

NANAIMO WHITE RAPIDS SWIM CLUB

50th INVITATIONAL SWIM MEET 2016

Friday, July 1 [2:30pm – 6:30pm]

Saturday, July 2 [8am – 5pm]

Sunday, July 3 [9am – 3pm]

Bowen Park Kin Pool, 500 Bowen Road, Nanaimo, BC

Course: Heats/Finals Meet, 25 meters, 6 lanes, ANTI starting blocks, Colorado Electronic Timing System, Hytek Meet Manager

Order of the day:

Friday: Preliminary Heats, Finals

Saturday: Preliminary Heats, Novice events, Relays, Parent Relay (during break), Finals

Sunday: Preliminary Heats, Novice Events, Relays, (break) Finals,

Meet Manager: Leah Johnson (nwrsc.president@gmail.com)

Sean O'Toole (nwrsc.treasurer@gmail.com)

Meet Referee: Kevin Bourgeois (kbourgeois@1516@gmail.com)

Meet Entries: Michelle James (nwrsc.registrar@gmail.com)

Rules: BCSSA rules will apply unless otherwise stated in this meet package.

Note: To commemorate NWRSC's 50th anniversary, we are hosting the "The Canada Day Crawl" - an open water swim at Westwood Lake. This event starts at 9am for a 1k swim and breakfast. The event fee is \$15. Register online at www.viendurance.net.

Friday, July 1, 2016

1:45 – 2:30pm Warm-ups

2:00pm Official Meeting

2:15pm Coaches Meeting

2:30pm Meet Begins

20 minute break between Heats and Finals

Saturday, July 2, 2016

6:25 to 6:45 am Host Club warm-up

6:45 to 7:15 am Group 1 warm-up (see schedule)

7:15 to 7:45 am Group 2 warm-up

7:30 am - Officials Meeting

7:45 am - Coaches Meeting

8:00 am - "O Canada"

8:15 am - Preliminary Heats begin

Relays

Break

Finals

Drop in Water Polo

Sunday, July 3, 2016

7:25 to 7:45 am Host Club warm-up
7:45 to 8:15 am Group 2 warm-up
8:15 to 8:45 am Group 1 warm-up
8:30 am - Officials Meeting
8:45 am - Coaches Meeting
9:05 am - Preliminary Heats begin
Relays
Break
Finals

Entries: Please email your entries by **Friday, June 24, 2016. (Include your validation list in swimmer order)** All swimmers may enter a maximum of [6] individual events plus two Relays. Do not enter Novices using Hytek !!

Email entries to – Michelle James (nwrsc.registrar@gmail.com)

Instructions For Meet Entries

Coaches,

Please be aware of which event number you enter your swimmers. The meet has been set up so there will be multiple divisions swimming in the same event. Unfortunately on the entry browser in Team Manager, it does not specify which divisions are for what events. Be sure to cross reference the meet package when you are doing entries. For example, you won't be able to see that event 211 is Div 1-3 Girls 50 Free, so it will be easy to enter your Div 2 swimmer in event 213 (Div 4-8). The system is not smart enough to not allow this.

Entering OCATS: Be advised that this is a Standard style meet, and Hytek will sort O-Cats automatically for finals, so it is unnecessary to follow the VI Region guidelines on entering O-cats. Simply enter the swimmer in the Div 1-3 Ocat1 or Div 4-8 Ocat2

PLEASE be careful to enter your swimmers in the appropriate divisions.

Seeding: This meet will be different than most in the VI Region, which has one division swimming per event. Heats will be swum combining Div 1-3 and 0 Cat 1 together under the same event number as will Div 4-8 and 0 Cat 2.

For example, In Heats, Event 101 Girls Div 1-3 100 IM will seed swimmers based on time regardless of their age. You might see a Div 1 swimmer competing against a Div 3 swimmer of a relative speed.

FINALS: Swimmers will be divided into their appropriate age divisions. For example, Event 101 will have 3 heats, the first being Girls Div 1 100 IM Finals, the second being Girls Div 2 100 IM Finals, and the third being Girls Div 3 100 IM Finals.

Deck entries will be done at the discretion of the clerk of course. Deck entry swimmers will not be seeded. Deck entry fees will be added to each team's entry fees total. If you have sent your club roster along with your entry file we can use that to deck enter a swimmer. At a minimum, we will require the swimmers name, BCSSA number, division, birthdate, and event numbers. We would prefer this on a single sheet per club.

