

BCSSA - Vancouver & Districts A/B Regional Championship Meet

Meet Package

August 3rd and 4th 2019
North Shore Winter Club
North Vancouver, BC.



Coaches, Parents, Swimmers - PLEASE BRING YOUR OWN REUSABLE
COFFEE CUP/WATER BOTTLE! Help us reduce the waste!

Meet Manager: Tamara Guerin
604-389-9827
tamaraguerin@hotmail.com

GENERAL INFORMATION

DATE: Saturday August 3rd, 2019
Sunday August 4th, 2019

LOCATION: North Shore Winter Club
1325 East Keith Road
North Vancouver, B.C.
604.985.4135

PARTICIPATING CLUBS:

North Shore Winter Club Marlins (“NSWC”)



North Vancouver Cruisers (“NVC”)



Squamish Pirates (“SQU”)



Vancouver Super Sharks (“SUP”)



Vancouver Vikings (“VIK”)



FACILITIES

- The North Shore Winter Club has a heated 25 metre, 6 lane outdoor pool.
- Please refer to the attached aerial map which provides a visual guide to the information noted below regarding parking, tenting and spectating.
- Access to and from the boys' and girls' washrooms only, located inside the club south of the pool area, will require that swimmers and other guests travel well marked routes through the club. **Any person found outside these areas will be asked to leave the club. There will be no exceptions.** Porta-potties for swimmers and guests will be located outside the chain link fence surrounding the pool area, at the southwest corner of the pool.
- Due to insurance requirements, the pool is totally enclosed by a chain link fence. Tents will not be allowed within this chain link fence area directly surrounding the pool. Pop-up tents may be placed on the grassy area south and east of the pool but **must be removed each day. Absolutely no tarps or tents with bottoms will be allowed on the grassy areas.**
- **Tenting / sleeping bags / sleeping pads are not allowed on the Tiki deck or Gym deck** (deck area located adjacent the gym area on south side of grassy area south of the pool). Any tents / sleeping bags / sleeping pads in these areas will have to be moved to another location.
- The Lynnmouth Avenue, adjacent to the NSWC, will be blocked off. **Diagonal, not parallel, parking, is available in this area.** The grass adjacent Lynnmouth and the cul-de-sac can be used for tenting. There will be access to the grassy area south of the pool for swimmers and spectators from a gated entrance off Lynnmouth. **Access directly to the pool deck or marshaling area through this gate will not be allowed.**
- **No BBQs, Coleman stoves, rice cookers or cooking of any kind is allowed on club property.** There will be a food concession providing breakfast and lunch.
- The Tiki deck and grassy area to the east and south of the pool area are licensed areas. Due to liquor licensing rules **no outside food is allowed in these areas.** Children are not allowed on the Tiki deck after 5pm but may be on the adjacent grassy areas within the club boundaries.
- **Parking:** Visitors to the North Shore Winter Club **must** park in the underground lot or on the street. The main parking area is reserved for members and violators will be towed at their own expense. Neither NSWC nor the Marlins will be liable for damage to vehicles that results from towing. Please **park diagonally on the portion of Lynnmouth Ave** that is closed for our use during the event. NSWC Marlins volunteers will be directing traffic in the early morning to ensure that we can accommodate as much street parking as possible. It will be quite busy with lots of pedestrians. Please be respectful and heed the directions given by the volunteers.

Meet Schedule

WARM-UPS: Warm-ups will start at 6:30 AM each day. A tentative warm-up schedule, with lane assignments, is set out below. The schedule and assignments are subject to change, depending on the number of swimmers participating from each club. Clubs will be advised by the Meet Manager, after the Seed Meeting, if the schedule and assignments will be changed.

