

2019



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

BC CHAMPIONSHIPS



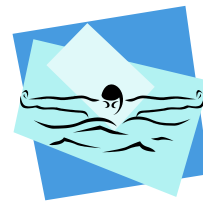
WATER POLO



DIVING



SYNCHRO



SWIMMING

BC Summer Swimming Association

205 - 2323 Boundary Road, Vancouver, BC, V5M 4V8
Tel: (604) 473-9447 | Fax: (604) 473-9660
www.bcsummerswimming.com

BC SUMMER SWIMMING ASSOCIATION 61th BC CHAMPIONSHIPS (BCCH)

DATES: August 12 to 18, 2019

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. WATER POLO
August 12
7:00 am – 9:00 pm
August 13
7:00 am – 8:00 pm
August 14
7:00 am - 12:00 pm</p> | <p>2. DIVING
August 13
7:30 pm – 9:30 pm
August 14
12:00 pm – 4:00 pm
August 15
7:00 am – 10:30 am</p> |
| <p>3. SYNCHRO
August 14
4:30 pm – 8:30 pm
August 15
11:00 am – 4:00 pm</p> | <p>4. SWIMMING
August 16 to 18
8:00 am – 6:00 p.m.</p> |

All four aquatic sports including Water Polo, Diving, Synchronized Swimming and Competitive Swimming will be held at the Canada Games Aquatic Centre.

Address: 910 McGill Road, Kamloops, BC, V2C 6N6

MEET COMMITTEE MEMBERS

Meet Chairperson:	Danny Schilds
Meet Manager:	Sean Cauley
Meet Referee:	Mike Craig
Meet Registrar:	Catherine Swichtenberg
Diving Coordinator:	Sarah Wellman
Water Polo Coordinator:	Cole Wagner
Synchronized Swim Coordinator:	Natalie Norgaard
Meet Treasurer:	Cris Jevons
Hospitality:	Bill Bishop
On-Site Staff Contact:	Meghan Cheung

VENUES:

Canada Games Aquatic Centre

- A 50 metres long, eight lane indoor pool which will be divided into two pools; senior pool at the south end and junior pool at the north end for Water Pool and Speed Swimming. All Diving and Synchro events will be in the junior pool at the north end. Both pools will be used concurrently for speed swimming competitions.
- Spectator viewing area and bleachers are located on the upper deck along the northeast side of the swimming pool. Access will be through the doorways from the parking lot northeast of the aquatic centre. Please respect pool staff, signs and barriers to ensure a safe and enjoyable experience.
- Coaches’ bleachers are located on deck along the northeast side of the swimming pool.
- Marshalling is planned to be under cover outside of the junior pool at the north end. Alternate plan is to move indoors if conditions warrant.
- Vendors’ area is located in the northeast parking lot adjacent to the day camping area.
- Parking is available at the Aquatic Centre and in the Thompson Rivers University parking lots. Please obey all parking regulations.
- RV parking is not available during the Championships. Please visit our website to find a list of nearby campgrounds.
- **A detailed Venue Site Map will be posted on the “Provincials” Page on the BCSSA Website.**

VENDORS:

BCSSA has partnered with the following vendors who will be onsite at Provincials, at both facilities during these dates and times.

	Canada Games Pool
Team Aquatic Supplies	Thursday, August 15 4pm – 7 pm Friday, August 16 8 am – 6 pm Saturday, August 17 8 am – 6 pm Sunday, August 18 8 am - 3 pm
Esquire – The “T-Shirt” People	TBA
More vendors to be announced closer to the Provincial Championships.	

Food Trucks will be on-site on Friday Aug 16 to Sunday August 18 @ Canada games Pool. Please visit the Provincials page on the BCSSA website for the most up to date list and schedule.

RULES:

The BCSSA Rules and Regulations as published in the 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, coach, officials or individuals attending the Championships shall abide by the Code of Conduct as stipulated in Section 3 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 Rules:**1. O-Cat 2/ Div 7/ Div 8 Finals Check in Procedure**

- a. These age groups will not be marshalled for Finals. Finalists, Consolation Finalists and Alternates will report directly to the starting end of the pool prior to the start of their race.
- b. These events will be swum with the Championship final swimming first, followed by the Consolation final. The Clerk of the Course, or designate, will be stationed in a conspicuous place adjacent to the start end of the finals pool, and will assist the session referee with alternate substitutions.

2. Regional 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 12, 2019)**. Wildcard entries will also be added and will be included on the initial heat sheets.
- b. A list will then be produced and published showing the 'official' two fastest alternates for each preliminary event, drawn from all eligible swimmers in the Province not already qualified through the Wildcard or Regional Alternate process. This 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 particular 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. 4.2.1.8.1 Any swimmer who has achieved a SNC Senior National Qualifying Time during the preceding 3 years shall compete in Division O8, regardless of the swimmers age.

STARTING SYSTEM FOR SPEED SWIMMING:

The Omega Timing System will be used as the approved automatic judging and timing system for the Speed Swimming Championships in accordance with the BCSSA rules as published April 2016. Electronic plunger results shall be recorded and reported to 100^{ths} 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 of the BCSSA Swimming Rule Book.

Should the automatic judging and timing system fail for an extended period of time (20 minutes or more), the Championships will proceed with manual timing (three stopwatches with "starting gun", see Section 4.5.13 of the 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 4.5.8 (20 minute rule) governing re-swims will apply.

MEETING SCHEDULE

BCSSA ANNUAL GENERAL MEETING

Date: Thursday August 15th, 2019
Beverages and light refreshments will be served.

