



NAINAIMO WHITE RAPIDS SWIM CLUB 52nd INVITATIONAL SWIM MEET 2018

Friday, June 29 11:45am – 7:00pm
Saturday, June 30 8:00am – 5:00pm
Sunday, July 1 9:00am – 3:00pm

Location: Bowen Park Kin Pool, 500 Bowen Road, Nanaimo, BC
Course: Heats and Finals Meet, 25 metres, 6 lanes, ANTI starting blocks, Colorado 6 Electronic Timing System, Hytek Meet Manager

Order of the day

Friday: Preliminary Heats, Finals
Saturday: Preliminary Heats, Novice Events, Relays, Parent Relay, Break, Finals
Sunday: Preliminary Heats, Novice Events, Relays, Break, Finals

Meet Managers: Leah Johnson nwrsc.pastpresident@gmail.com
Sean O'Toole nwrsc.treasurer@gmail.com
Laurel Laturnus nwrsc.president@gmail.com
Chris Boulding nwrsc.vicepresident@gmail.com

Meet Referee: Dave Morch ontheroadDave@gmail.com
Clerk of the Course: Mark Duffell mbduffell@gmail.com

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

Friday, June 29, 2018

11:45 – 12:05pm Host Club warm-up
12:05 – 12:25pm Group 1 warm-up(schedule to be emailed.)
12:45pm Official Meeting
1:15pm Coaches Meeting
1:30pm Heats Begin
Break (20 minutes)
Finals (S9-Novice finals will be swam for 50m Freestyle)

White Shirt Officials and VI Region BODs
Social at the White Sails Brew Pub after the Friday events!

Saturday, June 30, 2018

| | |
|-----------------------------|-------------------|
| 6:25 to 6:45am | Host Club warm-up |
| 6:45 to 7:15am | Group 1 warm-up |
| 7:15 to 7:45am | Group 2 warm-up |
| 7:30am | Officials Meeting |
| 7:45am | Coaches Meeting |
| 8:00am | "O Canada" |
| 8:15am | Heats Begin |
| Relays | |
| Parent Relay | |
| Regional Cheer (10 minutes) | |
| Break 20 minutes | |
| Finals | |

Sunday, July 1, 2018

| | |
|--------------------|-------------------|
| 7:25 to 7:45 am | Host Club warm-up |
| 7:45 to 8:15 am | Group 2 warm-up |
| 8:15 to 8:45 am | Group 1 warm-up |
| 8:30 am | Officials Meeting |
| 8:45 am | Coaches Meeting |
| 9:05 am | Heats begin |
| Relays | |
| Break (20 minutes) | |
| Finals | |

Instructions For Meet Entries

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

Entries are due **Monday, June 25, 2018 by 10:00 pm (PT) (include your validation list in alphabetical order by swimmer)**. All swimmers may enter a maximum of six individual events plus two relays. **Do not enter Novices or Parent Relays using Hytek !!**

Email entries to the Clerk of the Course mbduffell@gmail.com

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

Entering O-Cats

Be advised that this is a Standard style meet, and Hy-Tek will sort O-Cats automatically for finals, so it is unnecessary to follow the VI Region guidelines on entering O-Cats. Simply enter the swimmer in the Div. 1-3 O-Cat 1 or Div. 4-8 O-Cat 2.

Seeding

Please note seeding is different than most VI Region Meets.

Heats will be seeded as follows:

Division 1-3 and O-Cat 1 will be seeded by times.

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

Finals will be seeded by Division.

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

Deck Entries and Scratches

Deck entries will be done at the discretion of the Clerk of the Course. Deck entry swimmers will not be seeded. Fees will be added to the club fees. There are no refunds for Scratches.

All Deck Entries and Scratches must be submitted to the Clerk of the Course no later than:

- Friday 12:30 pm
- Saturday 7:15 am
- Sunday 8:15 am

If you have sent your club roster along with your entry file we can use that to deck enter a swimmer. At a minimum, we will require the swimmers name, BCSSA number, division, birthdate, and event numbers. Use the attached Entry Changes form.

Novices

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

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

Relays

Relay teams must include four swimmers. They can be a combination of "O" and "S" swimmers. All Relays will be Timed Finals.

Relay entry cards must be submitted to the Clerk of the Course no later than:

- Saturday 10:00 am
- Sunday 10:00 am

Parent Relay - Each person must complete a BCSSA registration form. Do not enter teams using Hytek. Submit all parent registrations to the Clerk of the Course by 10:00am on Saturday. The \$30.00 fee per team will be billed directly each club, which includes the BCSSA insurance. Registration/insurance form is attached.

