

AUGUST 3-4, 2024

Region 8: Cariboo

BCSSA Regional Championships



The Prince George Pisces Swim Club would like to extend a warm welcome to those participating in the

CARIBOO REGIONAL CHAMPIONSHIPS 2024

Prince George Aquatic Centre
1770 George Paul Lane, Prince George, BC

We respectfully acknowledge that the land on which we gather this weekend is the unceded ancestral lands of the Lheidli T'enneh.

DATES: Saturday, August 3 – Sunday August 4, 2024
COURSE: 50 metre, 8 lane indoor pool, will be in a 2 x 25 metre competition configuration, starting blocks and Omega Quantum Electronic Timing System

MEET MANAGER: Rory Boyle
ca.director@bcsummerswimming.com

MEET REGISTRATION: registrar.pgpisces@gmail.com

CA REGION CLUBS: Quesnel Sea Lions Aquatic Club
Nechako Otters
Prince George Pisces
Mackenzie Rainbows
Dawson Creek Seals



2024 CARIBOO REGIONAL CHAMPIONSHIP MEET PACKAGE

LOCATION

Prince George Aquatic Centre: 1770 George Paul Lane, Prince George, BC.

FACILITY

- Club tents/day camping permitted in designated areas on the east side of the facility: Saturday and Sunday. See Appendix 1. Please pack up and take all belongings at the end of each day.
- The 50 metre, 8 lane indoor pool will be in a 2 x 25 metre competition configuration. See Appendix 2.

CAMPING

Overnight, self-contained, camping is available in the parking lot directly west of the facility on Friday, Saturday, and Sunday. See Appendix 1. Overnight Camping is at a cost of \$30/night payable to your club president. Permits will be issued to club presidents to distribute to their campers.

RACE FORMAT

- Preliminary Races will be seeded by division and gender. Where available, the registrar may combine heats.
- Final Races will be seeded by division and gender with the fastest 8 swimmers to qualify from the preliminary races. Final races will follow the same event schedule in the afternoon following the preliminaries.

RULES

All current BCSSA rules will apply to the 2024 Cariboo Regional Swim Meet including:

- Each swimmer may swim a maximum of 4 individual events and 2 relays
- Each swimmer must have competed in at least one individual event at one BCSSA meet
- Deck entries will NOT be permitted
- Late entries will NOT be permitted

RACE OFFICIATING

- The Regional Director of Officials (RDO) will oversee all officiating activities in relation to the competition. The RDO has the authority to designate an alternate Senior Official to oversee the officiating of the competition if required or desired.
- The RDO, or designate, will ensure all BCSSA Speed Swimming Rules are adhered to during the competition.
- The Speed Swimming Rules of the BC Summer Swimming Association (dated January 2024), as published on the BCSSA website (the "BCSSA Rules"), will apply. All rules of Stroke and Turn will be applied to all age groups except those swimmers ages 6 and under and/or registered as PUPS. BCSSA Rules are available on the BCSSA website: <https://www.bcsummerswimming.com/officials-education-program>
- All participating clubs should supply at minimum, two-qualified officials or designate an official in training to shadow a qualified official during the competition.
- Lane timing will be completed by all five participating swim club's volunteer bases. Each club will be designated timing stations to man for the entire competition, each lane must provide 3 volunteers per lane (if this requirement cannot be met, the assigned club must notify the Meet Manager by the registration date). Lane assignments as follows:



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- Dawson Creek Seals: Lanes 1 and 2
- Mackenzie Rainbows: Lane 3
- Prince George Pisces: Lanes 4 and 5
- Nechako Valley Otters: Lanes 6/7
- Quesnel Sea Lions: Lanes 7/8
- All timers must be at their timing stations, ready for a pre-race briefing, training, and the timing system pre-race tests at 8:00 am.

MARSHALLING

Marshalling will be announced within the building following the BCSSA policy regarding marshalling calls. All swimmers are encouraged to report to the clerk of the course in the marshalling area as they are called.