Time: **7:30 p.m. – 9:00 p.m.**

Place: Meeting Rooms C & D, Tournament Capital Centre

OFFICIALS MEETING

Date: Thursday August 15th, 2019

Time: **5:30 p.m. – 7:00 p.m.**

Place: Meeting Rooms C & D, Tournament Capital Centre

SPEED SWIMMING COACHES MEETING

Date: Thursday August 15th, 2019

Time: **4:00 p.m. – 4:45 p.m.**

Place: Meeting Rooms C & D, Tournament Capital Centre

REGIONS & CLUBS – 2019 (acronyms changing)

CARIBOO (CA)

DAW Dawson Creek Seals	FSJ Fort. St. John Stingrays	MAC Mackenzie Rainbows
PGP Prince George Pisces	QUE Quesnel Aquatic Club	

FRASER SOUTH (FS)

BOU Boundary Bay Bluebacks	CLO Cloverdale Tritons	CRB Crescent Beach S.C.
LAD Ladner Stingrays	NOD North Delta Sunfish	ORC Surrey Orcas Water Polo
RIC Richmond Kigoos	SUR Surrey Sea Lions	WHI White Rock Amateur

FRASER VALLEY (FV)

ASM Aldergrove Sea Monkeys	ABB Abbotsford Whalers	AGA Agassiz/Harrison S.C.
CWK Chilliwack Stingrays	HAN Haney Neptunes	HOP Hope River Monsters
LAN Langley Flippers	LWC Langley Water Polo Club	MIS Mission Marlins

KOOTENAY (KO)

CAS Castlegar Aquanauts	COL Colville Sharks	CST Creston Waves
GFA Grand Forks Piranhas	KIM Kimberly Sea Horses	NEL Nelson Neptunes
TRA Trail Stingrays		

OKANAGAN (OK)

GOL Golden Dolphins	KAM Kamloops Tsunami	OGO Kelowna Ogopogos
LUM Lumby Lightning	MER Merritt Otters	PEN Penticton Pikes
PRI Princeton Kokanee	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)

NOR N. Shore Winter Club	NVC North Van. Cruisers	VIK Vancouver Vikings
SQU Squamish Pirates	SUP Super Sharks S.C.	

VANCOUVER ISLAND (VI)

CAM Campbell Rr. Salmon Kings	COU Courtenay Blue Devils	CVB Cowichan Valley Breakers
HGH Gordon Head Gee Gees	NAN Nanaimo White Rapids	OAK Oak Bay Orcas
PDI Pender Island Otters	POW Powell River Aquatic Club	SID Sidney Piranhas
JUA Juan de Fuca Royals	SSS Salt Spring Stingrays	

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 4th to 8th place finishers.

All divers should attend the awards ceremony on Thursday, August 16th immediately following the competition. Divers must be dressed in their competitive bathing suits or team/regional T-shirt in order 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.

Synchro

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

Final placing for routines is determined by the composite figure and routine score (Championship Score). Medals will be awarded to the top three finishers in each routine event and ribbons will be awarded from 4th - 8th place.

Regional Scoring: Figures: 9, 7, 6, 5, 4, 3, 2, 1
 Duet/Team: 18, 14, 12, 10, 8, 6, 4, 2

Speed Swimming

Provincial Record Plaque:

Will be awarded for any new BCCH 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 BCCH Meet. Provincial Record Plaques will be mailed to recipients after the conclusion of the Championships.

Medals:

1st, 2nd and 3rd Individual Events
1st, 2nd and 3rd Relay Events

Ribbons:

4th to 8th (Individual and Relay)
9th to 16th (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



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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 & 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
www.bcssummerswimming.com; go to "About"**

ENTRIES

For 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 in order 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.**

2. BCCH qualifiers, from each region, must be submitted using Hy-Tek's **Meet Manager 6.0 "advancer" function**. Detailed instructions will be provided to Regional Directors, **including instructions on creating a separate 'wildcard/alternate' database**
3. It is recommended that regions submit their entries as soon as possible after the completion of the Regional Championships Meet.
4. Swim meet entry files **MUST** be emailed to **office@bcsummerswimming.com** and **competition@bcsummerswimming.com** by 12:00 noon on August 5, 2019. Entries from each region will be entered into the BCCH Meet and a verification list will be emailed back to the Regional Director by 11:59 PM August 5, 2019. Any entry changes or corrections must be emailed back to the above email addresses by 12:00 noon on August 6, 2019. 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 7, 2018.

An unlocked copy of the Regional Championship Meet, the "Advancers" file and email confirming the correct entries and all entry information for Diving, Synchro, and Water Polo must be in the BCSSA office no later than 12 noon on Tuesday, August 6, 2019.

Completed Entries are due to BCSSA by:

12:00 noon Tuesday, August 6th, 2019

5. The Payment Form along with one cheque for all BCCH entry fees and two copies of the Regional Championships Final Results showing swimming alternates must be received in the BCSSA office at 2323 Boundary Road, Vancouver, BC V5M 4V8 Attn: Meghan Cheung before 4:00pm on **Friday, August 9, 2019**. Cheques payable to BCSSA, cash not accepted. Please note that lane rental fees for warm ups are mandatory with no exception.

If you have any questions or need any help please contact the Provincial Office or Director of Competition via their BCSSA email addresses.

6. Speed swimming entry fees are: \$8.00 per Individual Event; \$12.00 per Relay; \$12.00 per Regional Medley Relay; \$5.00 Athlete Facility Surcharge per Swimmer.
7. Any entry discrepancies to the BCCH Meet will be resolved by the Meet Manager at his/her discretion.
8. **Wildcard Entries:** Regional Directors will notify swimmers who have been selected to fill wildcard lanes by Friday August 9, 2019. 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.



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BCSSA PAYMENT FORM

Return To:

BCSSA Office
#205-2323 Boundary Road, Vancouver, BC, V5M 4V8

PAYMENT DUE DATE: **Friday, August 9, 2019**

REGION: _____

CONTACT PERSON: _____ TELEPHONE: _____

1. SPEED SWIMMING

a) Individual Swims _____ x \$ 8.00 = _____

b) Relays _____ x \$12.00 = _____

c) Reg. Medley Relay _____ x \$12.00 = _____

d) Lane Rentals (Warm-up) 2 x \$150.00 = \$300.00
(Mandatory)