Saturday, August 3rd

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:30 – 7:00	NVC	NVC	NVC	SUP	NOR	NOR
7:00 – 7:30	VIK	VIK	VIK	SUP	SQU	SQU

Sunday, August 4th

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
6:30 – 7:00	VIK	VIK	VIK	SUP	NOR	NOR
7:00 – 7:30	NVC	NVC	NVC	SUP	SQU	SQU

MEETINGS: Officials: 7:15 AM each day

- All Stroke & Turn Judges, Starters and Session Referees and other Senior Officials must attend
- A second Official’s Meeting will be held 20 minutes before the start of finals.

Coaches: 7:35 AM each day

- One coach from each swim club must attend
- A second Coaches Meeting will be held 10 minutes before the start of finals.

HEATS: Heats will start at 8:00 AM each day

LUNCH BREAK: A brief lunch break will follow Heats each day to allow time to print Finals sheets. Following the lunch break, there will be two 20 minutes warm-up sessions in the same order and with the same lane assignments as the morning warm-up.

FINALS: Finals will start approximately 60 minutes after completion of heats.

Meet Format

- The Meet will be a Regional A Championship / Regional B Championship.
There will be both A and B finals up to Division V. Only swimmers entered and competing in A events will be eligible to swim in A finals and to qualify for Provincial Championships.
- With the exception of events in the “6 & Under” category, all individual events will be swum as **heats and finals** (regardless of the number of competitors). Events in the “6 & Under” category will be swum as timed finals.
- Swimmers may enter up to **four individual events and two relays**.
- Any eligible swimmer may swim in an ‘A’ event. Swimmers with a time faster or equal to the Regional ‘A’ Cut-Off Time may not swim in a ‘B’ event.
- Relays will be swum as timed finals at the end of the day if there are six or fewer teams. If there are more than six teams in an event, heats will be swum at the end of the morning session, followed by finals in the afternoon session.
- The Speed Swimming Rules of the BC Summer Swimming Association (dated as at April 18, 2016), as published in the BCSSA website (the “**BCSSA Rules**”), will apply. All rules of Stroke and Turn will be applied to all age groups except ‘6 & Under’. Please review the BCSSA Rules available on the BCSSA website @ <http://www.bcsummerswimming.com/rules.html>
- V&D Regional Meet will not be using place judges, as permitted in BCSSA Rules

Marshalling

- **All Relays and all Finals will be marshalled for all Division.** All swimmers to check-in with the clerk and proceed as directed through marshalling. Swimmers will not be allowed to swim finals unless they go through the clerk of the course.
- **Div. 1 - 4 and O-Cat 1 individual preliminary heats will be marshalled.** Swimmers to check in with the Clerk and proceed as directed through marshalling.
- **Div. 5 - 8 and O-Cat 2 individual preliminary heats will NOT be required to check in with the Clerk of the Course and will NOT be marshalled.**

Swimmer Eligibility

- All swimmers must be registered with BCSSA. Swimmers may be entered in ‘A’ championship, ‘B’ championship, or a combination of both.
- ‘A’ swimmers must have competed in **at least one BCSSA Club Hosted Meet** as defined in the BCSSA Rules, in the 2019 season prior to this Regional Championship Meet. The swimmer must have swum one (1) individual event, participation on a relay is NOT sufficient.
- ‘B’ swimmers may be swimming in their first competitive meet (please provide a

'seed' time, if possible). 'B' swimmers who obtain an 'A' time in a 'B' heat are not eligible to swim in the 'A' final, regardless of their time.

- 'O' swimmers will be registered in the following age group categories:
 - Category 1 = Divisions I, II, III
 - Category 2 = Divisions IV, V, VI
 - 08 - Age 17 and older.