Novices: Novice swimmers are highly encouraged. Novices do not require official entry. Coaches are expected to provide organizational assistance in the Marshaling Area for all Novice events.

There will be 4 novice events, 25m of Fly, Breast, Back and Free. *A Novice is defined as a swimmer who takes 30 seconds or more to complete 25 meters of the pool in the specified stroke.* All Novice swimmers will get a reward for their swim. Times will not be recorded by the meet. Once a swimmer's 25m time for the specified stroke is less than 30 seconds, they are no longer considered a Novice for that stroke. Coaches are expected to time their own swimmers.

Relays: Relay teams must be 4 swimmers. **They can be a combination of "O" and "S" swimmers.** All Relays will be Timed Finals, unless more than 6 heats are entered in a single event. In which case they would be swum as finals. Relay entry cards must be completed and given to the Clerk of the Course by **10:00 am Saturday** and **10:00 am Sunday**

Parent Relay: Will be held during the break between Heats and Finals on Saturday. Each **person** must fill out the BCSSA registration form. **Do not enter teams using Hytek.** A coach from each club is to submit all parent registrations to the clerk of the course by 10am on Saturday, **the 30.00 fee per team will be billed directly each club**, which includes the BCSSA insurance. Registration/insurance form is attached below.

Water Polo: A drop in water polo scrimmage may be held after finals on Saturday. Approximate time will be 5:30-7:30, depending on end of swimming. It is open to all swimmers (smaller players will go first).

SEEDING: All heats will be seeded as follows:

Division 1-3 and O-Cat1: **will be seeded by times.**

Division 4-8 and O-Cat 2: **will be seeded by times.**

Finals will be seeded by division.

Finals: All swimmers must swim in Preliminary Heats to qualify for Finals

Marshaling: All Relays will be marshaled. Coaches are expected to provide assistance with Div 1-3 Relays.

Div 1-3 individual events will be marshaled.

Div 4-8 preliminary event swimmers will get to the Start Area when needed.

Individual event Finals with alternates will be marshaled.

There will be no cards for individual events.

There will be cards for relays.

DISQUALIFICATIONS

The following process will be used for disqualifications:

The deck official writes up infraction and turns in the DQ form to the Meet Ref

The Meet Ref hands the DQ slip to the appropriate Coach

Coach discusses the infraction with the swimmer

Fees: \$7.00 per individual event, \$9.00 per relay event and \$10.00 for deck entries.

No charge for Novice events.

\$30.00/team for parent relays.

All cheques (payable to **Nanaimo White Rapids Swim Club**) should be given to the NWRSC Registrar Michelle James, at the Clerk of the Course by **Sunday 8:30 a.m.** **Please include all parent relays from your club.**

Scratches: A list of scratches must be submitted to the Clerk of the Course on Friday by 3:15pm, 7:15am on Saturday, and 8:15am on Sunday. - **NO REFUNDS FOR SCRATCHES!!**

Heat Sheets: Nanaimo Invitational Swim Meet Heat Sheets will be sold for **\$5.00** each on Friday evening, Saturday morning and Sunday morning. Heat sheets provided for sale will not have the Deck Entries or Scratches included. A few copies of this Heat Sheet will be provided for coaches. Copies will also be available online for download.

“Definitive” Event Sheet: After Scratches and Deck Entries have been completed, a definitive event sheet will be produced. **One copy will be provided to each club and all Deck Officials**

Disabled Swimmers: Coaches must notify the Meet Manager of any disabled swimmers at the beginning of the day.

Timers:

Participating clubs are responsible for supplying timers for the entire meet. A sign-up sheet will be posted near the Marshaling Area. An advanced copy will be emailed out to each club prior to the meet. **Please ensure you have your spaces filled.** Thank you!

We will be using the Colorado System Electronic timing system with three plungers and stopwatch per lane. There will be **No Place Judges**. If backup times must be used due to a touchpad failure then the following applies:

- a]** If two out of the three ‘plungers’ record the same time and the third disagrees; the two identical times shall be the official time.
- b]** If all three ‘plungers’ disagree, the plunger recording the intermediate time shall be the official time.
- c]** If only two out of the three ‘plungers’ are considered valid, the times shall be averaged and rounded up to the next 100th.