Sub-total = _____ \$ _____

2. DIVING

a) Events _____ x \$25.00 = _____

Sub-total = _____ \$ _____

3. SYNCHRO

a) Figures _____ x \$5.00 = _____

b) Duets _____ x \$10.00 = _____

c) Teams _____ x \$20.00 = _____

d) Judges Fee (\$28 per family) _____ x \$28.00 = _____

Sub-total = _____ \$ _____

4. WATER POLO

a) Teams _____ x \$325.00 = _____

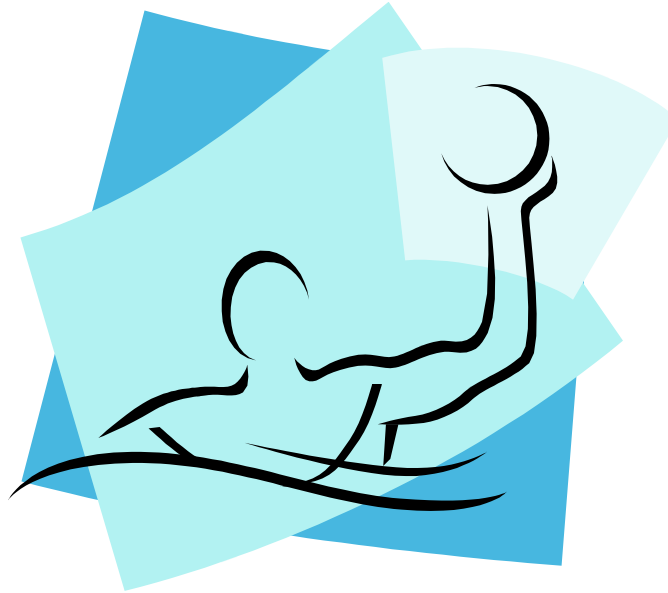
b) Referee Fee _____ X\$150.00 = _____

Sub-total = _____ \$ _____

5. FACILITY SURCHARGE

Total number of athletes _____ X \$5.00 = _____ \$ _____

ONE CHEQUE ONLY (Payable to "BCSSA") **GRAND TOTAL** \$ _____



WATER POLO

Monday, August 12, 2019

7:00 am – 9:00 pm

U18: 16 & 17

U16: 14 & 15

U14: 12 & 13

U12: 11 & Under

Tuesday, August 13, 2019

7:00 am - 8:00 pm

U18: 16 & 17

U16: 14 & 15

U14: 12 & 13

U12: 11 & Under

Wednesday, August 14, 2019

7:00 am – 12:00 Noon

All AWARDS

Wednesday, August 14, 2019

Following the Tournament

WATER POLO BC CHAMPIONSHIPS POLICY

INTRODUCTION

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.

SECTION A - GOVERNANCE, CATEGORIES, DEFINITION (eligibility), REGISTRATION

1. Governance

Rules for the 2019 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.

2. Categories of Play

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

- i) U18 – Players born in 2002 or later
Players shall be within this age group as of December 31st, 2019
(See Section B item 3(ii) for minimum composition.)
- ii) U16 – Players born in 2004 or later
Players shall be within this age group as of December 31st, 2019
(See Section B item 3(ii) for minimum composition.)
- iii) U14 – Players born in 2006 or later
Players shall be within this age group as of December 31st, 2019
(See Section B item 3(ii) for minimum composition.)
- iv) U12 – Players born in 2008 or later
Players shall be within this age group as of December 31st, 2019
(See Section B item 3(ii) for minimum composition.)

3. Definition

“Participant” in a Provincial Championship shall be understood to include players, coaches, referees, managers, volunteers and medical personnel.

4. Entry Format

- i) **Entries:** As per the BCSSA Water Polo Rule Book Section 4.2.4.1 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 6th, 2019 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 13 players) for each game must be presented to the recording/official's table 20 minutes before scheduled game time.

Any athletes who are playing up an age category due to participation and selection in the Team BC program must be identified as such on the Water Polo entry forms.

- ii) **Fees:** A (\$325.00) three hundred and twenty five-dollar entry fee and a (\$150.00) one hundred and fifty dollar 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 (\$25) twenty-five dollars will be added to the entry fee.

SECTION B - GENERAL RULES

1. Rules of Play

The rules of play for all championship categories shall be in accordance with the BCSSA Rules and Regulations.

2. Team Eligibility

- i) In order to be eligible to participate in the Provincial Championship, club teams (other than as provided for in Section B4(i)) must be registered with a member club and BCSSA by the second Thursday in July.
- ii) 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.
- iii) The Head Coach of each team is to be fully certified NCCP Level One or current Canadian equivalent.
- iv) **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 **thirteen (13) 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 seven (7) players (goalie included); three of whom must be girls, and three of whom must be boys. A minimum of three (3) girls/boys must be in the water at all times except as provided in 3, iii of the Meet Package.
- iii) If a team has only four girls/boys and due to exclusions was reduced to three (3) eligible girls/boys and an additional girl/boy was excluded from the game for three personal fouls or misconduct, the team will play one member short with only two (2) girls/boys 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, as long as 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 prior to the Game/Tournament, or contact the Meet Manager BEFORE the player(s) enter the water.

4. **Regional Selection**
 - i) 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.
 - ii) 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.
5. **Competition Format**

Unless otherwise indicated and approved by BCSSA, the normal format shall be a round robin when 3 to 5 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) tournament with less than 4 teams registered.
6. **Tie Breaking Procedures**

Refer to the Rules and Regulations Section 4.8 of the BCSSA Water Polo Rule Book (Rules of the Game)
7. **Vetoes**

No vetoes, pertaining to referees, shall be permitted during the Provincial Championships. Referees are assigned wherever possible on the basis of geographic neutrality.
8. **Protests**

Refer to Rules and Regulations Section 4.15
9. **Conduct/Discipline**

Refer to Rules and Regulations Section 4.16
10. **Brutality/Misconduct/Disrespect**

Refer to Rules and Regulations Section 4.14
11. **Forfeits/Defaults**
 - i) Any team which forfeits a game will lose by a score of 7-0. Additional action will be based on a review of the circumstances by the Discipline Committee.
 - ii) If all girls/boys from one team are excluded from the game, the team will forfeit the game.
 - iii) A forfeit occurs when less than six (6) 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 three (3) members of each sex to start the game.

Note: Teams that do not satisfy the minimum player requirements (6 players) 5 minutes after the recorded game start time will forfeit.

Note: A forfeit will result in a score of 7-0 for the winning team and 2 points towards standings, and 0-7 against the forfeiting team and 0 points toward standings.
12. **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.

13. **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.