- Division 1-4 and O-Cat 1 individual heats and finals will be marshalled
- Division 5-8 and O-Cat 2 individual heats and finals will NOT be marshalled but encouraged to report to the clerk of the course
- All relays will be marshalled

ENTRIES

All entries are due to be submitted via email (registrar.pgpisces@gmail.com) by 10:00 pm on Tuesday, July 31, 2024. Entries must be submitted through Active Swim Manager to export the event file with all entries in the correct events. Please ensure the correct designations ("S" or "O"), gender, and BCSSA IDs are entered for each swimmer with verified birthdates.

QUALIFICATION FOR PROVINCIAL CHAMPIONSHIPS

- The top 3 finishers in the finals of each "S" and "O" individual event will qualify to swim at the Provincial Championships
- Swimmers attaining a Provincial Qualifying Time (PQT) in a finals race, who did not place in the top 3 positions will also qualify to swim at the Provincial Championships.

PROVINCIAL SIGN UP

- The BCSSA Provincial Swim Meet will take place on August 16-18, 2024, at the UBC pool in Vancouver, BC. Attendance at the Provincial Meet, as indicated above, is contingent on a swimmer qualifying according to the outlined criteria.
- All swimmers must notify their coach, preferably prior to the regional swim meet if they intend to swim at Provincial Championships. If a swimmer who places in the top 3 is not attending Provincials, the region can send the next fastest swimmer in their place. Please review the Provincial Championships requirements, commitments, and timelines with your coach prior to the Cariboo Region - Provincial Qualifying Swim Meet.
- All decisions to swim at the Provincial Championships must be made by the end of the Cariboo Region - Provincial Qualifying Swim Meet as entries are sent to the provincial organizers immediately following the awards ceremony. The region would like to send a full roster of swimmers to this year's Provincial Championships.

PROVINCIAL PARENT MEETING

A parent meeting will be held on Saturday, August 3 at the start of afternoon warmups. Vital information about provincials will be discussed. This meeting will take place outside the pool in the grassy area to the right of the main doors.



2024 CARIBOO REGIONAL CHAMPIONSHIP MEET PACKAGE

PROVINCIAL COACHES MEETING

All coaches are required to meet with the Regional Director (and Meet Manager) at the end of the meet on Sunday to finalize the Provincial Entries and Scratches.

ANNUAL GENERAL MEETING

This meeting is scheduled for August 3, 2024, after dinner. Everyone is welcome to attend.

SATURDAY RACE SCHEDULE

GIRLS	EVENT	DIVISION	BOYS
121-139	50 free	1-7 + O Cat 1/2/8	122-140
601	25 free (mixed)	Pups (Division 2 & Under)	601
101-107	100 IM	1-3 + O Cat 1	102-108
109-119	200 IM	4-7 + O Cat 2/8	110-120
201-209	50 fly	1-4 + O Cat 1	202-210
211-219	100 fly	5-7 + O Cat 2/8	212-220
602	25 free (mixed)	Pups (Division 2 & Under)	602
221-227	50 back	1-3 + O Cat 1	222-228
229-239	100 back	4-7 + O Cat 2/8	230-240
141 & Up	200 Medley Relay	All (After Saturday Finals)	142 & Up

SUNDAY RACE SCHEDULE

GIRLS	EVENT	DIVISION	BOYS
301-309	50 fly	5-7 & O Cat 2/8	302-310
603	25 free (mixed)	Pups (Division 2 & Under)	603
311-317	50 breast	1-3 + O Cat 1	312-318
319-329	100 breast	4-7 + O Cat 2/8	320-330
604	25 free (mixed)	Pups (Division 2 & Under)	604
331-349	100 free	1-7 + O Cat 1/2/8	332-350
241 & Up	200 Free Relay	All (Morning After 100 Free)	242 & Up



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DAILY SCHEDULE

ACTIVITY	TIME(S)
Morning Warm-Ups	7:00am to 8:00am (at coaches' discretion)
Officials' Meeting	7:30am to 8:00am
Coaches' Meeting	8:00am to 8:10am
Timers' Meeting	8:00am (seated by 8:20am)
Team Cheers	8:10am-8:20am
Marshalling Call	8:20am
Land Acknowledgement and National Anthem	8:25am
First Race	8:30am
Lunch	When preliminary racing is complete (2-hour break)
Afternoon times will be announced near the end of the final preliminary race	

