

NSWC Marlins Annual A/B Swim Meet

June 22nd & 23rd 2019



Saturday June 22 - IM, 50 Free, Fly, Mixed Medley Relays

Sunday June 23 - 50 Fly (D 5-8), 100 Free, Back, Breast, Freestyle Relays, Parent Relay

ALL EVENTS ARE TIMED FINALS

The Marlins are going green! Coaches, Parents, Swimmers
PLEASE BRING YOUR OWN REUSABLE COFFEE CUP/WATER BOTTLE!
Help us reduce the waste!

- LOCATION - North Shore Winter Club:**
1325 East Keith Road, North Vancouver, B.C. V7J 1J3
Telephone: 604 985-4135 Fax: 604 985-1519
- DATE & TIME - Saturday June 22nd and Sunday June 23rd, 2019**
Warm-Ups: 6:10am, 6:40am, or 7:10am (**see section K**). At the discretion of the Meet Manager, warm ups may be moved to begin 1 hour later. Clubs and coaches will be notified in advance.
- Timed Finals – meet will begin at 8:00 am SHARP each day.
At the discretion of the Meet Manager the meet may begin at 9:00 am SHARP
- MEET MANAGERS - Michelle Green**
Email: mg1780@telus.net
Phone: 778-668-9333
- CHIEF MEET RECORDER Jeff Wong**
Email: j-wong@shaw.ca
Phone: 604 830-2339
- MEET REFEREE – Wade Bartok**
Email: wade@elitebodyshop.ca

A. FACILITIES

- The North Shore Winter Club has a heated 25 metre, 6 lane outdoor pool.
- Please refer to the attached aerial map which provides a visual guide to the information noted below regarding parking, tenting and spectating.
- Access to and from the boys' and girls' washrooms only, located inside the club south of the pool area, will require that swimmers and other guests travel well marked routes through the club. **Any person found outside these areas will be asked to leave the club. There will be no exceptions.** Porta-potties for swimmers and guests will be located outside the chain link fence surrounding the pool area, at the southwest corner of the pool.
- Due to insurance requirements, the pool is totally enclosed by a chain link fence. Tents will not be allowed within this chain link fence area directly surrounding the pool. Pop-up tents may be placed on the grassy area south and east of the pool but **must be removed each day. Absolutely no tarps or tents with bottoms will be allowed on the grassy areas.**
- **Tenting / sleeping bags / sleeping pads are not allowed on the Tiki deck or Gym deck** (deck area located adjacent the gym area on south side of grassy area south of the pool). Any tents / sleeping bags / sleeping pads in these areas will have to be moved to another location.
- The Lynmouth Avenue, adjacent to the NSWC, will be blocked off. **Diagonal, not parallel, parking, is available in this area.** The grass adjacent Lynmouth and the cul-de-sac can be used for tenting. There will be access to the grassy area south of the pool for swimmers and spectators from a gated entrance off Lynmouth. **Access directly to the pool deck or marshaling area through this gate will not be allowed.**
- **No BBQs, Coleman stoves, rice cookers or cooking of any kind is allowed on club property.** There will be a food concession providing breakfast and lunch.

- The Tiki deck and grassy area to the east and south of the pool area are licensed areas. Due to liquor licensing rules **no outside food is allowed in these areas**. Children are not allowed on the Tiki deck after 5pm but may be on the adjacent grassy areas within the club boundaries.
- **Parking:** Visitors to the North Shore Winter Club **must** park in the underground lot or on the street. The main parking area is reserved for members and violators will be towed at their own expense. Neither NSWC nor the Marlins will be liable for damage to vehicles that results from towing. Please **park diagonally on the portion of Lynnmouth Ave** that is closed for our use during the event. NSWC Marlins volunteers will be directing traffic in the early morning to ensure that we can accommodate as much street parking as possible. It will be quite busy with lots of pedestrians. Please be respectful and heed the directions given by the volunteers.

B. MEET FORMAT

- A/B meet for registered BCSSA members. Vancouver & District "A" Qualifying Times are included as an attachment at the end of this meet package.
- All heats swum as timed finals.
- The Clerk of the Course may combine heats and events at their discretion.
- **Deck entries will NOT be accepted in the mornings.** Please ensure that you have entries submitted per Section C below.
- Vancouver and District Region "A" cut-off times apply for divisions 1 through 4.
- No cut offs for Divisions 5 - 8.
- There will be a "6 & under" category for 25m freestyle, 25m back stroke, 25m kick and 25m breast stroke. Stroke violations will not result in disqualifications, but coaches and swimmers are encouraged to comply with the Rules.
- The medley and freestyle relays are mixed events with each team composed of 2 boys and 2 girls (where possible; if a team cannot provide 2 boys and 2 girls for a medley relay, then the Coach shall advise the Clerk of the Course and/or Meet Manager and may use any combination of boys and girls) all of whom must be "S" swimmers except for Division 8 swimmers. **Each relay team must have at least one swimmer from the entered division.**
- Throughout the meet there will be "bell races", announced at random. "Bell race" winners can pick up their prize from the awards table located adjacent to electronics on the west side of the pool.
- This meet is sanctioned by the BCSSA and all BCSSA rules will apply.