14. **Team Benches**

Refer to Rules and Regulations Section 4.5

15. **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
- necklaces
- earrings
- eye glasses
- long finger & toe nails
- swimming goggles (prescription goggles may be worn in special cases and will be examined by the officials)

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

SECTION C - GENERAL INFORMATION

1. **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

2. **Championship Awards**

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

SECTION D - RESPONSIBILITIES

1. **BCSSA**

BCSSA shall ensure the following:

- i) That all teams have paid the entry fee by the deadline and that all players are registered members of BCSSA and eligible to play.
- ii) That a competition Referee-In-Chief is selected.
- iii) That all referees are eligible to referee, and coaches are registered with BCSSA.
- iv) That a referee schedule is compiled at the discretion of the Referee-in-Chief.
- v) That the host organization and all participating teams are provided with a competition schedule as soon, as is practical.
- vi)
 - a) The ball used for all U12 BCSSA competitions shall be the Mikasa #6008/ size 4, or equivalent.
 - b) The Mikasa #6009/ size 5 ball or equivalent shall be used for all other age groups.

- vii) That a minimum of three (3) minor officials are provided for each **U18** and **U16** game and two (2) for each **U14** and **U12** games. Minor officials are not permitted to work more than three (3) games in succession.
- viii) That an adequate swimming area is provided for team warm-ups prior to the start of each game, where possible.
- ix) That official closing ceremonies are included for each competition.

2. **Club/Team**

a) Responsibilities

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 9th, 2019**.
- 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 and Regulations 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) 7-0.
- 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 7-0 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 7-0 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 7-0 for each game in which they have intentionally tried to gain an unfair advantage

**BCSSA WATER POLO
PROVINCIAL CHAMPIONSHIP
Entry Form**



Regional Team _____ Club Team _____

Team Contact _____ Phone _____ U18 U16
 U14 U12

Team Minor Officials _____

Team Chaperon _____

	Cap No.	First Name	Last Name	Registration #	Club Initials	Birthdate (Y/M/D)	Polo Only
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
Alternate							
Alternate							
(Coach)							
(Coach)							

1. List females players first, then males 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 on another team.
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.

I certify that all players and coaches listed on this form are registered members of BCSSA.

SIGNATURE OF CLUB OFFICIAL: _____

Please return this form to BCSSA by 12 NOON, AUGUST 6, 2019

Entry Fee of \$325.00, Referee Fee of \$150.00, Athlete Surcharge of \$5.00/athlete



DIVING

TUESDAY, AUGUST 13, 2019
5:00 pm - 7:00 pm Coaches Meeting
8:00 pm - 10:00 pm General Warm Up

WEDNESDAY, AUGUST 14, 2019
12:00 am - 4:00 pm Competition

THURSDAY, AUGUST 15, 2019
7:00 am - 10:30 am Competition

All AWARDS
Thursday, August 15, 2019
Following the Competition

DIVING COACHES' MEETINGS

Date: TUESDAY, AUGUST 13, 2019 5:00 pm - 7:00 pm (Dive sheets due at 5:00 pm)
WEDNESDAY, AUGUST 14, 2019 10:00 am - 11:00 am (if required)

Place: On the pool deck

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

AWARDS

Medals: 1st, 2nd, 3rd
Ribbons: 4th to 8th

Awards will be presented to divers on Thursday, August 15, 2019 immediately following the competition.

TROPHIES

Girls Team	Woodward's Stores
Boys Team	CKWX Radio
Regional Team	BCSSA Regional Award
Overall Team	BCSSA Challenge Cup

RULES

Please refer to the current edition of the BCSSA Diving Rules and Regulations available on the website: <http://www.bcsummerswimming.com> under the diving section.

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, 22, and 20.

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 as the entire package is due to the office by 12:00 noon on Tuesday, August 6, 2019.

A written or typed copy of ALL dive meet results must be emailed or faxed to the BCSSA Office immediately following the completion of each competition at office@bcsummerswimming.com or Fax (604) 473-9660.

ENTRIES

All Diving Entries must be sent to:

Sarah Wellman
c/o BCSSA Office
205 - 2323 Boundary Road
Vancouver, BC, V5M 4V8

NO LATE ENTRIES. ALL ENTRIES MUST BE IN BEFORE 12:00 NOON TUESDAY, AUGUST 6, 2019.

Entries must be entered using the BCSSA Diving Entry Form (included in this Meet Package). A copy of all Regional results must accompany the entries. Submit a copy of your Regional Dive Sheets and your Provincial Dive Sheets at this time.

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 turned in prior to the coaches meeting on **Tuesday, August 13th, 2019**. Dive Sheets must be completed in pencil. All changes (or new dive sheets) must be completed before specific event warm ups start on the day of competition (a faxed copy may be accepted if necessary, but this must be arranged in advance).

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 faxed or emailed on **Thursday, August 8th, 2019**.

Each club is required to supply at least one Judge. Please let Diving Coordinator, Sarah Wellman, know the judge's name as soon as possible after the Regional Championship. There will be a sign up sheet circulated prior to the Diving Competition in order to facilitate table workers.

2019 BCSSA – Age Group Dive Requirements Summer Divers

All events are combined 1m and 3m. Divers can choose to perform their “Optional” Dives on 1m AND/OR 3m.

Degree of Difficulty:

Jumps:	1m = 1.0	3m = 1.1
Fall-ins:	1m = 1.1	3m = 1.2
Dives:	1m = 1.5	3m = 1.6

Age Group	Compulsory Dives on 1m	Optional Dives on 1m or 3m	3m
8& Under (Total 5 dives)	Any 3 of: 100 200 001 002	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: 100 200 001 002	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 101 201	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.