Finals

All swimmers must swim in Heats to qualify for Finals.

Marshalling

- All Relays will be marshalled. Coaches are expected to provide assistance with Div 1 – 3 Relays.
- Div 1-3 and O-Cat 1 individual heats will be marshalled.
- Div 4-8 and O-Cat 2 individual heats will not be marshalled.
- All Final events will be marshalled.
- There will be no cards for individual events.
- There will be cards for relays.

Disqualifications

The following process will be used for disqualifications:

- The deck official writes up infraction and turns in the DQ form to the Meet Referee.
- Meet Referee passes approved DQ form to the DQ Official who informs the appropriate Coach.
- Coach discusses the infraction with the swimmer.

Fees

- \$8.00 per individual event
- \$10.00 per relay event
- \$12.00 for deck entries
- No charge for Novice events
- \$30.00 per team for parent relays

All cheques are payable to **Nanaimo White Rapids Swim Club** and should be given to the NWRSC Treasurer Sean O'Toole, at the Clerk of the Course by **Sunday 12:00 p.m.** Please include all parent relay fees from your club.

Disabled Swimmers

Coaches must notify the Meet Manager and Meet Referee of any disabled swimmers during the Coaches meeting at the beginning of each day.

Heat Sheets

A limited supply of Nanaimo Invitational Swim Meet Heat Sheets will be sold for \$5.00 each on Friday evening, Saturday am and Sunday am. Heat sheets provided for sale will not have the Deck Entries or Scratches included. Copies will also be available online for download.

"Definitive" Event Sheet: After Scratches and Deck Entries have been completed, a "definitive event sheet" will be produced. Copies will be provided to Coaches and all Deck Officials.

Timers

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

Timing System

The Colorado Systems 6 timing system with three plungers per lane will be utilized. There will be No Place Judges. If backup times must be used due to a touchpad failure then the following applies:

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

Awards

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

Div. 1-8 and O-Cat swimmers will be eligible for medals and ribbons in both individual events and relays. Individual and Relay awards will be available for pick up at the end of the Meet.

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

Deck Food

Deck food will be provided to Volunteers and Coaches. Please bring your own refillable water bottle.

Concession

Concession hours are: Friday 12:20 pm
 Saturday Breakfast 6:00 am, Lunch 10:30 am
 Sunday Breakfast 7:00 am, Lunch 11:00 am

Concession closes when finals start.

NWRSC 52nd INVITATIONAL SWIM MEET ORDER OF EVENTS

Friday Heats

- Event 101 – Girls Div. 1-3, O-Cat 1 - 100 IM
- Event 102 – Boys Div. 1-3, O-Cat 1 - 100 IM
- Event 103 – Girls Div. 4-8, O-Cat 2 - 200 IM
- Event 104 – Boys Div. 4-8, O-Cat 2 - 200 IM
- Event 105 – Girls Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 106 – Boys Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 107 – Girls Div. 4-8, O-Cat 2 - 50 Freestyle
- Event 108 – Boys Div. 4-8, O-Cat 2 - 50 Freestyle

Friday Finals (Swum By Division)

- Event 101 – Girls Div. 1-3, O-Cat 1 - 100 IM
- Event 102 – Boys Div. 1-3, O-Cat 1 - 100 IM
- Event 103 – Girls Div. 4-8, O-Cat 2 - 200 IM
- Event 104 – Boys Div. 4-8, O-Cat 2 - 200 IM
- Event 105 – Girls Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 106 – Boys Div. 1-3, O-Cat 1 & S9 - 50 Freestyle
- Event 107 – Girls Div. 4-8, O-Cat 2 - 50 Freestyle
- Event 108 – Boys Div. 4-8, O-Cat 2 - 50 Freestyle

Saturday Heats

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

Saturday Finals (Swum By Division)

Event 201 – Girls Div. 5-8, O-Cat 2 – 50 Butterfly
Event 202 – Boys Div. 5-8, O-Cat 2 – 50 Butterfly
Event 203 – Girls Div. 1-3, O-Cat 1 – 50 Backstroke
Event 204 – Boys Div. 1-3, O-Cat 1 – 50 Backstroke
Event 205 – Girls Div. 4-8, O-Cat 2 – 100 Backstroke
Event 206 – Boys Div. 4-8, O-Cat 2 – 100 Backstroke
Event 209 – Girls Div. 1-3, O-Cat 1 – 50 Breaststroke
Event 210 – Boys Div. 1-3, O-Cat 1 – 50 Breaststroke
Event 211 – Girls Div. 4-8, O-Cat 2 – 100 Breaststroke
Event 212 – Boys Div. 4-8, O-Cat 2 – 100 Breaststroke