Awards:

1st-3rd	Individual Medals -gold, silver and bronze
4th-6th	Individual Ribbons - 4th, 5th, and 6th
Relays:	Individual Ribbons - 1st, 2nd, and 3rd

Div. 1-8 and "O" swimmers will be eligible for medals and ribbons in both individual events and relays.

Individual and Relay awards will be available at the end of the Meet.

Aggregate Trophies

There will be individual trophies awarded to the top male and female swimmer, in each division, with the highest point totals, based on placings during Finals.

Deck Food: Coaches are responsible for their own lunches. *Snack Trays will be placed in the coach's area. Coaches are asked to eat **only** from the designated trays. Please bring your own refillable WATER BOTTLES.*

Concession will be available.

NWRSC 50th INVITATIONAL SWIM MEET ORDER OF EVENTS

Friday Heats

- Event 101 – Girls Div 1-3, O Cat 1- 100 IM
- Event 102 – Boys Div 1-3, O Cat 1- 100 IM
- Event 103 – Girls Div 4-8, O Cat 2- 200 IM
- Event 104 – Boys Div 4-8, O Cat 2- 200 IM
- Event 105 – Girls Div 1-3, O Cat 1 – 50 Freestyle
- Event 106 – Boys Div 1-3, O Cat 1 – 50 Freestyle
- Event 107 – Girls Div 4-8, O Cat 2 – 50 Freestyle
- Event 108 – Boys Div 4-8, O Cat 2 – 50 Freestyle

Friday Finals (Swum By Division)

- Event 101 – Girls Div 1-3, O Cat 1- 100 IM
- Event 102 – Boys Div 1-3, O Cat 1- 100 IM
- Event 103 – Girls Div 4-8, O Cat 2- 200 IM
- Event 104 – Boys Div 4-8, O Cat 2- 200 IM
- Event 105 – Girls Div 1-3, O Cat 1 – 50 Freestyle
- Event 106 – Boys Div 1-3, O Cat 1 – 50 Freestyle
- Event 107 – Girls Div 4-8, O Cat 2 – 50 Freestyle
- Event 108 – Boys Div 4-8, O Cat 2 – 50 Freestyle

Saturday Heats

- Event 201 – Girls Div 5-8, O Cat 2 – 50 Butterfly
- Event 202 – Boys Div 5-8, O Cat 2 – 50 Butterfly
- Event 203 – Girls Div 1-3, O Cat 1 – 50 Backstroke
- Event 204 – Boys Div 1-3, O Cat 1 – 50 Backstroke
- Event 205 – Girls Div 4-8, O Cat 2 – 100 Backstroke
- Event 206 – Boys Div 4-8, O Cat 2 – 100 Backstroke
- Event 207 – Mixed 25 Backstroke (NOVICE)
- Event 208 – Mixed 25 Breaststroke (NOVICE)
- Event 209 – Girls Div 1-3, O Cat 1 – 50 Breaststroke
- Event 210 – Boys Div 1-3, O Cat 1 – 50 Breaststroke
- Event 211 – Girls Div 4-8, O Cat 2 – 100 Breaststroke
- Event 212 – Boys Div 4-8, O Cat 2 – 100 Breaststroke
- Event 213 – Girls Div 1 Medley Relay
- Event 214 – Boys Div 1 Medley Relay
- Event 215 – Girls Div 2 Medley Relay
- Event 216 – Boys Div 2 Medley Relay
- Event 217 – Girls Div 3 Medley Relay
- Event 218 – Boys Div 3 Medley Relay
- Event 219 – Girls Div 4 Medley Relay
- Event 220 – Boys Div 4 Medley Relay
- Event 221 – Girls Div 5 Medley Relay
- Event 222 - Boys Div 5 Medley Relay
- Event 223 – Girls Div 6 Medley Relay
- Event 224 – Boys Div 6 Medley Relay
- Event 225 – Girls Div 7 Medley Relay
- Event 226 – Boys Div 7 Medley Relay
- Event 227 – Girls Div 8 Medley Relay
- Event 228 – Boys Div 8 Medley Relay

Saturday Finals (Swam By Division)