C. ENTRIES

- Entries must be submitted using Swim Manager by 6pm on **Monday June 17th** to Jeff Wong.
- Be sure to include:
 - Team roster with your entries from Swim Manager
 - Submitter's name, phone number and email
 - Coach's contact name, phone number and email address
- Please complete your entries carefully as you will not be limited to only entering your swimmers in the category they are registered in. This meet has "A" events and "B" events. **Swimmers with a Vancouver & District "A" time MUST be entered in the "A" event.** Any swimmer with an "A" time entered in a "B" event will be considered "Exhibition" and will not be included in the scoring. Please refer to the meet package and the attached Vancouver & District time standards for properly entering your swimmers.
- Email all entries to Jeff Wong at j-wong@shaw.ca. Jeff can be contacted at 604-830-2339 if you have any questions. Once entries have been received, you will get a confirmation email, if not please contact Jeff.

- Entrants may swim a **maximum of six individual events and two relays** (mixed medley and freestyle). All swimmers must be registered with BCSSA. No exhibition swims are allowed.
- For individual events, entrants must be entered in their age-appropriate division. Entrants will not be allowed to “swim up” in higher divisions for individual events. (6 & Under swimmers are technically in Division 1 and may be entered in either Division 1 events or in 6 & Under events. Please note however, that if a 6 & Under swimmer is entered in any Division 1 individual event, he/she must be entered as a Division 1 swimmer in all individual events and will not be allowed to enter any 6 & Under individual events.)
- **Non-refundable** meet entry fees are \$8.00 for each individual event; \$12.00 for each relay team.
- Cheques for meet entry fees are to be made payable to **North Shore Winter Club**.
- Cheques for meet entries may be delivered before the meet to the Meet Manager, or may be brought on the first day of the meet. Cheques brought on the first day of the meet must be delivered to the Clerk of the Course by no later than 7:00 am.

D. DECK ENTRIES

- There will be **NO DECK ENTRIES**

E. SCRATCHES

- Scratches are to be handed to the Clerk of Course by the coaches at the swim meet each morning by 7:00am. Please continue to hand in scratches throughout the day. Scratches must be in writing.

F. MARSHALLING

- All Relays will be marshalled
- Div 1 - 4 and O-Cat 1 individual heats will be marshalled
- Div 5 - 8 and O-Cat 2 individual heats will **NOT** be required to check in with the Clerk of the Course and will NOT be marshalled. All swimmers in this category will be assumed to be competing unless scratched before the start of the meet that day. Courtesy calls will still be made but it is the responsibility of the swimmer to ensure they are behind the blocks at the time of their races.

F. RESULTS

- Swimmer results will be calculated using two plunger times and one touch pad time. There will be one stopwatch time, but it will only be used if the electronic timing system fails.

G. POINTS

- Scoring is in accordance with section 10 of BCSSA rules of swimming (page 50): “Meets with no Consolation Finals shall be scored as follows: In 6 lanes 7-5-4-3-2-1 for individual events and double scores for relay events.”

H. AWARDS

- Individual aggregate awards will be presented for Divisions 1 through 4 and O Cat 1, ribbons for 1st through 6th place will be presented. Individual aggregate awards will be presented for Divisions 1 through 4 and O-cat 1, for both "A" and "B" events. In the medley and freestyle relays, ribbons for first through third are awarded for Divisions 1- 6.
- *Although "O" swimmers will swim in "S" events*, there will be separate awards for “O” swimmers, based on their appropriate “O” categories.
- There are no team awards.