Meet Entries & Seed Meeting

- Entries **must** be made using Swim Manager program and **must** be submitted on a USB stick **at the commencement of the Regional Seed Meeting on Tuesday July 30, 2019 at 7:30 PM, at the North Shore Winter Club**
- Two coaches and the president (or other executive member) of each club **must** attend the Seed Meeting (except Squamish, who may send *one* coach and a club representative).
- Entries submitted must also include an entry listing using swimmer names and meet event number (printout using the Swim Manager program).
- Each club's entry list must be signed by the head coach and the club president (or other executive member). The entry list signatories **must** attend the Seed Meeting.
- **There will be no changes in event selection or late entries permitted after the start of the Seed Meeting.**
- There will be **no deck entries** permitted (exhibition swims may be allowed at the discretion of the Meet Manager and Meet Referee).
- Entries must include all best times achieved prior to July 29, 2019.
- Events may be combined in Heats they will not be combined in Finals
- Coaches are advised to bring their meet results sheets from this year's meets, in the event the eligibility of a swimmer is questioned. As required by the BCSSA Rules, a swimmer must have swum an individual event during the 2019 summer swimming season prior to the Regional meet in order to be eligible to participate in the Regional championship meet.
- Scratches, for both days, should be brought to the Seed Meeting. There will be no refunds for scratches after the start of the Seed Meeting. The Clerk of the Course should be notified, by 7:00 AM the morning of the meet, of any late scratches.
- **Questions relating to entries should be directed to Jeff Wong, at**
j-wong@shaw.ca with copy to Tamara Guerin
(tamaraguerin@hotmail.com)

Meet Fees

- \$8.00 per individual event
- \$12.00 per relay
- Cheques should be made payable to 'VDSSA' and must be delivered at the Seed Meeting to accompany entries.

Relays

- Relay entries must be completed on an Official Relay Entry Form. Refer to the BCSSA Rules, Section 4.3.4.3, for details relating to Relay entry procedures and requirements.
- **Relay Entry Forms must be submitted to the Clerk of the Course each day by 10:00 AM - No exceptions will be made, or extensions permitted.**
- The age division for each swimmer and alternate **must** be entered on the Official Relay Entry Form.
- Only the four swimmers and the two alternates named on the Relay Entry Form will be allowed to swim in the event.
- Any substitutions **MUST** be approved **IN WRITING** by the Meet Referee.
- 'S' teams - all swimmers must be registered (BCSSA) as 'S'.
- Not more than three swimmers may move up from a lower division to form a team.
- 'An 'S' swimmer may be entered in an 'O Cat' relay (Div. 1-3 with 'O Cat' 1, Div. 4-6 in 'O Cat' 2), as long as there is a minimum of one 'O Cat' swimmer entered in the team.
- There will be no B relay team entries.
- **When a team member is disqualified, the entire team is disqualified from that event.**
- The Regional Registrar will convene a Relay Verification Meeting at a time, after 10:00 AM, and at a location to be announced, to verify that relay participants have swum in a meet in 2019. Each club registrar (or another club representative familiar with the club's swimmers) must attend the Relay Verification Meeting. The name of the club representative who will attend the Relay Verification Meeting should be emailed to the Regional Registrar Cathy Yeung at cyeunghomes@yahoo.ca and to the Meet Manager at tamaraguerin@hotmail.com by July 30th, 2019.

Finals – Scratches/No-Shows

The following generally describes the procedure for alternate swimmers replacing a scratched qualifying swimmer from a final. To the extent there is any discrepancy between the BCSSA Rules and the wording below, the BCSSA Rules will apply.