- Event 201 – Girls Div 5-8, O Cat 2 – 50 Butterfly
- Event 202 – Boys Div 5-8, O Cat 2 – 50 Butterfly
- Event 203 – Girls Div 1-3, O Cat 1 – 50 Backstroke
- Event 204 – Boys Div 1-3, O Cat 1 – 50 Backstroke
- Event 205 – Girls Div 4-8, O Cat 2 – 100 Backstroke
- Event 206 – Boys Div 4-8, O Cat 2 – 100 Backstroke
- Event 207 – Mixed 25 Backstroke (NOVICE)
- Event 208 – Mixed 25 Breaststroke (NOVICE)
- Event 209 – Girls Div 1-3, O Cat 1 – 50 Breaststroke
- Event 210 – Boys Div 1-3, O Cat 1 – 50 Breaststroke
- Event 211 – Girls Div 4-8, O Cat 2 – 100 Breaststroke
- Event 212 – Boys Div 4-8, O Cat 2 – 100 Breaststroke
- Event 213 – Girls Div 1 Medley Relay
- Event 214 – Boys Div 1 Medley Relay
- Event 215 – Girls Div 2 Medley Relay
- Event 216 – Boys Div 2 Medley Relay
- Event 217 – Girls Div 3 Medley Relay
- Event 218 – Boys Div 3 Medley Relay
- Event 219 – Girls Div 4 Medley Relay
- Event 220 – Boys Div 4 Medley Relay
- Event 221 – Girls Div 5 Medley Relay
- Event 222 - Boys Div 5 Medley Relay
- Event 223 – Girls Div 6 Medley Relay
- Event 224 – Boys Div 6 Medley Relay
- Event 225 – Girls Div 7 Medley Relay
- Event 226 – Boys Div 7 Medley Relay
- Event 227 – Girls Div 8 Medley Relay
- Event 228 – Boys Div 8 Medley Relay

Sunday Heats

- Event 301- Girls Div 1- 4, O Cat 1 – 50 Butterfly
- Event 302 – Boys Div 1 – 4, O Cat 1 – 50 Butterfly
- Event 303 – Girls Div 5-8, O Cat 2- 100 Butterfly
- Event 304 – Boys Div 5-8, O Cat 2- 100 Butterfly
- Event 305 – Mixed 25 Butterfly (NOVICE)
- Event 306 – Mixed 25 Freestyle (NOVICE)
- Event 307 – Girls Div 1-3, O Cat 1 – 100 Freestyle
- Event 308 – Boys Div 1-3, O Cat 1 -100 Freestyle
- Event 309 – Girls Div 4-8, O Cat 2 -100 Freestyle
- Event 310 – Boys Div 4-8, O Cat 2 - 100 Freestyle
- Event 311 – Girls Div 1 200 Freestyle Relay
- Event 312 – Boys Div 1 200 Freestyle Relay
- Event 313 – Girls Div 2 200 Freestyle Relay
- Event 314 – Boys Div 2 200 Freestyle Relay
- Event 315 – Girls Div 3 200 Freestyle Relay
- Event 316 – Boys Div 3 200 Freestyle Relay
- Event 317 – Girls Div 4 200 Freestyle Relay
- Event 318 – Boys Div 4 200 Freestyle Relay
- Event 319 – Girls Div 5 200 Freestyle Relay
- Event 320 – Boys Div 5 200 Freestyle Relay
- Event 321 – Girls Div 6 200 Freestyle Relay
- Event 322 – Boys Div 6 200 Freestyle Relay
- Event 323 – Girls Div 7 200 Freestyle Relay

Event 324 - Boys Div 7 200 Freestyle Relay
Event 325 – Girls Div 8 200 Freestyle Relay
Event 326 – Boys Div 8 200 Freestyle Relay

Sunday Finals (Swam By Division)

Event 301- Girls Div 1- 4, O Cat 1 – 50 Butterfly
Event 302 – Boys Div 1 – 4, O Cat 1 – 50 Butterfly
Event 303 – Girls Div 5-8, O Cat 2- 100 Butterfly
Event 304 – Boys Div 5-8 , O Cat 2- 100 Butterfly
Event 307 – Girls Div 1-3, O Cat 1 – 100 Freestyle
Event 308 – Boys Div 1-3, O Cat 1 100 Freestyle
Event 309 – Girls Div 4-8, O Cat 2 -100 Freestyle
Event 310 – Boys Div 4-8, O Cat 2 - 100 Freestyle