I. SPECIAL EVENTS – PARENT RELAY

- A parent relay will take place on Sunday afternoon. This is always a popular event. Mixed teams of eight swimmers (4 female and 4 male) will swim a 200 meter relay (25 meters each). Please have teams and names to the announcer's booth before 11:00am on Sunday.
- Due to NSWC insurance requirements, **all participants must sign both a registration form and waiver before the race**. These forms can be found at the end of this package.
- **Only parents of BCSSA members who are competing in the Marlins 2019 A/B meet are eligible for this relay. Each participant will to HAVE pay a \$5 BCSSA fee which will be remitted to BCSSA at the conclusion of the meet.**

J. OFFICIALS

- Each participating club must provide at least 2 timers and 1 recorder for each time slot of each day of the meet. Volunteer duties will be emailed to each club during the week preceding the meet.
- Each participating club must provide at least 3 stroke & turn officials and 1 senior official for each day of the meet.
- Sign up sheets for all officials will circulated electronically preceding the meet and will also be posted in a prominent place poolside at 6:30 am on each day of the meet.
- An Officials' meeting will commence at 7:20 a.m. on each day of the meet.
- A Coaches' meeting will commence at 7:40 a.m. each day prior to the start of the meet.

K. WARM-UP TIME ASSIGNMENTS

6:10 - Group Home	6:40 - Group Near	7:10 - Group Far
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- Note: These are tentative warm up times and may be subject to change. The meet must start at 8 a.m. SHARP each day.
- The Meet Manager will confirm warm up times and will send these to each club approximately three days before the Meet.

L. SCHEDULE OF EVENTS

- The following schedule is for both days' events and will start at 8 a.m. SHARP each day. Clubs will be notified by June 21st if the start time will be pushed from 8 a.m. to 9 a.m.

SATURDAY JUNE 22, 2019

GIRLS	CATEGORY	EVENT	BOYS
1	Division 1	100 IM	2
3	Division 1A	100 IM	4
5	Division 2	100 IM	6
7	Division 2A	100 IM	8
9	Division 3	100 IM	10
11	Division 3A	100 IM	12
13	O Cat 1	100 IM	14
15	Division 4	200 IM	16
17	Division 4A	200 IM	18
19	Division 5	200 IM	20
21	Division 6	200 IM	22
23	O Cat 2	200 IM	24
25	Division 7	200 IM	26
27	O 8	200 IM	28
29	6 & Under	25 Free	30
31	Division 1	50 Free	32
33	Division 1A	50 Free	34
35	Division 2	50 Free	36
37	Division 2A	50 Free	38
39	Division 3	50 Free	40
41	Division 3A	50 Free	42
43	O Cat 1	50 Free	44
45	Division 4	50 Free	46
47	Division 4A	50 Free	48
49	Division 5	50 Free	50
51	Division 6	50 Free	52
53	O Cat 2	50 Free	54
55	Division 7	50 Free	56
57	O 8	50 Free	58
59	6 & Under	25 Kick	60
61	Division 1	50 Fly	62
63	Division 1A	50 Fly	64
65	Division 2	50 Fly	66
67	Division 2A	50 Fly	68
69	Division 3	50 Fly	70
71	Division 3A	50 Fly	72
73	O Cat 1	50 Fly	74
75	Division 4	50 Fly	76
77	Division 4A	50 Fly	78
79	Division 5	100 Fly	80
81	Division 6	100 Fly	82
83	O Cat 2	100 Fly	84
85	Division 7	100 Fly	86
87	O 8	100 Fly	88
90	Division 1	4 x 50 Mixed Medley Relay	
91	Division 2	4 x 50 Mixed Medley Relay	
92	Division 3	4 x 50 Mixed Medley Relay	
93	Division 4	4 x 50 Mixed Medley Relay	
94	Division 5	4 x 50 Mixed Medley Relay	
95	Division 6, 7, & O 8	4 x 50 Mixed Medley Relay	

SUNDAY JUNE 23, 2019

GIRLS	CATEGORY	EVENT	BOYS
97	Division 5	50 Fly	98
99	Division 6	50 Fly	100
101	O Cat 2	50 Fly	102
103	Division 7	50 Fly	104
105	O 8	50 Fly	106
107	Division 1	100 Free	108
109	Division 1A	100 Free	110
111	Division 2	100 Free	112
113	Division 2A	100 Free	114
115	Division 3	100 Free	116
117	Division 3A	100 Free	118
119	O Cat 1	100 Free	120
121	Division 4	100 Free	122
123	Division 4A	100 Free	124
125	Division 5	100 Free	126
127	Division 6	100 Free	128
129	O Cat 2	100 Free	130
131	Division 7	100 Free	132
133	O 8	100 Free	134
135	6 & Under	25 Back	136
137	Division 1	50 Back	138
139	Division 1A	50 Back	140
141	Division 2	50 Back	142
143	Division 2A	50 Back	144
145	Division 3	50 Back	146
147	Division 3A	50 Back	148
149	O Cat 1	50 Back	150
151	Division 4	100 Back	152
153	Division 4A	100 Back	154
155	Division 5	100 Back	156
157	Division 6	100 Back	158
159	O Cat 2	100 Back	160
161	Division 7	100 Back	162
163	O 8	100 Back	164
165	6 & Under	25 Breast	166
167	Division 1	50 Breast	168
169	Division 1A	50 Breast	170
171	Division 2	50 Breast	172
173	Division 2A	50 Breast	174
175	Division 3	50 Breast	176
177	Division 3A	50 Breast	178
179	O Cat 1	50 Breast	180
** PARENT RELAY (#500) **			
(actual time of Parent Relay may change at discretion of the Meet Manager)			
181	Division 4	100 Breast	182
183	Division 4A	100 Breast	184
185	Division 5	100 Breast	186
187	Division 6	100 Breast	188
189	O Cat 2	100 Breast	190
191	Division 7	100 Breast	192
193	O 8	100 Breast	194
195	Division 1	4 x 50 Freestyle Relay	196
197	Division 2	4 x 50 Freestyle Relay	198
199	Division 3	4 x 50 Freestyle Relay	200
201	Division 4	4 x 50 Freestyle Relay	202
203	Division 5	4 x 50 Freestyle Relay	204
205	Division 6, 7, & O 8	4 x 50 Freestyle Relay	206