- In the event of a scratch, the 7th place finisher and then the 8th place finisher will be brought up. Failing this, the event final will proceed without a replacement.
- Events will be posted and **called two times** by the Clerk of the Course.
 - o Note: The announcer's calls are made as a courtesy only. They are not official calls. Official calls are made by the Clerk.
- Clerk procedures in detail:
 - o Event is called.
 - o Clerk will wait for at least two minutes.
 - o Event will be called a second time.
 - o Clerk will wait again for at least two minutes.
 - o If a swimmer who made finals for that event fails to respond and come forward at the Clerk of the Course within the time limit, the first alternate will be called (note – no calls are by name).
 - o Clerk will wait a minimum of one minute for the first alternate to appear. The alternate will be required to inform the Clerk they are the alternate and their name will be checked against the finals heat sheet. If they match, the alternate will take the lane assigned to the swimmer who did not show. No further calls will be made.
 - o If one-minute passes and the first alternate has not arrived, the second alternate will be called.
 - o Clerk will wait one minute for the second alternate to appear. The alternate will be required to inform the Clerk they are the alternate and their name will be checked against the finals sheet. If they match, the alternate will take the lane assigned to the swimmer who did not show.
 - o If the second alternate fails to respond and come forward, the event will be swum with the lane empty.
 - o Once the alternate has been called, the original swimmer is considered scratched and may not swim. Once the second alternate has been called, the first alternate is considered scratched and may not swim.
- Alternates are required to be at marshalling when they are called.
- Event names are called (e.g. 'Event 50 Div. 4 Freestyle'). There are no calls for individual swimmers or teams by name.

Protests & Jury of Appeal

- Before the Meet - Coaches are to discuss procedures with the Meet Manager and Meet Referee at the coaches' meeting.
- During the Meet - Coaches are to discuss matters with the Session Referee.
- No other officials are to be questioned.
- Coaches are not permitted in the Recording Room / Crash Desk area unless authorized or accompanied by the Session or Meet Referee or their delegates.
- All protests must be completed on the BCSSA Official Protest Form & Jury of Appeal Record. The form is available @ <http://www.bcsummerswimming.com/docs/Forms-SwimmingProtest.pdf>
- Protests must be submitted to the Session Referee in writing, and in accordance with the BCSSA Rules
- Protests will be adjudicated by a Jury of Appeal appointed by the Meet Manager in accordance with the BCSSA Rules.

Meet Awards

6 & Under:

- Participation medals (one per swimmer)

B Championships:

- Division I-V: 1st, 2nd, 3rd - Medals
4th, 5th, 6th - Ribbons

A Championships:

- Division I-08: 1st, 2nd, 3rd - Medals
4th, 5th, 6th - Ribbons

O Championships:

- Category 1,2: 1st, 2nd, 3rd - Medals
4th, 5th, 6th - Ribbons

Relay events (A):

- 1st, 2nd, - Medals
- 3rd, 4th, 5th, 6th - Ribbons
- If a 3rd place team swims a PQT, the team will be awarded a bronze medal instead of a 3rd place ribbon.
- There will be no individual or club aggregate awards.

Qualifiers for the Provincial Championships

Individuals:

- 'S' - the top three swimmers (or their alternates) in the Regional A finals, plus any additional swimmers who equal or better the PQT in Regional A finals in an individual event.
- "O" – the top three swimmers (or their alternatives) in the Regional finals, plus any additional swimmers who equal or better the PQT in the Regional finals in an individual event.
- A qualifier who is unable to participate in the Provincial Championships may be replaced in accordance with the BCSSA Rules.

Relays:

- 'S' - the top two teams or their alternates at the Regional A finals, plus any additional teams who equal or better the PQT in Regional A finals in a relay.
- 'O' - the top two teams or their alternates at the Regional A finals, plus any additional teams who equal or better the PQT in Regional finals in a relay.

Provincial Meet Entries

- As the Region has a very short time following the Regional Championships to submit its Qualifiers list, **all qualifiers for Provincial Championships will be automatically placed in the Qualifiers file. It is up to the swimmers and their parents to inform their coach if they are not attending Provincial Championships.**
- **It is the responsibility of each club's head coach to coordinate the club's qualifiers with the Regional Registrar.**
- **Each club's head coach MUST be available on Monday August 5th, 2019 to respond to inquiries relating to the club's entries. Please provide your contact phone number to Jeff Wong at**
j-wong@shaw.ca

Regional Medley Relays

- The Regional Director will arrange for the organization of the Regional Medley Relays for the Provincial Championships.
- This will be arranged at the end of the final day of the Regional Championship Meet.