2019 BCSSA – Age Group Dive Requirements

Open Divers 1m

Degree of Difficulty – as per attached Table

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

2019 BCSSA – Age Group Dive Requirements

Open Divers 3m

Degree of Difficulty – as per attached Table

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

Degree of Difficulty Table

SPRINGBOARD		1 Meter				3 Meters			
		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

2019 BCSSA Dive Entry Form

Club _____ **Date** _____

Judge Name/Designate _____ **Coach** _____ **Phone No.** _____

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

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

Signature _____

Total Entries _____ X \$25.00 = \$ _____

Athlete Surcharge _____ X \$ 5.00 = \$ _____

Total Payable \$ _____

Regional Registrar Signature: _____

Regional Diving Coordinator / Director: _____

BC Summer Swimming Association

Dive Sheet

Event No. _____ Grp./Cat _____ S/O _____ 1m _____ 3m _____ Sex _____ Diving Order _____

Name _____ Club _____ Coach _____

Meet _____ Date _____

Dive No.	Description of Dive	POS	Judges Awards					DD	Total	Score
			1	2	3	4	5			
	Compulsory Dives									
	Optional Dives									

Competitor's Signature _____

Coaches Initials _____

Total Points _____

FINAL PLACE _____



SYNCHRONIZED SWIMMING

Wednesday, August 14, 2019

4:30 pm - 8:30 pm Warm ups and Figure Competitions

Thursday, August 15, 2019

11:00 am - 4:00 pm Warm ups, Duet and Team Competitions

SYNCHRONIZED SWIMMING PROVINCIAL CHAMPIONSHIP POLICY

ELIGIBILITY

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

All swimmers must have competed at a Regional Synchro Championship (refer to Rule Book Section 4.0 of the BCSSA Synchronized Swimming Rule Book) in order to be eligible to compete at Provincial Championships. **(If there is an exception to this rule, a written request must be submitted to the BCSSA President, four (4) weeks prior to the start of Provincial Championships).** Where an exemption is granted, the Region is responsible to hold a judged synchro performance, including figures and routines, to be eligible to compete at Provincials.

SWIMMER DIVISIONS

Swimmer Divisions are based on the 2019 BCSSA Age Locator according to age as of April 30 and Skill assessment.

Swimmers will compete in the events according to Age Divisions and Skill Level.

EVENTS

The events are:

FIGURES

Beginner Tier

- Div 3 and under
- Div 4 and over

Intermediate Tier

- Div 3 and under
- Div 4 and over

Advanced Tier

- Div 3 and under
- Div 4 and over

'O' CATEGORY

- Div 3 and under
- Div 4 and over

- All BEGINNER TIER swimmers will perform the same Figures and will be placed in the draw together. They will be separated out by Event for placing and awards.
- All INTERMEDIATE TIER swimmers will perform the same Figures and will be placed in the draw together. They will be separated out by Event for placing and awards.
- All ADVANCED TIER/"O CATEGORY" swimmers will perform the same Figures and will be placed in the draw together. They will be separated out by Event for placing and awards.

DUET, MIXED DUET AND TEAM ROUTINES

- No routine choreography can begin prior to May 1st of the year of competition. A previously choreographed routine cannot be used or adapted.
- In Figure Events, swimmers will compete in the correct Age Division and Tier Group.
- A Duet will consist of two swimmers. A Team will consist of at least three swimmers and no more than 10 swimmers.
- In the Duet and Team Events, swimmers will compete in the correct Tier Group.
- Swimmers may swim up one Tier Group in the Duet or Team Events.
- If a Duet consists of swimmers of various Tiers then the Duet will compete in the Tier of the most advanced swimmer (e.g. a Duet made of a beginner and an intermediate tier swimmer will compete in the INTERMEDIATE TIER Event).
- For the Team event, where competitors on the same team are from two tiers, the team will be entered into the Tier Category that the majority of the competitors belong to. Where the numbers of competitors are tied, the team will be entered into the higher Tier category.
- Swimmers may compete in only one Duet Event and may be a partner in only one Duet entry.
- Competitors may compete in only one Team Event and may be a Team member in only one Team entry.

TIER GROUPS

At the beginning of the season, Swimmers will have their Skill Level assessed and be placed in the appropriate Tier Group. Tier Groups are as follows:

BEGINNER TIER

A swimmer will be classified as a beginner if:

- a) The swimmer has been registered in up to 2 competitive seasons with BCSSA and no winter maintenance or Synchro BC recreational, or
- b) The swimmer has been registered in up to 2 seasons of winter maintenance (Synchro BC recreational, but has not swum a competitive BCSSA season), or
- c) The swimmer has been registered in 1 winter maintenance / Synchro BC recreational season and 1 BCSSA competitive season.

INTERMEDIATE TIER

The swimmer is not a Beginner and does not meet the standards for the Advanced Tier.

ADVANCED TIER

A swimmer who has been tested and judged by a Coach or a Judge during the first week of practice, and has met the following standards:

- Hold a more-or-less vertical position in bent knee vertical at knee or higher for 5 seconds.
- Starting in pike position, lift to fishtail, lift to vertical and descend, achieving at least just below knee height in double vertical and be no more than 20 degrees off the vertical line.
- Hold a ballet leg single position for 10 seconds, with face out of the water and with knee extension of the vertical leg.
- OR the swimmer must have passed Star 5 or above.

The advanced tier is meant to be a “challenging” level for Synchro Swimmers who continue to compete over a number of years.

3.3 ELEMENT REQUIREMENTS

All figures and elements will be performed as per the FINA Synchronized Swimming Manual for Judges, Coaches and Referees, 2017 – 2021.

TIER	FIGURE EVENTS <i>Judged as per FINA descriptions (for FINA figures) or use Synchro Canada Star Manual for guidance with performance standards (where there is no FINA Descriptions)</i>	DD	DUET EVENTS <i>All elements to be performed in order given. All elements must be performed with all swimmers facing the same direction and as per FINA descriptions (for FINA figures) or use Synchro Canada Start Manual for guidance with performance standards (where there is no FINA description)</i>	TEAM or MODIFIED COMBO* EVENTS <i>All elements to be performed in order given. All elements must be performed with all swimmers facing the same direction and as per FINA descriptions (for FINA figures) or use Synchro Canada Star Manual for guidance with performance standards (where there is no FINA descriptions)</i>
BEGINNER	• Sailboat Alternate (Star 2)	1.2	• 4 meters traveling sailboat alternate (Star 2).	• 4 meters traveling sailboat alternate (Star 2).
	• Somersault Back Tuck (Fig 310)	1.1	• Somersault back tuck (full figure – Fig 310).	• Somersault back tuck (full figure – Fig 310).
	• 3 meters paddle scull (Star 2)	1.0	• 4 meters side flutter kick with arm sequence (Star 2).	• 4m. back flutter with arm sequence (Star 1).
	• Split Position (Star 4)	1.1	• Pretzel turn 360 degrees one way, beginning and ending in back layout (Star 2).	• Tub turn 360 degrees one way, beginning and ending in back layout (Star 1)
			Time limit 2:00 minutes	Time limit 2:00 minutes
INTERMEDIATE	• Somersault Front Pike (Fig 320)	1.7	• 4 meters traveling eggbeater forwards and/or sideways to include some single arm sequence (Star 3/4)	• Travelling ballet leg sequence to include any 2 of the following: ballet leg left, ballet leg right, flamingo left, flamingo right.
	• Surface Prawn (Figure 362)	1.4	• Front pike pull down, from front layout position to front pike position (Star 3)	• Split position, join to vertical at ankles (Star 4)
	• Ballet leg single (Fig 101)	1.6	• Kick-pull, shoulders square, starting with right arm, 4 right, 4 left, 4 alternating lead arm (Star 3)	• 4 meters traveling eggbeater forwards and/or sideways to include some single arm sequence (Star 3/4)
	• Kick-pull, shoulders square, starting with right arm, 4 right, 4 left, 4 alternating lead arm (Star 3)	1.0	• Split position, join to vertical at ankles (Star 4)	• Bent knee vertical position and descend in bent knee vertical position (Star 5)
			Time limit 2:30 minutes	Time limit 2:30 minutes

