



POCO MARLINS INVITATIONAL SWIM MEET

Friday, Saturday, and Sunday, June 13, 14, and 15, 2025
Centennial Pool, Port Coquitlam

Friday (Development)	4:00 - 4:40 PM Warm-up 5:00 PM Meet Begins
Saturday & Sunday	7:00 – 7:40 AM Warm-up 7:20 AM Officials Meeting 7:30 AM Coaches Meeting 8:00 AM Meet Begins

MEET FORMAT

Meet Manager: Suzanne Strachan - 604-908-7420 - vicepresident@pocomarlins.com

Meet Referee: Steve MacGregor - 604-360-4931 - officials@pocomarlins.com

Meet Entries: Stephen Hughes - 604-812-8827, competition@pocomarlins.com

The **2025 POCO MARLINS DEVELOPMENT MEET** will have the 6 & Under and Div. 1 events combined for prelims, but results will be separated. This is the same for the Div. 2/3 events. All events will be timed finals.

The **2025 POCO MARLINS INVITATIONAL MEET** will have prelims and finals in each individual event, except for Cat. O and Div. 8, which will be timed finals. There will also be consolation finals for divisions 1-3 50m events. For prelims, divisions 1-3 and 4-7 will be combined by seeding time (1-4 and 5-7 for 50 fly). Results and finals will be separated into each division.

Returning this year is the **Dash for Cash**, sponsored by **Intercity Appraisals**. It's a second 50 free event, with prelims on Sunday morning and finals on Sunday afternoon. It will be restricted to the fastest 18 boys and girls entered, based on valid seed times, and the top 6 will swim the final with **Cash Prizes** for the top three girls and boys. The event is restricted to 'S' swimmers only, Divs 1-7, and swimmers must swim in at least one other event on both Saturday and Sunday. The Dash for Cash does not count towards the 5 individual events, as it is a special race.

Back by popular demand, this year we will have **Bongo Races** throughout the weekend sponsored by **Livian Smith, Mortgage Broker** with Dominion Lending Centres. Athletes will have an opportunity throughout the weekend to win Cash Prizes. When the bongo rings, the winner of that heat will win a cash prize. Relays and finals will not have bell events.

PARENTS PREPARE! It's been a few years, but the parent relay is making another appearance on Saturday. Entries and forms must be submitted on Saturday, June 14th, by 10am. You do not need to submit with club entries in advance.

This meet is sanctioned by the BCSSA, and all BCSSA rules 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.

PoCo Marlins INVITATIONAL SWIM MEET FACILITIES

- 6 lane, 25 metre outdoor pool.
- Concession stand available all three days.
- Ample tent space is available for daily use, but no security for leaving tents overnight.

PARKING

- ❖ Parking is adequate, but the following important restrictions apply:
 - ☐ **DO NOT PARK IN FRONT OF ANY BUSINESSES IN THE AREA**
 - ☐ **DO NOT PARK OR DROP OFF IN THE ALLEY BEHIND THE POOL; THIS IS A FIRE LANE.**
 - ☐ **PARKING IN THESE AREAS MAY RESULT IN YOUR VEHICLE BEING TOWED.**
 - ☐ There is plenty of parking in the Safeway lot and a pedestrian overpass to access it.

COACHES

- **Coaches must be on deck for warm-up.**
- Times and lanes for warm-ups will be assigned after official entries are received. They will be emailed a couple of days before the meet. At the meet, they will be on the announcer's table board at the north end of the pool.

OFFICIALS

- Each club will be required to supply senior deck officials, timers, and recorders.
- Please reach out to our Meet Ref Steve MacGregor to notify him of available senior deck officials. There will be a sign-up form sent out the week of the meet and posted for reference at the announcer's table. officials@pocomarlins.com

AWARDS

- Development Events – **Ribbons** 1st – 6th place
- Individual Events Finals Div. 1-3 – **Medals** 1st- 3rd, Ribbons 4th – 6th place
- Individual 50m Events Consolations Div. 1-3 - **Ribbons** 1st. – 6th place
- Individual Events Finals Div. 4-7 – **Ribbons** 1st – 6th place
- Relay Events - **Ribbons** 1st – 3rd place

ENTRIES

Entries must be submitted by **12:00 PM MONDAY JUNE 9th**, 2025, in **HYTEK format** by e-mail to Stephen Hughes at competition@pocomarlins.com, accompanied by a full club roster. Please include the name and phone number of the meet entry person for your club. Revisions will be accepted until June 9th at 6:00 pm.