Key Roles & Responsibilities

Meet Manager: Tamara Guerin
604-389-9827
tamaraguerin@hotmail.com

- Organizes and runs the meet and chairs any Juries of Appeal.

Meet Referee: Angel Lee
604-626-3868
supersharks@telus.net

- Has full authority over all officials (including approval of assignments and instruction as to roles) and will be responsible for uniformity throughout the meet.

Clerk of the Course: NVC - Saturday August 3rd
NVC – Sunday August 4th

- Responsible for checking swimmers into the marshalling area, organizing swimmers until they are released to the Referee, seeding swimmers if given authority by Session Referee.
- Responsible for informing the Session Referee of late scratches in a timely fashion.
- Responsible for processing Relay Entry Forms.

Marshalling: VIK – Saturday August 3rd
VIK – Sunday August 4th

- Assists the Clerk of the Course and organizes swimmers until released to the Referee.

Chief Meet Recorder: Jeff Wong

- Applies the rules covering Place Judging and Timing to determine the final order of finish and official times of all swimmers.
- Refers all disqualifications not noted in the proper form or content, all contentious issues and ties, which may result in a swim-off to the Referee.
- Compiles list of swimmers and order of finish for heats and finals.

Runners: This position has been eliminated

Electronic Timing System: NVC/NOR

Any Colorado operators should email tamaraguerin@hotmail.com to advise if they plan on attending Regionals.

Equipment: NOR

- Organizes equipment & timing system.
- Arranges work party to set up and take down equipment.
- All clubs will be expected to assist in the take down of equipment.

**Hostessing: NOR – Purchase & Preparation
SQU – Serving**

- Supervise hostessing: includes the purchase, preparation and service of food.

**Awards: Saturday August 3rd- VIK
Sunday August 4th- SUP**

- Prepares awards (medals and ribbons) and distributes awards to the respective teams
- Award labels for Saturday finals will be printed and ready to be assembled Sunday morning.

6 and Under loot bags SQU

- Prepares boy / girl loot bags for 6 & Under swimmers

**Program Sales & Announcer: 7:00AM-END OF RELAYS- VIK
FINALS- NOR**

Medal Presentation: This position has been eliminated

Volunteer Coordinators

By July 29, 2019, each club should provide the Meet Manager with the name and cell phone number of the club's volunteer coordinator. The volunteer coordinator must be present at both days of the meet and will be responsible for ensuring that allocated volunteer positions are properly filled.

Meet Officials

Each Club must provide the Meet Referee with a list of qualified Head Timers, Stroke and Turn, Referee, and Starter Officials by July 29, 2019. The Meet Referee will set a schedule from the list of qualified officials supplied by each Club.

Timers and Medal Presentation

Each club must assign individual timers to their designated lanes and shifts and forward to the Meet Manager by July 30, 2019: Please note these assignments may change after the Seed Meeting on Tuesday July 31, 2019.

Shift	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00 AM to 10:00 AM	VIK	SUP	NVC	NOR	SQU	VIK
	Timer	Timer	Timer	Timer	Timer	Timer
	Timer	Timer	Timer	Timer	Timer	Timer
	Recorder	Recorder	Recorder	Recorder	Recorder	Recorder
10:00 AM to 12:00 PM	VIK	SUP	NVC	NOR	SQU	SQU
	Timer	Timer	Timer	Timer	Timer	Timer
	Timer	Timer	Timer	Timer	Timer	Timer
	Recorder	Recorder	Recorder	Recorder	Recorder	Recorder
12:00 AM to 2:00 PM	VIK	SUP	NVC	VIK	SQU	NVC
	Timer	Timer	Timer	Timer	Timer	Timer
	Timer	Timer	Timer	Timer	Timer	Timer
	Recorder	Recorder	Recorder	Recorder	Recorder	Recorder
Finals	VIK	SUP	NVC	VIK	SQU	NVC
	Timer	Timer	Timer	Timer	Timer	Timer
	Timer	Timer	Timer	Timer	Timer	Timer
	Recorder	Recorder	Recorder	Recorder	Recorder	Recorder

