

How to Stay an S Category Swimmer after September 1

S Category swimmers are summer-only swimmers who may train as much as they want from May 1 to August 31, but are strictly limited from September 1 to April 30.

O Category swimmers have a Swim Canada Senior National time, or swim more than 2 hours/week Sept 1- April 30, OR compete in non-BCSSA swim meets.

Allowed vs Not Allowed from September 1- April 30

Allowed	Not Allowed
Up to 2 hrs/week of speed swimming	More than 2 hrs/week of swimming = O Cat
Unlimited diving, water polo, artistic swimming.	Competing in any official non-BCSSA swim meet (eg, Swim BC)
Accredited swim lessons (school, Red Cross etc)	Misrepresenting training history on forms.
School swim team: Sept–Nov unlimited; Dec–Apr counts toward 2 hrs./week.	Achieving a Swimming Canada Senior National time (within 3 years).

Example Scenarios

Allowed:

- Priya swims 2x per week for 1 hour each = still S Cat.
- Jason swims with his high school team in **October** & trains with his club 2 hours/week = still S Cat.
- Maddy does 3 hours of water polo and 2 hours of swimming a week = still S Cat.
- Alex swims in a jamboree, pass or fun race with no official times or officials **within** his 2 hours = still S Cat

Not Allowed:

- Mo swims 2.5-4 hours per week = O Cat.
- Lily swims in a non-BCSSA (with officials and official times) meet in **March** = O Cat.
- Marc swims 2 hours/week at home and swims 1 hour a week with his school in **March** = O Cat
- Beth swims 1 hour one week, and three hours the following week = O Cat.
- Ming swims 2 hours a week with their club and 2 hours with another (non-school) coached program that includes swim training = O Cat

Parent Tips

- **Track hours carefully** - keep a simple log to avoid going over 2 hours/week.
- **Communicate with coaches** - make sure they know the BCSSA limits.
- **Ask early** - check with your club registrar or BCSSA registrar before adding extra training.
- **Request a variance from your registrar**– something once or special (fund raiser or clinic?), ask your registrar BEFORE the event.