

EASTERN FRASER VALLEY REGIONAL HIGH SCHOOL SWIM MEET 2022

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Eastern Fraser Valley Region Zone Reps

Leah Esplen & Catherine Freimark

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EASTERN FRASER VALLEY REGIONAL HIGH SCHOOL SWIM MEET 2022

Meet Manager: Catherine Freimark

Meet Referee: Derek Wheeler

Electronics Coordinator: Maria Gorelova

Director of Communication: Leah Esplen

Date: Sunday October 23, 2022

Warm-up: 8:50 - 9:50am

Warm up lanes will be assigned: Group A 8:50 - 9:20 Group B 9:20 - 9:50

Officials/Timers Meeting: 9:15am

Mandatory Coaches Meeting: 9:30am

Events: 10:00 am-2:00pm (approx. end time)

Location: Chilliwack Landing Leisure Center (9145 Corbould Street, Chilliwack, BC V2P 4A6)

Entry Deadline: Friday October 14, 2022

Entry Fees: Individual events \$5; Relay events \$15

** If for any reason you cannot complete your entries via Team Manager, teams can pay \$50 to have the entries completed for them (this cost will be added to your meet fees)
Coaches will need to send a list of athlete names, birthdate (year, month, date), gender, and their events to maria_gorelova@sd33.bc.ca

Teacher Sponsor: Each team must always be accompanied by a teacher sponsor, or the swimmers will not be able to compete (this requirement may be fulfilled by the principal of a school sending a letter with another team, designating a teacher from within the same school district as sponsor/chaperone)

Team Registration: It is the responsibility of coaches to ensure that their school is registered with BC School Sports and that each athlete is eligible for competition

Team Roster: Teams must submit a copy of their team roster to maria_gorelova@sd33.bc.ca (no later than October 14, 2022)

Please note that students in Grade 7 are NOT eligible to participate in BC School aquatics.

Scratches/Deck Entries: Before the meet begins, coaches must inform the clerk of the course of any scratched swimmers (deck entries and changes are not permitted)

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Meet Rules:

- Swimmers will be classified as outlined in the BC School Sports Handbook and Directory – Aquatics (see linked PDF [BCSS Handbook](#))
 - Swim meet rules governing the meet will be SNC and SWIM BC rules
 - Swimmers must be entered with entry times, or the entries will not be accepted (meet secretary will not contact coaches who enter swimmers with no times)
 - Coaches are responsible for getting swimmers to the blocks; swimmers who miss their event will not be allowed to re-swim the event (**this is a cardless meet**)
 - The no false start rule will be in effect
 - **Swimmer's age must be included on the entry grids**
 - All swimmers must meet BC School sports eligibility rules
 - Swimmers must be entered in events representing the secondary school at which they are registered; all teams must submit their team roster prior to competition to BCSS
 - Swimmers may compete in up to and including 4 events (**being listed as a relay alternate is considered as an event**)
 - B Swimmers may swim in B or Open category relays but may not swim in the same relay in both the Open and B event (ex. Open 200 Relay **or** B 200 Relay but **not** both)
 - B Swimmers are permitted to swim in both Open and B individual events of the same race
 - Once the meet is seeded, scratches will be taken, but the meet will not be reseeded
 - Relay swimmers must swim in the order entered or they will be disqualified
 - A maximum of two relay teams per event per school may advance to the BC High School Aquatic Championships
 - A mixed relay must consist of two females and two males
- * **All races are swum as timed finals**

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Eligibility and Classification:

Open Category Swimmer

- Swimmers registered with SNC/Swim BC are required to compete in Open category
- All swimmers who have been registered with a winter club and have competed at a winter swim meet since September 1st, 2021 are considered Open category
- Any swimmer who has competed in a national competition is considered Open category
- Open (or A category) swimmer who competes in a B event (including relays) will be disqualified

B Category Swimmer

- All remaining swimmers are category B

Swimmers with a Disability (SWAD)

- PARA swimmers must be classified under SNC guidelines
- SWAD classification and document must be provided
- There is no separate category for SWAD relays

Entry Instructions:

1. Entries will be completed using Team Manager (Team Manager can be downloaded at the link [Hytek Downloads](#))
2. The Team Manager file will be sent out by October 11, 2022
3. Completed entries should be submitted to maria_gorelova@sd33.bc.ca prior to Friday October 14, 2022
4. A psych sheet and fee report will be sent via email by October 17, 2022
5. **Corrections need to be sent via email to maria_gorelova@sd33.bc.ca prior to Thursday October 20, 2022**

