



**PORT MOODY AQUARIANS' 54th ANNUAL
GOLDEN SPIKE INVITATIONAL**
Saturday and Sunday,
June 22-23, 2024

POOL FACILITY

- Westhill Pool in Port Moody – 203 Westhill Place (*at the end of Glenayre Drive*)
- 5-lane, 25-meter competition pool
- Colorado Timing System/HYTEK Meet Manager
- Free parking at Westhill Pool and to the north. Map will be sent prior to the meet.

MEET RULES

- This meet is sanctioned by the BCSSA and all BCSSA rules and amendments will apply. The working deck shall consist of those areas within 1.8m of the sides and turning end of the pool and within the fenced/covered area at the finished end. Additional areas of the working deck shall be cordoned off with temporary barriers. To ensure fairness to all swimmers, the working deck will remain off-limits to everyone except swimmers during their events, and officials. Spectators are not permitted inside the working deck area. Swimmers can talk to their coaches, at the coaches' tables, and then must exit the working deck.
- All swimmers must be registered with BCSSA.
- Swimmers must be entered in their age-appropriate division as per the BCSSA age locator.

MEET FORMAT

- All events are **TIMED FINALS**; and individual events will be swum as Open Age Group* and separated as follows:
 - » Div 1-3 and OCAT1
 - » Div 4-7, OCAT2 and O8
 - » **The 50m/100m Fly events on Saturday will be separated Div 1-4/OCat1 and Div 5-7/OCAT2/O8; and the 50m Fly on Sunday will be Div 5-7/OCAT2/O8*
- Results will be separated by division and gender.
- Development 25-meter races for each of the 4 strokes are open to all swimmers DIV 2 and under. These swimmers cannot be entered into the same 50m event in the same stroke.
- Due to time constraints this year, there are **NO TURTLE RACES** or **PARENT RELAYS**.
- Relays are timed finals and will be swum by Division and take place at the end of the heats each day. Coach relays take place after the Breaststroke events.
- **Eliminator 50 FREE (highlighted in blue on the event list page 6)**: All "S" swimmers born in 2005 or later are eligible. Coaches do not register swimmers for these races.
 - » **ROUND 1** is the 50 Free swims on Saturday for all eligible swimmers.
 - » The fastest FIVE (5) swimmers from Round 1 will face off in the **ROUND 2 PRELIMS** on Sunday after the DIV 1-3/OCAT1 Backstroke events.

- » The fastest TWO (2) swimmers from Round 2 Prelims will face off in the **FINALS** which is scheduled immediately following the Coach Relays.
- **Marshalling:**
 - » DIVISIONS 1-3 and OCAT1 – will check in with the Clerk of the Course and be marshalled.
 - » DIVISIONS 4-7, OCAT2 and O8 will self-marshal.

ENTRIES

- **Deck entries are permitted BEFORE 7:30am each day.**
- Swimmers in Divisions 4-7, OCAT2 and O8 must have completed a 200IM in under 4:00 to be eligible to compete in the 200IM.
- Relay entries: Submit to the Office by 10:00am each morning.
- Submit HYTEK or ACTIVE entries to our Meet Manager at: pma.meetmanager@gmail.com **before Tuesday, June 18 at 4:00pm.** Any changes to meet entries are due by 11:59pm Wednesday, June 19. Please include a full roster file.
- Maximum of six (6) events per swimmer PLUS two (2) relays. No more than four (4) events per day.
- Heat placements will be available prior to the meet but are subject to change depending on scratches received. Heats may be combined.

MEET START TIME

- Warm up (*subject to change*):
 - » **7:00 - 8:00am** – warm-up times in 30-min blocks. Clubs will be informed of their times closer to the meet.
- Races Start: **8:30am**

OFFICIALS

- All clubs are expected to supply deck officials and timers for each day of the meet. Lane timing responsibilities will be emailed to clubs prior to the meet.
 - Officials meeting*: 8:00am each day by the dive tank
 - Coaches meeting*: 8:10am each day by the dive tank
- * *meeting times will depend on warm up times – clubs will be informed.*

AWARDS

- **Individual Events:**
 - » Ribbons for 1st to 6th place for all divisions with a minimum of six swimmers.
 - » Ribbons for 1st to 3rd place for all OCAT with a minimum of three swimmers.
- **Relays:** Ribbons for 1st to 3rd place.
- Ribbons will be ready for pick up at the conclusion of Sunday's events. **Please ask a representative from your club to collect your club's ribbons from the Office located beside the diving boards.**
- **Eliminator 50 Free** winner and runner-up will receive a Championship award. NO individual points awarded for this event.

- **Train “Whistle” Races** – Winners of randomly selected heats throughout the weekend receive a prize.
- **Golden Spike Pins** for swimmers who earn four (4) best times in individual events. Swimmers must have a seed time for each event to be eligible.
- **Our Aggregate Award is back! – the “Golden Spike”**. One male and female in each division and in OCAT1 and OCAT2 who earns the most accumulated points in all their individual events (*see point chart below*) will be awarded the top aggregate award. Points will be calculated from (up to) six (6) individual events. The Golden Spike Aggregate winners will be announced after the completion of the 100 Freestyle events; and swimmers can collect their award towards the end of the Meet.