ADVANCED	<ul style="list-style-type: none"> Ballet Leg Single (Fig 101) 	1.6	<ul style="list-style-type: none"> 4 meters traveling eggbeater forwards and/or sideways to include some double arm sequence 	<ul style="list-style-type: none"> Traveling ballet leg sequence to include any 3 of the following positions: ballet leg left, ballet leg right, flamingo left, flamingo right, double ballet leg. Walkover front from split position to end of the figure (Fig 360) 4 meters traveling eggbeater forwards and/or sideways, to include some double arm sequence Bent knee vertical position, join to vertical position, followed by a vertical descent <p>Time limit 3:00 minutes</p>
	<ul style="list-style-type: none"> Tower (Fig 349) 	1.9	<ul style="list-style-type: none"> Walkover front from split position to end of the figure (Fig 360) 	
	<ul style="list-style-type: none"> Barracuda (Fig 301) 	2.0	<ul style="list-style-type: none"> Single arm body boost, sink to full submerged body (Star 6) 	
	<ul style="list-style-type: none"> Side Fishtail Split (Fig 346) 	2.0	<ul style="list-style-type: none"> Fishtail position, join to vertical position, followed by a vertical descent (Star 5/6) <p>Time limit 2:30 minutes</p>	

*The intent of the “Modified Combination” is to provide BCSSA coaches with the flexibility to include all swimmers in a team event. Whenever possible, team is preferred. However, where limited pool time, and/or variation in swimmer ability make it difficult to complete a full team routine, a coach may choose to choreograph a “modified combination”. The modified combination must have no more than two parts with less than three swimmers. There must be at least one team part(s) that include all swimmers in the routine, performing all the required elements. Judges will consider the additional factors specific to a combination routine (as per FINA manual) when judging the routine, but will use the marking percentages as per Free Team Routines.

ENTRY PROCEDURE

All Clubs must register swimmers through the Club Registrar and the Regional Registrar. Regional Registrars must provide the swimmers names to the Regional Director.

Final competition entry forms are sent to the BCSSA Office - office@bcsummerswimming.com

Entry Form submission deadline is Monday, August 5, 2019. Use of the electronic (.doc) entry form is preferred, but hand written faxes with legible writing will be accepted.

ENTRY FEES

A single cheque for all meet entry fees must be sent by the Regional Registrar and received by the BCSSA Office by **12:00 noon Friday, August 9th, 2019.**

Synchro Entry Fees

Figures	\$5.00	Duets	\$10.00
Team	\$20.00	Judges Fees	\$28.00 per family
Athlete Surcharge	\$5.00 per athlete		

PENALTIES

PENALTIES FOR FIGURES

Penalties for figures will be assessed as per FINA Synchronized Swimming Rules SS11.

SS 11.1 A two (2) point penalty shall be deducted (see SS 12.2).

SS 11.1.1 A competitor stops voluntarily and requests to do the figure again.

SS 11.1.2 A competitor does not perform the announced figure, or if the figure does not have all the required elements, the referee or assistant referee shall advise the judges and the competitor. The competitor shall have another opportunity to perform the announced figure.

SS 11.2 If the competitor makes the same or another mistake or does not attempt to perform the figure again, then the result of this figure will be zero.

PENALTIES FOR ROUTINES

Penalties for routines will be assessed as per FINA Synchronized Swimming Rules SS18.2.1, SS18.2.2, 18.2.5, 18.2.7, 18.2.8, and 18.2.9.

A one (1) point penalty shall be deducted from the routine score if:

SS 18.2.1 The time limit of ten (10) seconds for deck movements is exceeded.

SS 18.2.2 There is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with SS 14.1 and SSAG 6.

SS 18.2.5 A competitor has made a deliberate use of the bottom of the pool during the routine.

A two (2) point penalty shall be deducted from the routine score if:

SS 18.2.7 A competitor has made a deliberate use of bottom of the pool during a routine to assist another competitor.

SS 18.2.8 A routine is interrupted by a competitor during the deck movements and a new start is allowed.

SS 18.2.9 If during the deck movements in routines competitors 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 DropBox 1 week prior to Regionals and submitted as follows:
- Examples: Club Name – Beginner Duet – Birch & Cedar – Beautiful Day
- Club Name – Beginner Team – Blue,Red,Yellow,Green,Pink – Sunny Day
- Only music that has been uploaded to DropBox will be used during Regionals and Provincials.
- Each club must bring a back-up electronic version of each routine on one device to be handed into the music desk at the start of each competition (coaches must be available to assist the music desk in the event of music malfunction).

AWARDS

Medals will be awarded to the top three finishers in each figure event. Final placing in the figure competition for each figure event is determined by the figure scores.

Medals will be awarded to the top three finishers in each routine event (Championship Score). Ribbons will be awarded from 4th - 8th place. Final placing for the routine competition for each event is determined by the composite figure and routine score (Championship Score).