Vancouver & District
2019 Regional 'A/B' Championship Meet

Events - Day 1

Saturday, August 3rd 2019

Girls Event #	Provincial X- Reference		Provincial X- Reference	Boys Event #
1		Div. 1 100 IM "B"		2
3	101	Div. 1 100 IM	102	4
5		Div. 2 100 IM "B"		6
7	103	Div. 2 100 IM	104	8
9		Div. 3 100 IM "B"		10
11	105	Div. 3 100 IM	106	12
13	107	"O" Cat 1 100 IM	108	14
15		Div. 4 200 IM "B"		16
17	109	Div. 4 200 IM	110	18
19		Div. 5 200 IM "B"		20
21	111	Div. 5 200 IM	112	22
23	113	Div. 6 200 IM	114	24
25	115	"O" Cat 2 200 IM	116	26
27	117	Div. 7 200 IM	118	28
29	119	08 200 IM	120	30
31		6 & Under 25 Freestyle		32
33		Div. 1 50 Freestyle "B"		34
35	121	Div. 1 50 Freestyle	122	36
37		Div. 2 50 Freestyle "B"		38
39	123	Div. 2 50 Freestyle	124	40
41		Div. 3 50 Freestyle "B"		42
43	125	Div. 3 50 Freestyle	126	44
45	127	"O" Cat 1 50 Freestyle	128	46
47		Div. 4 50 Freestyle "B"		48
49	129	Div. 4 50 Freestyle	130	50
51		Div. 5 50 Freestyle "B"		52
53	131	Div. 5 50 Freestyle	132	54
55	133	Div. 6 50 Freestyle	134	56
57	135	"O" Cat 2 50 Freestyle	136	58
59	137	Div. 7 50 Freestyle	138	60
61	139	08 50 Freestyle	140	62
63		6 & Under 25 Butterfly		64

65		Div. 1 50 Butterfly "B"		66
67	201	Div. 1 50 Butterfly	202	68
69		Div. 2 50 Butterfly "B"		70
71	203	Div. 2 50 Butterfly	204	72
73		Div. 3 50 Butterfly "B"		74
75	205	Div. 3 50 Butterfly	206	76
77	207	"O" Cat 1 50 Butterfly	208	78
79		Div 4 50 Butterfly "B"		80
81	209	Div 4 50 Butterfly	210	82
83		Div 5 100 Butterfly "B"		84
85	211	Div 5 100 Butterfly	212	86
87	213	Div 6 100 Butterfly	214	88
89	215	"O" Cat 2 100 Butterfly	216	90
91	217	Div 7 100 Butterfly	218	92
93	219	08 100 Butterfly	220	94
95		6 & Under 100 Medley Relay		96
97	141	Div 1 200 Medley Relay	142	98
99	143	Div 2 200 Medley Relay	144	100
101	145	Div 3 200 Medley Relay	146	102
103	147	"O" Cat 1 200 Medley Relay	148	104
105	149	Div 4 200 Medley Relay	150	106
107	151	Div 5 200 Medley Relay	152	108
109	153	Div 6 200 Medley Relay	154	110
111	155	"O" Cat 2 200 Medley Relay	156	112
113	157	Div 7 200 Medley Relay	158	114
115	159	08 200 Medley Relay	160	116