SCORING

- Points are awarded as follows:

Individual Events:		Relays:	
1 st place – 7pts	4 th place – 3pts	1 st place – 14pts	4 th place – 6pts
2 nd place – 5pts	5 th place – 2pts	2 nd place – 10pts	5 th place – 4pts
3 rd place – 4pts	6 th place – 1pts	3 rd place – 8pts	6 th place – 2pts

- No points are awarded for the 25-meter events and the Eliminator 50 Free races.

MEET FEES

- **Individual Events: \$7.50 per swimmer**
- **Relays: \$10.00 per relay**
- Late entries are subject to a \$10.00 fee
- **Payment options:**
 - » Make cheques payable to “PORT MOODY AQUARIANS” and hand payment to Tess Trethewey (Meet Manager) or to Shannon Mercer (Treasurer) by 3:00pm on Sunday, June 23.
 - » Meet Entry Fees can also be paid by etransfer to pmatreasurer@gmail.com

COACHES RELAYS

- **200m Medley Coaches’ Relay on Sunday:** Gather your coaches together! The winning team takes home bragging rights!
- All swimmers must be registered with BCSSA. Registration will be available on site; and forms can be obtained from, and submitted at, the Office (next to the diving boards).

NEW! CLUB CHEERS!

- Be sure to practice! Each club will show off their cheers on Sunday after the coaches’ meeting.

CONCESSION

- Open both days.
- On the Grill:
 - » Breakfast served between 7:00am – 10:30am
 - » Lunch served between 11:00am – 3:00pm
- Packaged snacks and drinks available throughout each day of the meet.
- **Cash and Debit/Credit (Square) accepted.**

RAFFLE BASKETS and ONLINE 50/50

- Raffle basket draws
 - » Tickets can be purchased at the concession by either cash or debit/credit (square). Please get a receipt and bring it to the raffle basket table.
 - » Draws will be made each day at about 4:00pm
- 50/50 online tickets are on sale now and closing June 23. Families can use this link to buy early -- <https://www.rafflebox.ca/raffle/portmoodyaquarians2024>.
 - » The 50/50 QR code will be posted around the pool during the meet.

CONTACTS

Andrea Hunter, President	pmapresident@gmail.com
Kerry LeCorre, Director of Competition	pmadirectorcompetition@gmail.com
Tessa Trethewey, Meet Manager	pmameetmanager@gmail.com

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SATURDAY, JUNE 22, 2024**Warm up:** 7:00am to 8:00am**Races Start:** 8:30am

- DIVISIONS 1-3 and O1 will check in at the Clerk of Course and be marshalled for all events.
- DIVISIONS 4-7, O2 and O8 will self-marshall.

GIRLS	EVENT	DIV / CAT	BOYS
101	100 IM	DIV 1-3 / OCAT1	102
103	200 IM	DIV 4-7 / OCAT2 / O8	104
1	Mixed 25m Freestyle	ALL DIVISIONS	1
105	50m Freestyle	DIV 1-3 / OCAT1	106
107	50m Freestyle	DIV 4-7 / OCAT2 / O8	108
2	Mixed 25m Butterfly	ALL DIVISIONS	2
109	50m Butterfly	DIV 1-4 / OCAT1	110
111	100m Butterfly	DIV 5-7 / OCAT2 / O8	112
151	200m Medley RELAY	DIV 1	152
153	200m Medley RELAY	DIV 2	154
155	200m Medley RELAY	DIV 3	156
157	200m Medley RELAY	OCAT1	158
159	200m Medley RELAY	DIV 4	160
161	200m Medley RELAY	DIV 5	162
163	200m Medley RELAY	DIV 6	164
165	200m Medley RELAY	OCAT2	166
167	200m Medley RELAY	DIV 7	168
169	200m Medley RELAY	O8	170

SUNDAY, JUNE 23, 2024**Warm up:** 7:00am to 8:00am**Races Start:** 8:30am

GIRLS	EVENT	DIV / CAT	BOYS
201	50m Butterfly DIV 5	DIV 5-7 / OCAT2 / O8	202
3	Mixed 25m Backstroke	ALL DIVISIONS	3
203	50m Backstroke	DIV 1-3 / OCAT1	204
920	50m Freestyle ELIMINATOR PRELIMS		921
205	100m Backstroke	DIV 4-7 / OCAT2 / O8	206
4	Mixed 25m Breaststroke	ALL DIVISIONS	4
207	50m Breaststroke	DIV 1-3 / OCAT1	208
209	100m Breaststroke	DIV 4-7 / OCAT2 / O8	210
901	Mixed "O" Cat and O8 200m Freestyle COACH RELAYS		901
922	50m Freestyle ELIMINATOR FINALS		923
211	100m Freestyle	DIV 1-3 / OCAT1	212
213	100m Freestyle	DIV 4-7 / OCAT2 / O8	214
251	200m Freestyle RELAY	DIV 1	252
253	200m Freestyle RELAY	DIV 2	254
255	200m Freestyle RELAY	DIV 3	256
257	200m Freestyle RELAY	OCAT1	258
259	200m Freestyle RELAY	DIV 4	260
261	200m Freestyle RELAY	DIV 5	262
263	200m Freestyle RELAY	DIV 6	264
265	200m Freestyle RELAY	OCAT2	266
267	200m Freestyle RELAY	DIV 7	268
269	200m Freestyle RELAY	O8	270