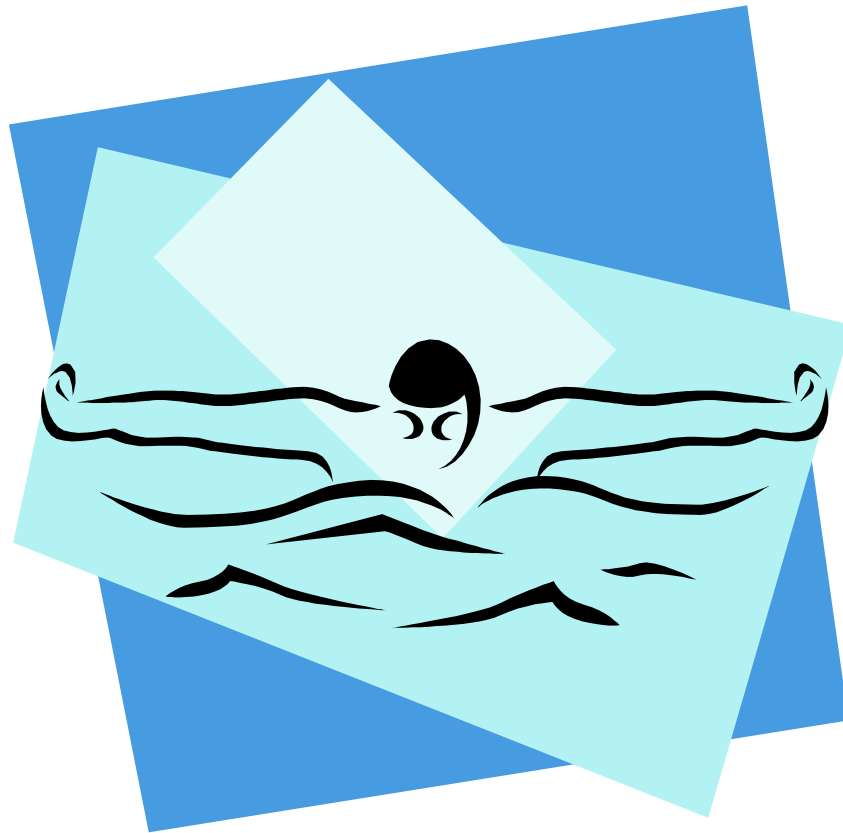
BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING

COMPULSORY FIGURES FORM

CLUB:			MEET:	
SYNCHRO DIRECTOR:			LOCATION:	
	Competitor's Last Name	First Name & Initial	Division	Tier
1				
2				
3				
4				
5				
6				
7				
8				
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11				
12				
13				
14				
15				
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21				
22				
23				
24				
25				

BCSSA PROVINCIAL CHAMPIONSHIPS SYNCHRONIZED SWIMMING
COMPULSORY FIGURES FORM (continued)

CLUB:			MEET:	
SYNCHRO DIRECTOR:			LOCATION:	
	Competitor's Last Name	First Name & Initial	Division	Tier
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
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50				



SWIMMING

Thursday, August 15, 2019

5:00 pm - 6:30 pm Regional Practice
6:30 pm - 8:00 pm Regional Practice

Friday, August 16, 2019

6:45 am - 7:45 am Warm ups
8:00 am Competition Starts

Saturday, August 17, 2019

6:45 am - 7:45 am Warm ups
8:00 am Competition Starts

Sunday, August 18, 2019

6:45 am - 7:45 am Warm ups
8:00 am Competition Starts

SPEED SWIMMING BC CHAMPIONSHIPS (BCCH) POLICY

REGIONAL PRACTICE TIME / WARM UPS

Pool facility:	Canada Games Aquatic Centre – Kamloops
Procedure:	2 Lanes per region in Senior Pool (north end) 2 Lanes per region in Junior Pool (south end)
Rental Cost:	\$300 per region

Times and Lane Assignments for Regional Practice - Thursday, August 15, 2019

5:00 PM – 6:30 PM

Junior Pool		Senior Pool	
<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

Junior Pool		Senior Pool	
<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 Warm up 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 by random draw. Regions will keep the same lane assignment throughout the Championship (Aug 16th – 18th, 2019).

<u>Region</u>	<u>Lane</u>
Vancouver & Dist.	1
Fraser Valley	2
Cariboo	3
Vancouver Island	4
Okanagan	5
Fraser South	6
Kootenay	7
Simon Fraser	8

Coaches' Meeting:	6:30 A.M. each day
Officials' Meeting:	7:15 A.M. each day

Marshalling and Warm Up Times

Friday

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

Saturday

50 Fly	7:50 AM
50/100 Backstroke	8:45 AM
Free Relays	9:45 AM
Break	Minimum 45 Minutes
Warm ups (30 mins)	@ conclusion of Break

Sunday

50/100 Breaststroke	8:15 AM
100 Free	9:15 AM
Break	Minimum 45 Minutes
Warm ups (30 mins)	@ conclusion of Break

Note:

1. All Times are approximate. Marshalling and warm ups **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 he/she is participating.

NO MARSHALLING DIVISIONS 5 – 8, O CAT 2

4. Per rule 4.5.2.4.9, 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 his/her 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 - **Appendices I-A, I-B, I-C**)
2. Consolation Finals will be swum **first** and Championship Finals **second**.

SCRATCHES (See Appendix II for Scratch Sheet)

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 12th.
- Any Regional Alternate, swimming as a result 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.

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 are in agreement.

ALTERNATES:

- Any Regional Alternate being substituted **after** the Monday 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. If no Alternate is present when called, the Heat will be swum with that lane empty. 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

www.bcsummerswimming.com/LiveResults2019

2019 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Friday, August 16, 2019

6:30 a.m. Coaches' Meeting
7:15 a.m. Officials' Meeting
6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<u>Girls</u>	<u>Boys</u>
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

2019 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Saturday, August 17, 2019