Events Day 2
Sunday August 4th, 2019

Girls Event #	Provincial X- Reference		Provincial X- Reference	Boys Event#
117		Div 5 50 Butterfly 'B'		118
119	301	Div 5 50 Butterfly	302	120
121	303	Div 6 50 Butterfly	304	122
123	305	"O" Cat 2 50 Butterfly	306	124
125	307	Div 7 50 Butterfly	308	126
127	309	08 50 Butterfly	310	128
129		6 & Under 25 Backstroke		130
131		Div 1 50 Backstroke "B"		132
133	221	Div 1 50 Backstroke	222	134
135		Div 2 50 Backstroke "B"		136
137	223	Div 2 50 Backstroke	224	138
139		Div 3 50 Backstroke "B"		140
141	225	Div 3 50 Backstroke	226	142
143	227	"O" Cat 1 50 Backstroke	228	144
145		Div 4 100 Backstroke "B"		146
147	229	Div 4 100 Backstroke	230	148
149		Div 5 100 Backstroke "B"		150
151	231	Div 5 100 Backstroke	232	152
153	233	Div 6 100 Backstroke	234	154
155	235	"O" Cat 2 100 Backstroke	236	156
157	237	Div 7 100 Backstroke	238	158
159	239	08 100 Backstroke	240	160
161		6 & Under 25 Breaststroke		162
163		Div 1 50 Breaststroke "B"		164
165	311	Div 1 50 Breaststroke	312	166
167		Div 2 50 Breaststroke "B"		168
169	313	Div 2 50 Breaststroke	314	170
171		Div 3 50 Breaststroke "B"		172
173	315	Div 3 50 Breaststroke	316	174
175	317	"O" Cat 1 50 Breaststroke	318	176
177		Div 4 100 Breaststroke "B"		178
179	319	Div 4 100 Breaststroke	320	180
181		Div 5 100 Breaststroke "B"		182
183	321	Div 5 100 Breaststroke	322	184
185	323	Div 6 100 Breaststroke	324	186
187	325	"O" Cat 2 100 Breaststroke	326	188
189	327	Div 7 100 Breaststroke	328	190
191	329	08 100 Breaststroke	330	192
193		Div 1 100 Freestyle "B"		194

195	331	Div 1 100 Freestyle	332	196
197		Div 2 100 Freestyle "B"		198
199	333	Div 2 100 Freestyle	334	200
201		Div 3 100 Freestyle "B"		202
203	335	Div 3 100 Freestyle	336	204
205	337	"O" Cat 1 100 Freestyle	338	206
207		Div 4 100 Freestyle "B"		208
209	339	Div 4 100 Freestyle	340	210
211		Div 5 100 Freestyle "B"		212
213	341	Div 5 100 Freestyle	342	214
215	343	Div 6 100 Freestyle	344	216
217	345	"O" Cat 2 100 Freestyle	346	218
219	347	Div 7 100 Freestyle	348	220
221	349	08 100 Freestyle	350	222
223		6 & Under 100 Freestyle Relay		224
225	241	Div 1 200 Freestyle Relay	242	226
227	243	Div 2 200 Freestyle Relay	244	228
229	245	Div 3 200 Freestyle Relay	246	230
231	247	"O" Cat 1 200 Freestyle Relay	248	232
233	249	Div 4 200 Freestyle Relay	250	234
235	251	Div 5 200 Freestyle Relay	252	236
237	253	Div 6 200 Freestyle Relay	254	238
239	255	"O" Cat 2 200 Freestyle Relay	256	240
241	257	Div 7 200 Freestyle Relay	258	242
243	259	08 200 Freestyle Relay	260	244