- ☐ **\$7.50 per individual event**
- ☐ **\$10.00 per relay event**
- ☐ **No Deck Entries Permitted**

- Swimmers may enter FOUR individual events and TWO relay events.

- Do not submit entries for Dash for Cash or Parent Relay.
- Make cheques payable to the POCO Marlins Summer Swim Club and submit them to Suzanne Strachan, Meet Manager, or Steve MacGregor, Meet Ref.

PoCo Marlins INVITATIONAL SWIM MEET SEEDING

- Each competitor must be registered with BCSSA.
- Swimmers will be seeded per BCSSA Rules.
- There will be **NO DECK ENTRIES** permitted at this meet.
- **FINALS** will be the fastest six swimmers in each event, and **CONSOLATION FINALS** will be the 7th to 12th fastest swimmers in Divisions 1, 2, and 3 50m events only, based on results achieved during each day's preliminary heats.
- Any events/heats with fewer than 5 swimmers may be combined for efficiency.
- Relays, Division 8, Category O1 and O2, and Development events are swum as timed finals during the prelims.

RELAYS

- Relay slips for each day must be presented to the Office by 9:30 AM, and entries must be on the Official Relay Entry Form or a reasonable facsimile.
- **There are no relay events for Divisions 4 through 7, but we encourage coaches to combine senior swimmers from these divisions on Div 8 relays.**

SCRATCHES

- Any scratches after June 9, 2025, are to be submitted to the Office by 7:10 AM on the day of the meet. **NO REFUNDS ON LATE SCRATCHES.**

CLERK OF THE COURSE AND MARSHALING

- The Clerk of the Course and Marshals will be available throughout the meet.
- **DURING PRELIMS AND FINALS**, swimmers of senior events will NOT be required to check in with the Clerk of the Course and will be assumed to be competing UNLESS scratched before the start of the meet each day.
- The Meet Manager shall post current heat sheets in a conspicuous location to allow swimmers to verify their event, heat, and lane assignments.
- Divisions 4-8 and CAT 2 will self-marshall for prelims and finals.
- During FINALS, the Clerk of the Course shall call the swimmer's event 2 times with at least 1 minute between each call. If a swimmer is not present at the clerk of course at this time, they will be disqualified.
- It is the responsibility of the swimmer or alternate to be at the Clerk of the Course when the final event is called.

RESULTS

- Results will be posted on our website and emailed to the same club representatives who submit entries. We will send both the HYTEK zipfile and the complete results PDF.