6:30 a.m. Coaches' Meeting
7:15 a.m. Officials' Meeting
6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<u>Girls</u>		<u>Boys</u>
201	DIV I	50m Fly	202
203	II	50m Fly	204
205	III	50m Fly	206
207	"O" CAT 1	50m Fly	208
209	IV	50m Fly	210
211	V	100m Fly	212
213	VI	100m Fly	214
215	"O" CAT 2	100m Fly	216
217	VII	100m Fly	218
219	VIII	100m Fly	220
221	DIV I	50m Back	222
223	II	50m Back	224
225	III	50m Back	226
227	"O" CAT 1	50m Back	228
229	IV	100m Back	230
231	V	100m Back	232
233	VI	100m Back	234
235	"O" CAT 2	100m Back	236
237	VII	100m Back	238
239	VIII	100m Back	240
241	DIV I	4 x 50m Free Relay	242
243	II	4 x 50m Free Relay	244
245	III	4 x 50m Free Relay	246
247	"O" CAT 1	4 x 50m Free Relay	248
249	IV	4 x 50m Free Relay	250
251	V	4 x 50m Free Relay	252
253	VI	4 x 50m Free Relay	254
255	"O" CAT 2	4 x 50m Free Relay	256
257	VII	4 x 50m Free Relay	258
259	VIII	4 x 50m Free Relay	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

2019 BCSSA CHAMPIONSHIPS MEET SWIMMING EVENTS
Sunday, August 18, 2019

6:30 a.m. Coaches' Meeting
7:15 a.m. Officials' Meeting
6:45 a.m. - 7:45 a.m. Warm-ups

<u>Start</u> 8:00 a.m.	<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
	351	DIV I 4 x 50m Med. Regional Relay	352
	353	II 4 x 50m Med. Regional Relay	354
	355	III 4 x 50m Med. Regional Relay	356
	357	"O" CAT 1 4 x 50m Med. Regional Relay	358
	359	IV 4 x 50m Med. Regional Relay	360
	361	V 4 x 50m Med. Regional Relay	362
	363	VI 4 x 50m Med. Regional Relay	364
	365	"O" CAT 2 4 x 50m Med. Regional Relay	366
	367	VII 4 x 50m Med. Regional Relay	368
	369	VIII 4 x 50m Med. Regional Relay	370

- * 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

Appendix IIIA - 2019 BC CHAMPIONSIPS QUALIFYING STANDARDS

Qualifying Standards are generally based on the average of 8th place in Heats for 2014-2018 inclusive.

Any swimmer who **equals or betters** the following times in the **FINALS** at a **2019** Regional Championship Meet automatically qualifies for the respective event at the BC Championships.

DIV	50 FREE	100IM	200IM	50 FLY	100 FLY	50 BR.	100 BR.	50 BACK	100BACK	100FREE
1G	:39.67	01:41.71		:46.96		:53.47		:46.85		1:29.86
2G	:34.66	01:29.78		:39.86		:46.03		:41.17		1:17.42
3G	:31.46	01:20.27		:35.05		:41.54		:36.98		1:09.55
4G	:29.83		2:46.92	:32.98			1:25.78		1:16.55	1:05.83
5G	:29.39		2:44.17	:32.20	1:15.27		1:24.97		1:15.26	1:04.96
6G	:29.11		2:43.07	:32.28	1:14.13		1:24.21		1:13.87	1:04.43
7G	:29.97		2:51.47	:33.10	1:17.96		1:27.96		1:18.10	1:07.05
8G	:29.32		2:44.18	:32.20	1:17.92		1:25.65		1:16.96	1:05.82
1B	:39.73	01:42.84		:49.39		:53.95		:48.17		1:29.50
2B	:34.92	01:29.97		:39.68		:46.92		:42.80		1:19.09
3B	:31.25	01:20.22		:35.52		:41.62		:37.90		1:10.19
4B	:28.96		2:41.19	:32.22			1:23.15		1:14.88	1:04.04
5B	:27.05		2:33.61	:30.00	1:09.35		1:18.36		1:10.74	1:00.20
6B	:25.91		2:28.24	:28.71	1:05.23		1:14.38		1:06.76	:57.44
7B	:25.92		2:32.26	:28.68	1:07.00		1:15.69		1:09.72	:58.34
8B	:24.94		2:25.20	:27.18	1:03.31		1:13.08		1:04.90	:55.57
O1G	:37.88	01:36.03		:46.37		:51.74		:44.38		1:35.30
O2G	:31.31		3:02.93	:34.71	1:29.11		1:38.63		1:20.29	1:08.65
O1B	:37.99	01:41.43		:45.74		:54.45		:47.83		1:30.73
O2B	:29.49		2:50.96	:34.80	1:14.52		1:32.48		1:25.99	1:07.70

Appendix III B 2019 BC CHAMPIONSHIPS QUALIFYING STANDARDS RELAY TEAMS

Qualifying Standards are generally based on the average of 3rd place in Heats for 2014-2018 inclusive.

Any relay team that **equals or better**s the following times in the **FINALS** at a 2019 Regional Championships Meet automatically qualifies for the respective event at the Provincial Championships.

<i>DIV</i>	200 MEDLEY	200 FREE
1G	03:14.78	02:52.69
2G	02:45.01	02:24.06
3G	02:27.24	02:10.95
4G	02:18.96	02:05.09
5G	02:16.06	02:00.88
6G	02:14.37	01:59.25
7G	02:14.59	01:59.48
8G	02:10.75	01:57.43
1B	03:21.63	02:52.02
2B	02:48.18	02:26.88
3B	02:28.72	02:12.00
4B	02:16.08	02:00.21
5B	02:06.31	01:50.79
6B	01:59.43	01:45.70
7B	01:59.42	01:46.16
8B	01:54.90	01:42.63
O1G	02:50.48	02:23.61
O2G	02:24.01	02:07.77
O1B	02:48.11	02:25.94
O2B	02:40.75	02:16.02

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
FINALS	VI	SF	FV	OK	VD	FS	KO	CA
Saturday								
Heats	OK	VD	VI	FS	CA	SF	FV	KO
FINALS	FS	CA	VI	OK	SF	FV	KO	VD
Sunday								
Heats	CA	SF	OK	VD	VI	FS	FV	KO
FINALS	OK	FS	SF	VI	VD	FV	CA	KO

REGIONAL RESPONSIBILITIES

Region	Duties
Cariboo	<i>Awards</i>
Fraser South	<i>Electronics</i>
Fraser Valley	<i>Meet Office/Runner</i>
Kootenay	<i>Awards</i>
Okanagan	<i>Deck Food Purchase</i>
Simon Fraser	<i>Deck Food Distribution</i>
Vancouver & District	<i>Clerk & Marshalling</i>
Vancouver Island	<i>Security</i>