

# NORTH FRASER ZONE CHAMPIONSHIP SWIM MEET

## OCTOBER 26, 2022

Coquitlam City Aquatic Centre  
1210 Pinetree Way, Coquitlam

### **MEET MANAGER**

Sean Cauley [bchsaquatics19@gmail.com](mailto:bchsaquatics19@gmail.com)

Warm-ups: 7:30 AM /8:50 AM

- 7:30 AM – SD40/SD43
- 8:10 AM – SD41/SD42
- 8:50 AM - warm-ups end

Lane selection for warm-ups is random. Coaches and athletes, please share lane space generously. With the large numbers of teams, it is not feasible to assign lanes for warm-up activities. There will be a lane available during the competition for warm up/ warm down.

**FOR SAFETY REASONS THERE WILL BE NO DIVING PERMITTED DURING WARMUPS.**

**Competition:** 9:00 AM - 3:00 pm (approx).

**ENTRIES:** Deadline - Friday, October 21, 2022 at midnight.

### **REGISTRATION/ MEET ENTRIES**

Meet entries MUST BE submitted in Hy-Tek format through Team Manager, emailed to the meet manager at [bchsaquatics19@gmail.com](mailto:bchsaquatics19@gmail.com). Schools with fewer than 10 swimmers may submit entries in email form at meet manager's discretion. Prior approval is required.

### **COST:**

- Individual events: \$3.00. **ALL INDIVIDUAL ENTRIES ARE REQUIRED TO HAVE AN ENTRY TIME**
- Relay events: \$8.00 **coaches can time swimmers at practices if no previous meet time is available**

A fees report by school will be published once the entry deadline has passed. Fees are payable at the electronics desk on arrival at the meet. Cheques should be payable to '**SD43 Swim Commission**'

Please be sure to check, in advance of registration, to ensure that your school has met all registration requirements with BC School Sports.

**LATE ENTRIES: Late entries are highly discouraged.** Significant additional work is required of meet organizers to accommodate entries submitted after registration deadlines have passed. Acceptance of "late entries" – if any - is at the sole discretion of the NFSSAA Swimming Commissioner. **No additional heats will be created.** If a late entry is accepted, additional registration fees will be levied, as follows . . .

- \$20.00 per swimmer
- Maximum late entry charge per school: \$100.00 (five swimmers or more)

## ELIGIBILITY & CLASSIFICATIONS

### Swimmers with a disability (SWAD):

SWAD swimmers must be classified under SNC classifications. Athletes MUST compete at their zone meet but automatically qualify for the provincial championships in any event which they complete to a maximum of 4 events. There is no separate category for SWAD relays. Swimmers who are not classified must do so before the regional championships. Please contact your meet manager as soon as possible for details on how to obtain a classification.

SWAD athletes will be seeded with the corresponding able-bodied event, but will be scored separately.

### Open Category swimmer:

Any swimmer that has competed in a Swimbc meet between Sept 1, 2021 and April 30, 2022, with an SNC number, must swim in Open category events.

This year B swimmers **will** be allowed to compete in the Individual Open Events (ie 200 IM, 100 Breast, 100 Back, 100 Fly), and may also swim on Open relays.

### Category "B" swimmer:

As of January 1st of the championship year, a "B Category" swimmer may train and compete, from May 1st to Sept. 30<sup>th</sup>, with no restrictions (other than in Swimbc meets as above) .

From Oct. 1st to April 30<sup>th</sup> a B swimmer may train with their high school team and may also participate in other speed swimming training (winter maintenance, tri-club, private coaching, etc.) as long as it does not exceed 2 hours/week.

### "B" category swimmers – additional comment on training . . .

Swimmers can . . .

- train for two (2) hours with a BCSSA winter maintenance program
- train as many additional hours as they wish with a school program - but only with one school team – up to the date of the BC Provincial Championship Swim Meet – November 15-16, 2010. Within those parameters, there do not appear to be any restrictions on the number of training hours.

**6.3.4 SCHOOL STANDARDS:** Students must live up to accepted school and District standards as judged by the School Administrator.

### RULES:

1- SNC and Swim BC rules including the one start rule and warm-up rules will be in effect.

2 - All competitors must meet BC School Sports Eligibility rules. Competitors must be entered into their events representing the secondary school at which they are registered.

3 - No swimmer may compete (swim) in more than four events. **Being included as an alternate on a relay *IS* considered to be one of those four allowed events.**

4 – "B" swimmers are free to swim any "B" or "Open" relays except **a swimmer may not compete in the same relay event in both the "B" and "Open" categories.**

6 - "Open" category swimmers may not compete in "B" category events.

7 - **Only two relay teams per event per school may advance to the BC Championships.**

8 - A swimmer may not “scratch” an individual event at the Zone Championship meet in order to add a relay event. All individual events entered at the Zone Championship meet, as of the entry deadline of Oct 22, will count as one of the swimmers four (4) swims, whether the swimmer swims the individual event, or not.