**ALL PARTICIPANTS OF THE PARENT RELAY MUST DELIVER THIS SIGNED FORM TO
CLERK OF THE COURSE PRIOR TO RACING**

Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement

In consideration of the North Shore Winter Club ("NSWC") allowing me entry to its facility and participate in the either the parent swim relay or the alumni swim relay or both at the NSWC on June 23, 2019, which is in no way associated with the BCSSA sanctioned swim competition hosted by the NSWC Marlins on June 22 and June 23, 2019.

I, _____, hereby agree as follows:

1. To waive any and all claims that I have or may have in the future against the NSWC or the BCSSA and their respective directors, officers, board members, employees, agents, representatives, volunteers, members, invitees, successors and assigns, insurers and sureties (collectively the "Releasees") and to release the Releasees from any and all liability for any loss or damage or expense or injury, including death that I may suffer or that my next of kin may suffer from my participation in the parent or alumni relay due to any cause, act or omission whatsoever, including without limitation negligence, gross negligence, intentional misconduct, breach of contract, breach of any statutory duty or care or breach of any other duty of care on the part of the Releasees or any of them.
2. To hold harmless and indemnify the Releasees from any and all liability for any damage to property or the third parties that result from my participation in the parent swim relay.
3. This agreement shall ensure to be and effective upon my heirs, next of kin, executors, administrators and personal representatives, in the event of my death or incapacity.

I acknowledge and agree that swimming, including swimming in a relay event, is an inherently dangerous activity, filled with risks both foreseeable and unforeseen, and the intent of this agreement is to make clear that I fully accept all those risks myself, without any liability on the part of the Releasees therefore. By signing this Agreement, which I have read and understood, I am aware that I am waiving certain legal rights, which I or my heirs, next of kin, executors, administrators and representatives may have against the Releasees.

Signature of Witness

Signature of Participant

Print Name Clearly

Print Name Clearly

Date: _____

Date: _____

BC Summer Swimming Association
Temporary "Parent Relay" Membership (Minimum Age: 19)

Club Initials: _____ Region: _____

Last Name		First Name	
Birth Date		Gender	
Address			
City		Postal Code	
Home Phone		Other Phone	
Email			

What is the BCSSA ID of your registered BCSSA Athlete? _____

Note: Only parents of registered BCSSA athletes can register in this category.

Have you been registered in this "Parent Relay" Membership Category Before? YES NO

Medical information pertinent to registration:

This temporary membership is only valid for one aquatic/swim meet.

Club Hosting Meet: _____ Date: _____

Meet Manager's Signature: _____

The BC Summer Swimming Association collects, uses and discloses your personal information for the purposes of verifying identity, registering swimmers, distributing BCSSA information, and fulfilling administrative and competitive functions of the aquatic programs within the BCSSA and its Member Clubs. It is a requirement of registration that the information be provided and, that it will only be used for the purposes indicated or purposes reasonable related. By your signature on this form you signify your consent to the collection, use and disclosure of your personal information to BCSSA and its Member Clubs in accordance with the BCSSA's Privacy Policy.

I certify that the above information is correct to the best of my knowledge:

Signed: _____ Date: _____

Notes to Club Officer:

1. The temporary "Parent Relay" membership is only valid for one swim meet, which the parent swims in.
2. A processing/insurance fee of \$5.00 is to be collected at the time of registration.
3. At the conclusion of the swim meet/event please mail this form and \$5.00 to the BCSSA Provincial Office within two days. **Clubs shall remit one cheque with all forms**

