

2022 Okanagan Regional High School Swim Meet

Valley Commissioner: Geoff Waterman, Penticton Secondary School

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Meet Manager: David Holland, Revelstoke Representative

Phone: 250-837-1508

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1. DATE AND TIMES

Sunday October 23, 2022

- *Facility Opens*, 9:45am
- *Warm-ups*, 10:15am to 11:15am,
- *Officials Meeting*, 11:00am by the Library Entrance
- *Coaches Meeting*, 11:15am by the Crash Desk
- *Events*, 11:30am to approx. 4:00pm

2. VENUE

Revelstoke Aquatic Center, 600 Campbell Ave Revelstoke BC

3. CLASSIFICATION OF COMPETITORS AND RULES

As outlined in the BC School Sports Handbook & Directory (Aquatics) and the Aquatic's website (www.bcschoolsports.ca)

4. MEET RULES

- Swim meet rules governing the meet will be SNC and SWIM BC Rules.
- NT (No Time) entries should be avoided whenever possible, please estimate an athletes entry time where none is available or use a practice time.
- The meet will run cardless. Coaches are responsible for getting swimmers to the blocks. Swimmers who miss their event will not be allowed to re-swim the event.
- The no false start rule will be in effect.
- Once the meet is seeded, scratches will be taken but the meet will not be reseeded.
- Mixed relays will ONLY include two females and two males (from the same school).
- Each swimmer is allowed 6 swims (including relays). No more than 4 individual events and no more than 4 relay events per swimmer. Provincial qualifiers are only allowed 4 swims at the provincial championships (including swimming on, or being listed as, a relay alternate). Maximum 4 swimmers per school in any one event, except for unlimited numbers in the 50 free.
- Swimmers must be in grade 8 or higher. Grade 7's may swim as exhibition only. All athletes need to be clearly marked in the entries with their grade.

- All schools are responsible for having two volunteer timers working through the day. You may arrange shifts for your own volunteers.

5. ENTRY INSTRUCTIONS

- Entries must be completed using Hytek Team Manager. Hytek Team Manager (TM) Lite can be downloaded for free at <https://hytek.active.com/downloads.html>

If you are unfamiliar with the software it is recommended to download it ahead of time to familiarize yourself with it.

- Entries must include Grade and entry time and must be submitted by email to the meet manager (david.holland@lpcorp.com) by 6:00pm Monday October 17th 2022. A psych sheet and team invoice will be emailed out shortly after the entry deadline. Please bring a cheque made out to **Revelstoke Secondary School**.
- Please include the following details in the body of your email when sending your Hytek entries:
 - SCHOOL NAME(S), SCHOOL PHONE #:
 - COACH/SPONSOR NAME:
 - COACH'S EMAIL:
 - TWO VOLUNTEER NAMES, EMAIL ADDRESSES AND DESIRED POSITION:

6. ENTRY FEES

Individual events \$5.00, Relay events \$10.00

7. 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.

There is no refund for scratches after the entry deadline has passed.

8. BC CHAMPIONSHIPS

For the "B" and "Open" Category swimmers, the **top XX qualifiers** in each individual event and in each relay event advance to the Provincial Championships. The Championship meet will be held November 18-19, 2022 at Watermania in Richmond. Provincial meet information is available at <http://www.bcschoolsports.ca/events/aquatics-provincials>

If a top qualifier swimmer or relay team scratches from attending the Provincial Championship meet, the next top qualifier will be selected to attend; therefore, it is advised that coaches ensure students are aware of the championship meet and the qualifying requirements and discuss their availability to attend before the regional meet. AT THE ZONE CHAMPIONSHIPS STUDENTS MUST BE PREPARED TO DECLARE WHETHER OR NOT THEY WILL BE TRAVELLING TO RICHMOND FOR THE PROVINCIAL CHAMPIONSHIPS.

Provincial Championship meet fees will be reimbursed by the zone, provided that schools forward their paid BCSS invoice to the Valley Commissioner no later than December 15, 2022. Invoices received after that date will not be reimbursed.

9. BC SCHOOL SPORTS REGISTRATION

October 5, 2022 11:45 PM Team (Fall) Declaration deadline with BCSS

October 19, 2022 11:45 PM Roster (Fall) Registration deadline for BCSS Aquatics

It is the responsibility of coaches to ensure that their school is registered with BC School Sports and that each swimmer is registered on their school swim team.

• BC SCHOOL SPORTS COMPETITIVE DESIGNATIONS – SWIMMING:

Swimmers will be classified as “A”, “B”, or “Para” swimmers according to the following criteria.

“A” Swimmers (or “Open” Category) are defined as:

- Any swimmer with an SNC (Swimming Nation Canada) number who has competed in a Winter Swim Meet as of September 1st of the previous year.
- Swim academy athletes

“B” Swimmers are defined as:

- As of January 1st, of the championship year, the swimmer trains and competes from May 1st to September 1st with no restrictions.
- From September 2nd to April 30th, the swimmer may train with their high school team and may participate in other speed swimming training such as winter maintenance, tri-club, and private coaching. Total training time (in addition to unrestricted high school practice) as described MAY NOT exceed two hours per week, if two hours per week are exceeded the swimmer is an A swimmer. Waterpolo and synchro training times are not restricted.
- They may not compete in a Winter Swim Meet with an SNC number.

“Para” Swimmers are defined as:

- Swimmers with a disability, they are not required to be classified or have an SNC number

Exceptions

- “B” Swimmers may compete in any “A or Open” Category event.
- “A” Swimmers CANNOT compete in any “B” Category event. “A” category swimmers registered in a “B” event will be disqualified from the Meet, this includes relay teams.

10. TEACHER SPONSORS AND VOLUNTEERS

Each team must be accompanied at all times by a teacher sponsor. 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 a sponsor/chaperone. No teacher/no letter = no swimming.

A representative from each school (ie. Coach or teacher) must attend a meeting immediately following the meet to determine who will be advancing to the provincial championships.

All schools are responsible for having two volunteers working throughout the day.

We will be looking for volunteers as both Timers and Stroke & Turn Officials. Please note that Timers will be trained at the pool on the day of the meet. Stroke & Turn officials must be previously trained and qualified.

11. AWARDS AND SCORING

Placement	1	2	3	4	5	6	7	8	9	10	11	12
Individual Points	14	12	11	10	9	8	7	5	4	3	2	1
Relay Points	28	24	22	20	18	16	14	10	8	6	4	2