Vancouver & District “A” Qualifying Times

		Div 1	Div 2	Div 3	Div 4	Div 5		Div 6,7&8
Free	50 G	:52	:44	:39	:36	:34		N/A
	50 B	:53	:45	:38	:35	:31		N/A
	100 G	1:48	1:36	1:27	1:21	1:18		N/A
	100 B	1:51	1:37	1:24	1:16	1:12		N/A
		Div 1	Div 2	Div 3	Div 4	Div 5		Div 6,7&8
Back	50 G	:59	:52	:47	N/A	N/A		N/A
	50 B	1:02	:53	:47	N/A	N/A		N/A
	100 G	N/A	N/A	N/A	1:36	1:34		N/A
	100 B	N/A	N/A	N/A	1:33	1:27		N/A
		Div 1	Div 2	Div 3	Div 4	Div 5		Div 6,7&8
Fly	50 G	1:06	:57	:48	:43	:39		N/A
	50 B	1:09	:58	:47	:42	:37		N/A
	100 G	N/A	N/A	N/A	N/A	1:30		N/A
	100 B	N/A	N/A	N/A	N/A	1:26		N/A
		Div 1	Div 2	Div 3	Div 4	Div 5		Div 6,7&8
Breast	50 G	1:07	:57	:50	N/A	N/A		N/A
	50 B	1:08	:58	:50	N/A	N/A		N/A
	100 G	N/A	N/A	N/A	1:45	1:42		N/A
	100 B	N/A	N/A	N/A	1:40	1:32		N/A
		Div 1	Div 2	Div 3	Div 4	Div 5		Div 6,7&8
I.M.	100 G	1:58	1:45	1:36	N/A	N/A		N/A
	100 B	2:03	1:48	1:36	N/A	N/A		N/A
	200 G	N/A	N/A	N/A	3:18	3:11		N/A
	200 B	N/A	N/A	N/A	3:09	3:00		N/A

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	100 BACK	100 FREE
1G	39.67	01:41.71		46.96		53.47		46.85		01:29.86
2G	34.66	01:29.78		39.86		46.03		41.17		01:17.42
3G	31.46	01:20.27		35.05		41.54		36.98		01:09.55
4G	29.83		02:46.92	32.98			01:25.78		01:16.55	01:05.83
5G	29.39		02:44.17	32.20	01:15.27		01:24.97		01:15.26	01:04.96
6G	29.11		02:43.07	32.28	01:14.13		01:24.21		01:13.87	01:04.43
7G	29.97		02:51.47	33.10	01:17.96		01:27.96		01:18.10	01:07.05
8G	29.32		02:44.18	32.20	01:17.92		01:25.65		01:16.96	01:05.82
1B	39.73	01:42.84		49.39		53.95		48.17		01:29.50
2B	34.92	01:29.97		39.68		46.92		42.80		01:19.09
3B	31.25	01:20.22		35.52		41.62		37.90		01:10.19
4B	28.96		02:41.19	32.22			01:23.15		01:14.88	01:04.04
5B	27.05		02:33.61	30.00	01:09.35		01:18.36		01:10.74	01:00.20
6B	25.91		02:28.24	28.71	01:05.23		01:14.38		01:06.76	:57.44
7B	25.92		02:32.26	28.68	01:07.00		01:15.69		01:09.72	:58.34
8B	24.94		02:25.20	27.18	01:03.31		01:13.08		01:04.90	:55.57
O1G	37.88	01:36.03		46.37		51.74		44.38		01:35.30
O2G	31.31		03:02.93	34.71	01:29.11		01:38.63		01:20.29	01:08.65
O1B	37.99	01:41.43		45.74		54.45		47.83		01:30.73
O2B	29.49		02:50.96	34.80	01:14.52		01:32.48		01:25.99	01:07.70

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 betters** 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	02:14.36	01:59.25
7G	02:14.59	01:59.48
8G	02:10.75	01:57.43
<hr/>		
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
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O1G	02:50.48	02:23.61
O2G	02:24.01	02:07.77
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O1B	02:48.11	02:25.94
O2B	02:40.75	02:16.02

North Shore Winter Club

1325 Keith Rd E
North Vancouver BC

Legend

- 📍 1325 Keith Rd E
- 📍 Feature 1

Swimmer drop-off route

Entrance to U/G Visitor Parking

1325 Keith Rd E

Spectator area

Coaches only; no spectators

Marshalling only

Access from U/G entrance to grass tenting

ANGLE PARK & TENT

TENTING

TENT ONLY

Google Earth

Image Landsat / Copernicus



90 m