Poco DEVELOPMENT and INVITATIONAL Meet 2025

Event List- By Event Number

Event #	Event Name	Event #	Event Name
Friday, June 14th		125	Girls 100 Butterfly DIV 8 and CAT 2
1	Girls 25 Freestyle 6 & UNDER/ DIV 1	126	Boys 100 Butterfly DIV 8 and CAT 2
2	Boys 25 Freestyle 6 & UNDER/ DIV 1	151	Girls Div 1 200 Medley Relay
3	Girls 50 Freestyle 6&UNDER/DIV 1	152	Boys Div 1 200 Medley Relay
4	Boys 50 Freestyle 6&UNDER/DIV 1	153	Girls Div 2 200 Medley Relay
5	Girls 50 Freestyle DIVS 2/3	154	Boys Div 2 200 Medley Relay
6	Boys 50 Freestyle DIVS 2/3	155	Girls Div 3 200 Medley Relay
7	Girls 25 Backstroke 6 & UNDER/ DIV 1	156	Boys Div 3 200 Medley Relay
8	Boys 25 Backstroke 6 & UNDER/ DIV 1	157	Girls Div 8 200 Medley OPEN AGE GROUP Relay
9	Girls 50 Backstroke 6 & UNDER/ DIV 1	158	Boys Div 8 200 Medley OPEN AGE GROUP Relay
10	Boys 50 Backstroke 6 & UNDER/ DIV 1	Sunday, June 16th	
11	Girls 50 Backstroke DIVS 2/3	201	Girls 50 Butterfly DIV 5-7
12	Boys 50 Backstroke DIVS 2/3	202	Boys 50 Butterfly DIV 5-7
13	Girls 25 Breaststroke 6 & UNDER/ DIV 1	203	Girls 50 Butterfly DIV 8 and Cat 2
14	Boys 25 Breaststroke 6 & UNDER/ DIV 1	204	Boys 50 Butterfly DIV 8 and Cat 2
15	Girls 50 Breaststroke 6 & UNDER/ DIV 1	211	Girls 50 Backstroke DIV 1-3 and CAT 1
16	Boys 50 Breaststroke 6 & UNDER/ DIV 1	212	Boys 50 Backstroke DIV 1-3 and CAT 1
17	Girls 50 Breaststroke DIVS 2/3	213	Girls 100 Backstroke DIV 4-7
18	Boys 50 Breaststroke DIVS 2/3	214	Boys 100 Backstroke DIV 4-7
19	Girls 25 Butterfly 6 & UNDER/ DIV 1	215	Girls 100 Backstroke DIV 8 and CAT 2
20	Boys 25 Butterfly 6 & UNDER/ DIV 1	216	Boys 100 Backstroke DIV 8 and CAT 2
21	Girls 50 Butterfly 6 & UNDER/ DIV 1	221	Girls 50 Breaststroke DIV 1-3 and CAT 1
22	Boys 50 Butterfly 6 & UNDER/ DIV 1	291	Girls 50 THE DASH FOR CASH
23	Girls 50 Butterfly DIVS 2/3	292	Boys 50 THE DASH FOR CASH
24	Boys 50 Butterfly DIVS 2/3	222	Boys 50 Breaststroke DIV 1-3 and CAT 1
Saturday, June 15th		223	Girls 100 Breaststroke DIV 4-7
101	Girls 100 IM DIV 1-3 AND CAT 1	224	Boys 100 Breaststroke DIV 4-7
102	Boys 100 IM DIV 1-3 AND CAT 1	225	Girls 100 Breaststroke DIV 8 and CAT 2
103	Girls 200 IM DIV 4-7	226	Boys 100 Breaststroke DIV 8 and CAT 2
104	Boys 200 IM DIV 4-7	231	Girls 100 Freestyle DIV 1-3 and CAT 1
105	Girls 200 IM DIV 8 and CAT 2	232	Boys 100 Freestyle DIV 1-3 and CAT 1
106	Boys 200 IM DIV 8 and CAT 2	233	Girls 100 Freestyle DIV 4-7
111	Girls 50 Freestyle DIV 1-3 and CAT 1	234	Boys 100 Freestyle DIV 4-7
112	Boys 50 Freestyle DIV 1-3 and CAT 1	235	Girls 100 Freestyle DIV 8 and CAT 2
113	Girls 50 Freestyle DIV 4-7	236	Boys 100 Freestyle DIV 8 and CAT 2
114	Boys 50 Freestyle DIV 4-7	251	Girls Div 1 200 Freestyle Relay
115	Girls 50 Freestyle DIV 8 and CAT 2	252	Boys Div 1 200 Freestyle Relay
116	Boys 50 Freestyle DIV 8 and CAT 2	253	Girls Div 2 200 Freestyle Relay
121	Girls 50 Butterfly DIV 1-4 and CAT 1	254	Boys Div 2 200 Freestyle Relay
122	Boys 50 Butterfly DIV 1-4 and CAT 1	255	Girls Div 3 200 Freestyle Relay
123	Girls 100 Butterfly DIV 5-7	256	Boys Div 3 200 Freestyle Relay
124	Boys 100 Butterfly DIV 5-7	257	Girls Div 8 200 Freestyle OPEN AGE GROUP Relay
		258	Boys Div 8 200 Freestyle OPEN AGE GROUP Relay