9 – All races are swum as timed finals

**10 - Mixed Relay teams must consist of 2 girls and 2 boys.**

### **SCRATCHES**

Coaches are asked to hand in scratches at the electronics table at pool level by 7:45 a.m. on the day of the meet. Scratches may also be sent to the meet manager, by email, at any time after the final entries deadline.

As a courtesy to all possible Provincial qualifiers, the coach of any athlete qualifying to advance to Provincials but who does not intend to compete in that event at Provincials is **REQUESTED** to advise the Zone Rep, or their designated official, of that fact before leaving the competition facility on the day of the meet. A Provincials scratch sheet will be provided at the electronics table for this purpose.

### **MARSHALLING**

This is a cardless meet. It is the coach and athletes’ responsibility to be available at the start end of the pool for the correct heat/event. Coaches please instruct your new athletes in the process of watching the details on the scoreboard so as not to miss their races. Updated heat sheets will be posted behind the blocks and in at least one other area of the pool, as well as online.

### **SCORING**

#### **Individual Events**

1st-8th: 20, 18, 16, 15, 14, 13, 12, 11

9th-16th: 10, 8, 6, 5, 4, 3, 2, 1

#### **Relay Events**

1st-8th: 40, 36, 32, 30, 28, 26, 24, 22

9th-16th: 20, 16, 12, 10, 8, 6, 4, 2

### **AWARDS**

## **Team banners ...**

Male Aggregate

Female Aggregate  
Aggregate

Overall

All awards including team banners will be presented as soon as possible following the conclusion of the Zone Championship meet.

## **QUALIFYING FOR PROVINCIALS**

For both “B” and “Open” category swimmers, the **top five (5) qualifiers** in each individual event and in each relay event advance to the Provincial Championship Swim Meet.

As a courtesy to all possible Provincial qualifiers, the coach of any athlete qualifying to advance to Provincials but who does not intend to compete in that event at Provincials is **REQUESTED** to advise the Zone Rep or his designated official of that fact before leaving the competition facility on the day of the meet, or as soon as possible thereafter. As the Fraser North Zone’s Provincials entries are automatically generated directly from the meet results, coaches with athletes who are not going to compete in that event at Provincials are **REQUIRED** to advise the Zone Rep of this fact in writing or by email. Any scratches not so received prior to the Provincial entries deadline of November 15th will result in the school being charged for those events.

After completion of the zone meet, coaches and teacher liaisons should continue to watch the Live Results web site closely (or meet mobile). As scratches are received by the Zone Rep during the period following the Zone Meet, the meet results will be updated and the rankings revised. The next qualifying swimmers will learn of their opportunities to replace the scratched swimmer at the Provincial meet from the updated rankings on the web site. **Swimmers, coaches and teacher liaisons will NOT be notified directly of their entry into Provincial meet events if it is a result of higher- qualified athletes “scratching” from events.**

## **Live Results**

**Meet results posted at: [www.willyfood.com/results/bchsnf2022](http://www.willyfood.com/results/bchsnf2022)**

**Meet results will also be uploaded to Meet Mobile. Meet Mobile results will also be updated once the meet is complete.**

# **IMPORTANT!!**

**REGISTRATION OF VOLUNTEERS:** Adult volunteers are essential to running a successful swim meet. Volunteers are required for a variety of positions around the pool while a meet is in progress – volunteer categories are;

- Timers and recorders
- Stroke and turn officials
- Clerk of Course
- Food service (officials)
- Security and traffic management

Due to the anticipated length of the meet this year, we will be running the meet in 2 sessions with a short break. We will run 2 shifts of volunteers, which will run from @ 8:30-11:30 and 11:45 to end of the meet (2:30 pm anticipated).

**Schools can pre-register volunteers via the following link. Because spectator capacity is limited at CCAC, we encourage people to sign up for volunteer positions if they want to be able to watch any of the racing.**

<https://signup.com/go/ZWvMXEC>

**REFRESHMENTS WILL BE SERVED TO ALL VOLUNTEERS.**

**Checking in at the meet . . .**

Teams and all team officials (including “volunteers”) will “check in” upon arrival at the pool. Volunteer registration will be monitored at the deadline for event registration and schools will be advised if additional volunteers are required.

**FACILITY USE**

**Coaches & Administrators:**

It is your responsibility to police not only your own athletes but to report any incidents to meet management.

Special traffic control measures will be in place at this meet. Please be attentive (adults and athletes) to advice and instructions from facility and swim meet staff.

• Meet officials will endeavor to manage “traffic” flow throughout the meet in a way that maximizes the health and safety of the athletes, coaches, and volunteers. **PLEASE OBEY REQUESTS AND INSTRUCTIONS FROM THE MEET OFFICIALS AND FACILITY STAFF DIRECTING ATHLETES, COACHES AND VOLUNTEERS TO SUITABLE AREAS.**

**- GEAR IS NOT TO BE LEFT IN ANY OTHER AREA OF THE COMPLEX.**

- Athletes are entirely responsible for the safety and security of their gear. Facility and meet management assume no responsibility for lost and/or stolen items. Athletes and schools are encouraged to make appropriate arrangements for the security of valuable items while athletes are competing.