Please make cheque out to Eastern Valley Athletic Association (memo: Aquatics)

Here is a great link with Team Manager tutorial videos

<https://sites.google.com/southridge.bc.ca/fraser-valley-swimming/team-manager>

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Events:

- 1 Girls 200 Medley B Relay
- 2 Boys 200 Medley B Relay
- 3 Girls 200 Medley Open Relay
- 4 Boys 200 Medley Open Relay

- 5 Mixed 50 Freestyle PARA
- 6 Girls 50 Freestyle B
- 7 Boys 50 Freestyle B
- 8 Girls 50 Freestyle Open
- 9 Boys 50 Freestyle Open

- 10 Mixed 50 Backstroke PARA
- 11 Girls 50 Backstroke B
- 12 Boys 50 Backstroke B
- 13 Girls 100 Backstroke Open
- 14 Boys 100 Backstroke Open

- 15 Girls 400 Freestyle B Relay
- 16 Boys 400 Freestyle B Relay
- 17 Girls 400 Freestyle Open Relay
- 18 Boys 400 Freestyle Open Relay

- 19 Mixed 50 Breaststroke PARA
- 20 Girls 50 Breaststroke B
- 21 Boys 50 Breaststroke B
- 22 Girls 100 Breaststroke Open
- 23 Boys 100 Breaststroke Open

- 24 Mixed 100 Freestyle PARA
- 25 Girls 100 Freestyle B
- 26 Boys 100 Freestyle B
- 27 Girls 100 Freestyle Open
- 28 Boys 100 Freestyle Open

- 29 Mixed 200 Medley B Relay
- 30 Mixed 200 Medley Open Relay

- 31 Mixed 50 Butterfly PARA
- 32 Girls 50 Butterfly B
- 33 Boys 50 Butterfly B
- 34 Girls 100 Butterfly Open
- 35 Boys 100 Butterfly Open

- 36 Mixed 200 Freestyle B Relay
- 37 Mixed 200 Free Open Relay

- 38 Mixed 100 IM PARA
- 39 Girls 100 IM B
- 40 Boys 100 IM B
- 41 Girls 200 IM Open
- 42 Boys 200 IM Open

- 43 Girls 200 Freestyle B Relay
- 44 Boys 200 Freestyle B Relay
- 45 Girls 200 Freestyle Open Relay
- 46 Boys 200 Freestyle Open Relay

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Awards and Scoring:

- Individual points 10 8 6 5 4 3 2 1 (top 10)
- Relay points 20 16 12 10 8 6 4 2 (top 10)

Team Banners:

- Junior Male Aggregate (grades 8-10 and under 17 years)
- Junior Female Aggregate (grades 8-10 and under 17 years)
- Senior Male Aggregate (grades 11-12 and under 19 years)
- Senior Female Aggregate (grades 11-12 and under 19 years)

Only two years of eligibility at senior level

BC Championships:

The top **3 (three)** entries in each event (individual and relay) will qualify for the High School Provincial Championship meet (to be held on November 18 and 19, 2022 at Watermania Pool in Richmond)

Results from the zone meet will be sent directly to the Entries Manager of the Provincial Championships.

Swimmers should inform their coaches by the conclusion of the Eastern Fraser Valley Regional High School Swim Meet if they are unable to compete at the Provincial Championship Meet

Provincial scratches must be made by **November 4 , 2022 at 4:00pm.**

Further information is available at

<https://www.bcschoolsports.ca/commissions/aquatics>

EASTERN FRASER VALLEY REGIONAL HIGH SCHOOL SWIM MEET 2022

Facility Use:

Pandemic protocols are ever changing and we respectfully request that you follow the instructions of the local health authority and facility at the time of the event.

If you have have symptoms of illness, or have been exposed please follow the direction of your local health authority and refrain from participating or attending if necessary.

Spectators are allowed, subject to pandemic updates, to enter the viewing deck; entrance to viewing deck at northwest corner of building.

