METRE EXIT

OFFICIALS

Each club shall ensure that all eligible officials are working in designated areas as needed. The Regional Director of Officials for the Fraser Valley Region will have full discretion in placement and usage of officials throughout the meet. The Regional Director of Officials and/or the Meet Manager may call upon other officials as needed for jury purposes. A comprehensive list of official's positions will be posted and officials will be encouraged to fill in where needed. Please be available to the Regional Director of Officials, Cos Van Wermeskerken, and sign up for these much needed positions in order to ensure a timely swim meet.

Officials will be required at Provincials in Trail; there will be a Provincial sign up for officials for those parents of qualifying athletes. All parents that are traveling to Provincials will be required at some level at the event, and duties will be assigned by the Regional Director of Officials.

LANE ASSIGNMENTS –TIMERS/ RECORDERS

LANE 1-	ABBOTSFORD WHALERS
LANE 2-	ABBOTSFORD WHALERS
LANE 3-	AGGASSIZ AQUANAUTS/CHILLIWACK STINGRAYS
LANE 4-	HANEY NEPTUNES
LANE 5-	**HANEY NEPTUNES/MISSION MARLINS**
LANE 6-	MISSION MARLINS
LANE 7-	LANGLEY FLIPPERS
LANE 8-	ABBOTSFORD WHALERS/LANGLEY FLIPPERS

PROVINCIAL ENTRIES

Entries must be completed accurately by 12:00 midnight of the 4th.

Entries are due to the Provincial board the next morning so we are requesting attendance of a representative of each club to check the entries and confirmation of attendance in Trail.

Location: Club Office at Centennial Pool at the conclusion of the Fraser Valley Regional Championships.

Fridays Event List-By Event Number

Girls Events	Fridays Events	Boys Events
101	Div 1 100 IM	102
103	Div 2 100 IM	104
105	Div 3 100 IM	106
107	"O" Cat 1 100 IM	108
109	Div 4 200 IM	110
111	Div 5 200 IM	112
113	Div 6 200 IM	114
115	"O" Cat 2 200 IM	116
117	Div 7 200IM	118
119	Div 8 200 IM	120
120a	6 & Under 25 Freestyle	120b
121	Div 1 50 Freestyle	122
123	Div 2 50 Freestyle	124
125	Div 3 50 Freestyle	126
127	"O" Cat 1 50 Freestyle	128
129	Div 4 50 Freestyle	130
131	Div 5 50 Freestyle	132
133	Div 6 50 Freestyle	134
135	"O" Cat 2 50 Freestyle	136
137	Div 7 50 Freestyle	138
139	Div 8 50 Freestyle	140
141	Div 1 200 Medley Relay	142
143	Div 2 200 Medley Relay	144
145	Div 3 200 Medley Relay	146
147	"O" Cat 1 200 Medley Relay	148
149	Div 4 200 Medley Relay	150
151	Div 5 200 Medley Relay	152
153	Div 6 200 Medley Relay	154
155	"O" Cat 2 200 Medley Relay	156
157	Div 7 200 Medley Relay	158
159	Div 8 200 Medley Relay	160

Saturday Event List-By Event Number

Girls Events	Saturday Events	Boys Events
200a	6 & Under 25 Butterfly	200b
201	Div 1 50 Butterfly	202
203	Div 2 50 Butterfly	204
205	Div 3 50 Butterfly	206
207	"O" Cat 1 50 Butterfly	208
209	Div 4 50 Butterfly	210
211	Div 5 100 Butterfly	212
213	Div 6 100 Butterfly	214
215	"O" Cat 2 100 Butterfly	216
217	Div 7 100 Butterfly	218
219	Div 8 100 Butterfly	220
220a	6 & Under 25 Backstroke	220b
221	Div 1 50 Backstroke	222
223	Div 2 50 Backstroke	224
225	Div 3 50 Backstroke	226
227	"O" Cat 1 50 Backstroke	228
229	Div 4 100 Backstroke	230
231	Div 5 100 Backstroke	232
233	Div 6 100 Backstroke	234
235	"O" Cat 2 100 Backstroke	236
237	Div 7 100 Backstroke	238
239	Div 8 100 Backstroke	240
241	Div 1 200 Freestyle Relay	242
243	Div 2 200 Freestyle Relay	244
245	Div 3 200 Freestyle Relay	246
247	"O" Cat 1 200 Freestyle Relay	248
249	Div 4 200 Freestyle Relay	250
251	Div 5 200 Freestyle Relay	252
253	Div 6 200 Freestyle Relay	254
255	"O" Cat 2 200 Freestyle Relay	256
257	Div 7 200 Freestyle Relay	258
259	Div 8 200 Freestyle Relay	260

Sundays Event List-By Event Number

Girls Events	Sunday Events	Boys Events
301	Div 5 50 Butterfly	302
303	Div 6 50 Butterfly	304
305	"O" Cat 2 50 Butterfly	306
307	Div 7 50 Butterfly	308
309	Div 8 50 Butterfly	310
310a	6 & Under 25 Breaststroke	310b
311	Div 1 50 Breaststroke	312
313	Div 2 50 Breaststroke	314
315	Div 3 50 Breaststroke	316
317	"O" Cat 1 50 Breaststroke	318
319	Div 4 100 Breaststroke	320
321	Div 5 100 Breaststroke	322
323	Div 6 100 Breaststroke	324
325	"O" Cat 2 100 Breaststroke	326
327	Div 7 100 Backstroke	328
329	Div 8 100 Breaststroke	330
331	Div 1 100 Freestyle	332
333	Div 2 100 Freestyle	334
335	Div 3 100 Freestyle	336
337	"O" Cat 1 100 Freestyle	338
339	Div 4 100 Freestyle	340
341	Div 5 100 Freestyle	342
343	Div 6 100 Freestyle	344
345	"O" Cat 2 100 Freestyle	346
347	Div 7 100 Freestyle	348
349	Div 8 100 Freestyle	350