**- COACHES . . .**

- Bleachers will be provided on-deck for coaches. As space and capacity will be limited, we ask for a maximum of 1-2 coaches per school in this area. Athletes are not to stow their gear in the coach's area. We will be asking for everyone's assistance in keeping traffic moving on the pool deck, and in allowing the lifeguards, pool staff, and deck officials the room necessary to do their jobs.

**- DISCIPLINE . . .**

- Meet management places great importance in preserving our relationship with the CCAC management. If disciplinary measures are required those measures will be at the sole discretion of the Meet Manager. This may include removal of an offending athlete and his/her results from the meet.  
**THERE WILL BE NO TOLERANCE OF ABUSE OF OFFICIALS, POOL STAFF, OR OTHER ATHLETES.**

**-COMBINING OF EVENTS**

In order to run the meet more efficiently, PARA events (at the Zone Championship Meet) WILL LIKELY be combined, seeded by time, with the corresponding able-bodied events. Registration for competition in all meets proceeds as normal - by individual event number, as posted on the registration web site.

While the events may be swum combined, the results will be separated and scored separately for each event by registered event number.

**\*\*Coaches, please inform your PARA swimmers if their events are combined with the able-bodied events, so that they don't miss their swims\*\***

#### **-HEAT SHEETS**

There will be a limited number of heat sheets available at the meet, and these will be distributed primarily to officials and other volunteers.

An electronic copy of the meet program will be distributed to schools the day prior to the meet, and we encourage the schools to distribute that file to all athletes, coaches, and families.

**PLEASE DO NOTE THE CHANGE TO ENTRY REQUIREMENTS:** We are trying to streamline the meet to make it possible to be done before 3:00 pm. This requires that all swimmers be in the correct heat. When we have many heats of "NT" swimmers it slows the meet considerably and it means that many strong swimmers don't get the competition they deserve while new swimmers struggle to keep up with much more experienced competitors. For this reason, we would like ALL INDIVIDUAL ENTRIES to have times. These can be obtained by coaches at practice and do not have to be from any previous competitions. If necessary, we prefer you to estimate a time rather than leave it as NT. Thank you for helping us run a faster, more equitable meet!

## **LIST OF EVENTS**

Finals 1 Girls 200 Medley - B - Relay  
Finals 2 Boys 200 Medley - B - Relay  
Finals 3 Girls 200 Medley - OPEN - Relay  
Finals 4 Boys 200 Medley - OPEN - Relay  
Finals 5 Mixed 50 Freestyle - Para - (may be combined into regular heats)  
Finals 6 Girls 50 Freestyle - B -  
Finals 7 Boys 50 Freestyle - B -  
Finals 8 Girls 50 Freestyle - OPEN -  
Finals 9 Boys 50 Freestyle - OPEN -  
Finals 10 Mixed 50 Backstroke - Para - (may be combined into regular heats)  
Finals 11 Girls 50 Backstroke - B -  
Finals 12 Boys 50 Backstroke - B -  
Finals 13 Girls 100 Backstroke - OPEN -  
Finals 14 Boys 100 Backstroke - OPEN -  
Finals 15 Girls 400 Freestyle - B - Relay  
Finals 16 Boys 400 Freestyle - B - Relay  
Finals 17 Girls 400 Freestyle - OPEN - Relay  
Finals 18 Boys 400 Freestyle - OPEN - Relay  
Finals 19 Mixed 50 Breaststroke - Para - (will be combined into regular heats)  
Finals 20 Girls 50 Breaststroke - B -  
Finals 21 Boys 50 Breaststroke - B -  
Finals 22 Girls 100 Breaststroke - OPEN -  
Finals 23 Boys 100 Breaststroke - OPEN -  
Finals 24 Mixed 100 Freestyle - Para - (may be combined into regular heats)  
Finals 25 Girls 100 Freestyle - B -  
Finals 26 Boys 100 Freestyle - B -  
Finals 27 Girls 100 Freestyle - OPEN -  
Finals 28 Boys 100 Freestyle - OPEN -  
Finals 29 Mixed 200 Medley - B - Relay  
Finals 30 Mixed 200 Medley - OPEN - Relay  
Finals 31 Mixed 50 Butterfly - Para - (may be combined into regular heats)  
Finals 32 Girls 50 Butterfly - B -  
Finals 33 Boys 50 Butterfly - B -  
Finals 34 Girls 100 Butterfly - OPEN -  
Finals 35 Boys 100 Butterfly - OPEN -  
Finals 36 Mixed 200 Freestyle - B - Relay  
Finals 37 Mixed 200 Freestyle - OPEN – Relay  
Finals 38 Mixed 100 IM - Para - (may be combined into regular heats)  
Finals 39 Girls 100 IM - B -  
Finals 40 Boys 100 IM - B -  
Finals 41 Girls 200 IM - OPEN -  
Finals 42 Boys 200 IM - OPEN -  
Finals 43 Girls 200 Freestyle - B - Relay  
Finals 44 Boys 200 Freestyle - B - Relay  
Finals 45 Girls 200 Freestyle - OPEN - Relay  
Finals 46 Boys 200 Freestyle - OPEN - Relay