Sunday Heats

Event 301 – Girls Div. 1-4, O-Cat 1 – 50 Butterfly
Event 302 – Boys Div. 1-4, O-Cat 1 – 50 Butterfly
Event 303 – Girls Div. 5-8, O-Cat 2 – 100 Butterfly
Event 304 – Boys Div. 5-8, O-Cat 2 – 100 Butterfly
Event 305 – Mixed 25 Butterfly (NOVICE)
Event 306 – Mixed 25 Freestyle (NOVICE)
Event 307 – Girls Div. 1-3, O-Cat 1 – 100 Freestyle
Event 308 – Boys Div. 1-3, O-Cat 1 – 100 Freestyle
Event 309 – Girls Div. 4-8, O-Cat 2 – 100 Freestyle
Event 310 – Boys Div. 4-8, O-Cat 2 – 100 Freestyle
Event 311 – Girls Div. 1 200 Freestyle Relay (Final)
Event 312 – Boys Div. 1 200 Freestyle Relay (Final)
Event 313 – Girls Div. 2 200 Freestyle Relay (Final)
Event 314 – Boys Div. 2 200 Freestyle Relay (Final)
Event 315 – Girls Div. 3 200 Freestyle Relay (Final)
Event 316 – Boys Div. 3 200 Freestyle Relay (Final)
Event 317 – Girls Div. 4 200 Freestyle Relay (Final)
Event 318 – Boys Div. 4 200 Freestyle Relay (Final)
Event 319 – Girls Div. 5 200 Freestyle Relay (Final)
Event 320 – Boys Div. 5 200 Freestyle Relay (Final)
Event 321 – Girls Div. 6 200 Freestyle Relay (Final)
Event 322 – Boys Div. 6 200 Freestyle Relay (Final)
Event 323 – Girls Div. 7 200 Freestyle Relay (Final)
Event 324 – Boys Div. 7 200 Freestyle Relay (Final)
Event 325 – Girls Div. 8 200 Freestyle Relay (Final)
Event 326 – Boys Div. 8 200 Freestyle Relay (Final)

Sunday Finals (Swum By Division)

Event 301 – Girls Div. 1-4, O-Cat 1 – 50 Butterfly
Event 302 – Boys Div. 1-4, O-Cat 1 – 50 Butterfly
Event 303 – Girls Div. 5-8, O-Cat 2 – 100 Butterfly
Event 304 – Boys Div. 5-8, O-Cat 2 – 100 Butterfly
Event 305 – Girls Div. 1-3, O-Cat 1 – 100 Freestyle
Event 306 – Boys Div. 1-3, O-Cat 1 – 100 Freestyle
Event 307 – Girls Div. 4-8, O-Cat 2 – 100 Freestyle
Event 308 – Boys Div. 4-8, O-Cat 2 – 100 Freestyle

Accommodations

HOTELS

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

Dorchester Hotel
70 Church Street
250-754-6835

Howard Johnson
1 Terminal Ave N
250-753-2241

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

Ramada Hotel
315 Rosehill Street
250-716-2009

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

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

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

CAMPING

Jinglepot RV Park and Campground
250-758-1614

Living Forest Oceanside Campground
250-755-1755

Westwood Lake RV Camping and Cabins
250-753-3922

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

Club: _____ Region: _____

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

Name of BCSSA Athlete (child): _____

Have you been registered in this "Parent Relay" Membership Category Before?

YES NO

First Name _____ Last Name _____

Birthdate _____ Gender _____

Address _____

City _____ Postal Code _____

Home Tel _____ Other Tel _____

Email _____

Medical information pertinent to registration: _____

I certify that the above information is correct to the best of my knowledge:

Parent's Signature: _____

Date: _____

This temporary membership is only valid for one aquatic/swim meet.

Club Hosting Meet: Nanaimo White Rapids Swim Club

Date: _____

Meet Manager's Signature: _____

The BC Summer Swimming Association collects, uses and discloses your personal information for the purposes of verifying identity, registering swimmers, distributing BCSSA information, and fulfilling administrative and competitive functions of the aquatic programs within the BCSSA and its Member Clubs. It is a requirement of registration that the information be provided and, that it will only be used for the purposes indicated or purposes reasonable related. By your signature on this form you signify your consent to the collection, use and disclosure of your personal information to BCSSA and its Member Clubs in accordance with the BCSSA's Privacy Policy.