Coaches, volunteers, and swimmers do not require proof of vaccination

Swimmers must remain outside the facility or on the viewing deck; no lawn chairs/camping on the pool deck before, during, or after races

Swimmers are allowed behind the blocks prior to their event

All closed areas will be clearly marked and blocked off; no access to the wave pool, hot tubs, sauna, steam room, or lobby

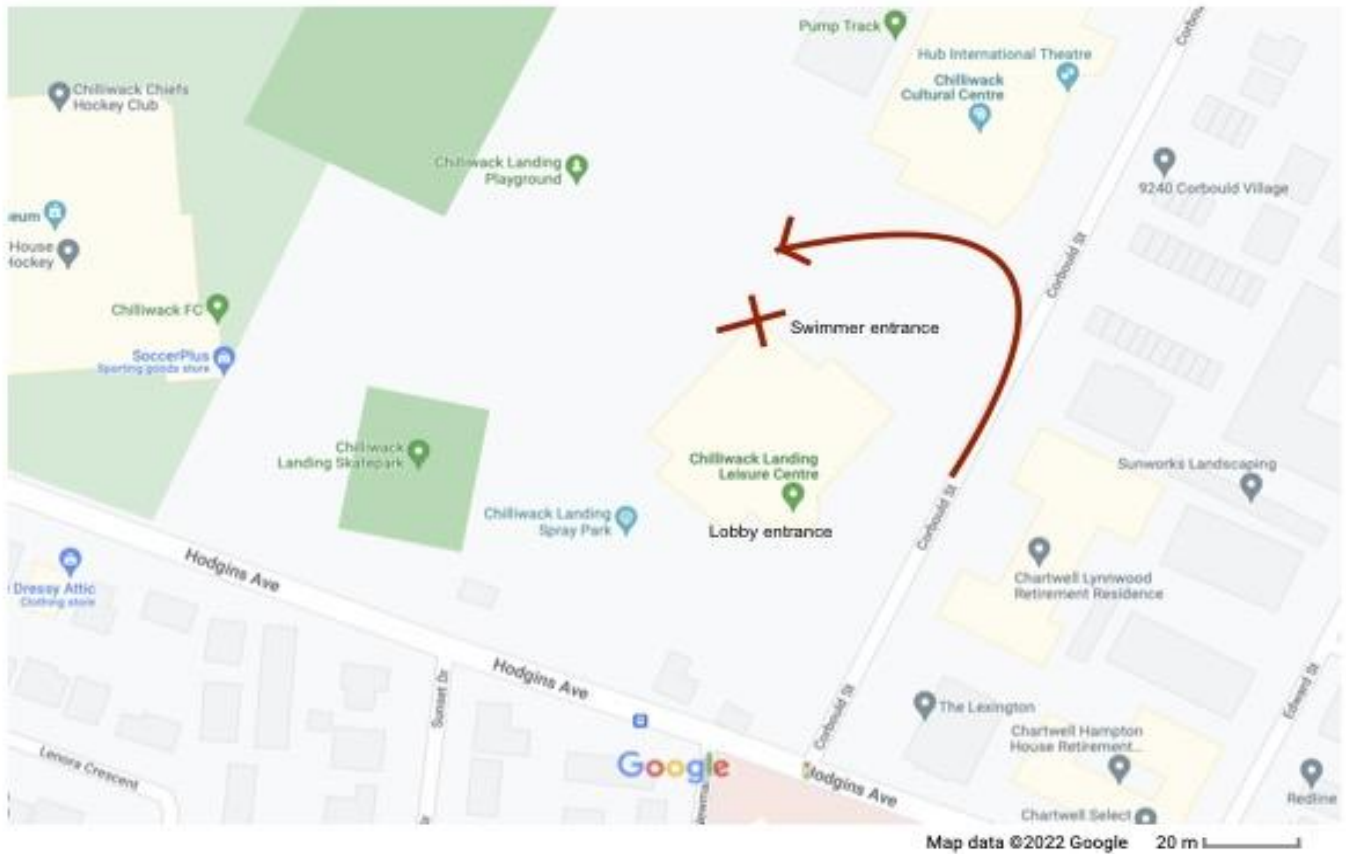
Changerooms are for swimmers and coaches only

Marshaling will be in the lobby and swimmers will be required to report to marshaling for all events.

It is the responsibility of the facility users to keep the area tidy; please ensure your swimmers clean up after themselves

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Google Maps



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Volunteers:

Volunteers are essential to effectively host a swim meet; volunteers are required for a variety of positions during the meet

- Timers and recorders
- Stroke and Turn officials
- Deck Officials (Ref, Back-up Ref, Clerk of Course, Chief Timer, Starter)
- Food Service (leadership students often volunteer for this position)
- Security
- Safety Marshalls
- Set-up
- Take down

Please include a completed “Coach/Sponsor Contact Sheet” with your entries

Schools who choose not to provide the requisite numbers of volunteers may, at the discretion of the Meet Manager, be prohibited from competing.

Please register volunteers by completing the following page and forwarding it to LEsplen@sd35.bc.ca