FOOD

- Light snacks will be provided for meet volunteers only
- There is no concession located at the facility. Swimmers and families are encouraged to pack snacks.
- There is a water bottle filling station located on the pool deck. Swimmers, families, volunteers (i.e. Timers) are encouraged to bring a refillable water bottle.
- The Prince George Pisces will be hosting dinner for all participants and their families on Saturday evening. Food will be served approximately one hour after the final race. Please listen for an announcement.

AWARDS

- Individual Events
 - 1st to 3rd medals
 - 4th to 8th ribbons
- Relay Events
 - 1st to 3rd medals
 - 4th to 8th ribbons
- There are no aggregate medals at the Regional Meet

FUNDRAISING

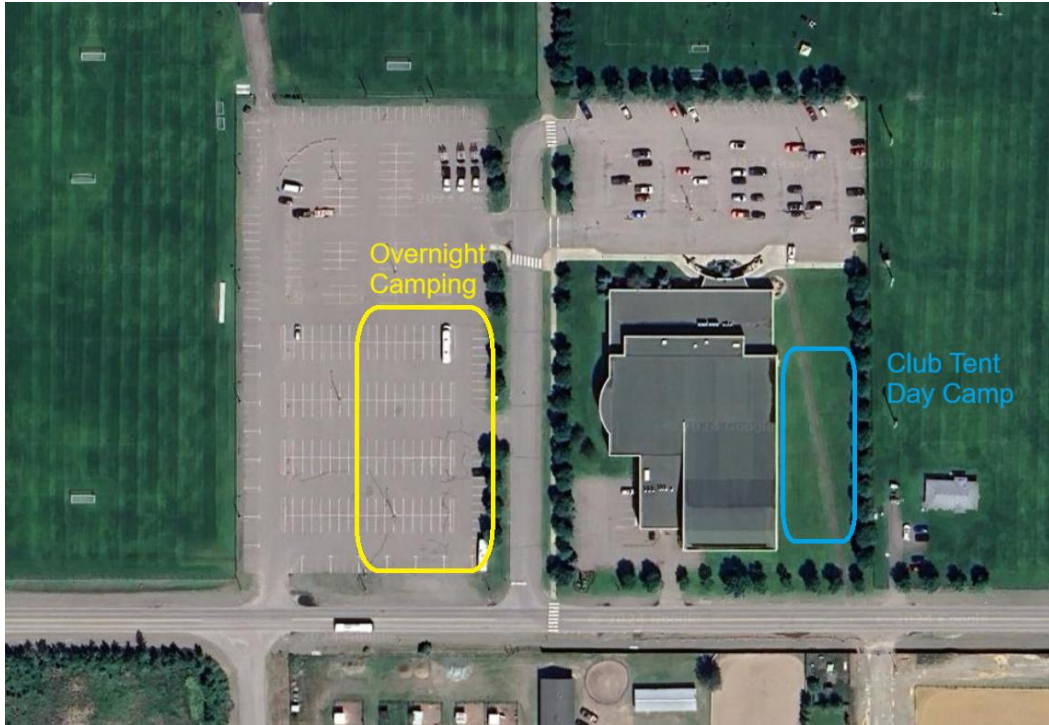
Electronic 50/50 draw and prize raffle tickets are available for purchase

- Ticket sales will begin July 22, 2024, and end August 4, 2024
- Draw for both raffles will occur at 3 pm on Sunday, August 4, 2024, at the Prince George Aquatic Centre
- <https://www.rafflebox.ca/raffle/pgpsc>



2024 CARIBOO REGIONAL CHAMPIONSHIP MEET PACKAGE

APPENDIX 1



APPENDIX 2

TEAM LOCATIONS

- 1. Nechako Valley Otters
- 2. Prince George Pisces
- 3. Quesnel Sea Lions
- 4. Dawson Creek Seals
- 5. Mackenzie Rainbows