Accommodations

HOTELS

The Coast Bastion Inn
11 Bastion St
1-800-663-1144

Dorchester Hotel
70 Church Street
(250) 754-6835

Howard Johnson
1 Terminal Ave N
(250) 753-2241

Days Inn Nanaimo Harbourview
809 Trans Canada Highway
(250) 754-8171

Ramada Hotel
315 Rosehill Street
(250) 716-2009

Travelodge
96 Terminal Ave N
(250) 754-6355
1-800-667-0598

The Grand Hotel Nanaimo
4898 Rutherford Road
(250) 758-3000

Inn On Long Lake
4700 Island Hwy N
(250) 758-1144

CAMPING

Jinglepot RV Park and Campground
(250) 758-1614

Living Forest Oceanside Campground
(250) 755-1755

Westwood Lake RV Camping and Cabins
(250) 753-3922



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | SYNCHRO

***Registration Form is on Page 2*

Registration Guidelines:

'Parent Relay' 2-Day Membership Are you a parent and want to swim in a parent relay?

The BCSSA "Parent Relay" 2-day Membership is available for clubs to register parents, who wish to participate in a parent relay at a swim meet. This category is a temporary BCSSA membership and is only valid for one (1) swim meet, and a parent relay is schedule to take place.

To register parents in this category, please refer to the guidelines below.

1. The participant must be a parent/guardian of a fully registered BCSSA athlete.
2. The participant will be limited to participating in a 'parent relay' at one swim meet.
3. The Meet Manager of the swim meet, or Club president shall have these forms available at the swim meet and each parent who will be participating shall fill one out and pay the associated \$5.00 fee. At the conclusion of the event, the Meet Manager or Club President shall forward all forms and one cheque (\$5.00 x # of participants) to the BCSSA Office.

Notes:

1. Participants must complete a new registration form for each swim meet, where they wish to participate in a 'parent relay' and pay the \$5.00 fee.

2. A parent who is already a registered BCSSA Athlete does not need to register in this category as insurance is already provided under their full membership.

3. **HINT:** If a parent is planning to participate in a 'parent relay' multiple times throughout the season, BCSSA suggest that they register as a full BCSSA Athlete through their home club, as this membership type is only valid for 2 days and must be renewed each swim meet that the parent wishes to participate in the 'parent relay'. Therefore, will probably be cheaper to register with your club and pay the \$32.00, plus any regional fees levied. *The 'Parent Relay' Membership Program is administered by the BCSSA Provincial Office. For further information, please contact BCSSA Staff.*

BC Summer Swimming Association Temporary "Parent Relay" Membership (Minimum Age: 19)

Club Initials: _____ Region: _____

What is the BCSSA ID of your registered BCSSA Athlete?

Note: Only parents of registered BCSSA athletes can register in this category.

Have you been registered in this "Parent Relay" Membership Category Before? YES NO

Last Name	First Name
Birth Date	Gender
Address	Postal Code
City	Other Tel
Home Tel	Email

Medical information pertinent to Registration

This temporary membership is only valid for one aquatic/swim meet. Club Hosting Meet: _____ Date: _____ Meet Manager's
Signature: _____

The BC Summer Swimming Association collects, uses and discloses your personal information for the purposes of verifying identity, registering swimmers, distributing BCSSA information, and fulfilling administrative and competitive functions of the aquatic programs within the BCSSA and

its Member Clubs. It is a requirement of registration that the information be provided and, that it will only be used for the purposes indicated or purposes reasonable related. By your signature on this form you signify your consent to the collection, use and disclosure of your personal information to BCSSA and its Member Clubs in accordance with the BCSSA's Privacy Policy. I **certify that the above information is correct to the best of my knowledge: Signed:**

Date: _____

Notes to Club Officer:

1. *The temporary "Parent Relay" membership is only valid for one swim meet, which the parent swims in.*
2. *A processing/insurance fee of \$5.00 is to be collected at the time of registration.*
3. *At the conclusion of the swim meet/event please mail this form and \$5.00 to the BCSSA Provincial Office within 2 days. **Clubs shall remit one cheque with all forms. ***
4. BCSSA Parent Relay Membership Form Revised: Jan-31-13

