

**BCSSA Simon Fraser Region
2025 Speed Swimming Regional Championships
August 1st to 3rd, 2025**

Meet Package

Participating Clubs:

- | | |
|---------------------------|--------|
| ✓ Burnaby Barracudas | BUR-SF |
| ✓ Burnaby Mountain Mantas | BMM-SF |
| ✓ Coquitlam Sharks | COQ-SF |
| ✓ Port Coquitlam Marlins | PCM-SF |
| ✓ Port Moody Aquarians | PMA-SF |

Meet Manager	Carl Trepanier
Meet Referee	Jeff Sheehan
Meet Secretary	Ashley Sandquist
Chief Meet Recorder	Natalia Loginova

Meet Schedule

	August 1, 2023	August 2, 2023	August 3, 2023
Preliminary Heats Warm-up	7:45 – 8:45 am	7:45 – 8:45 am	7:45 – 8:45 am
Preliminary Heats Start	9:00 am	9:00 am	9:00 am
Finals Warm-up*	12:30 pm	12:30 pm	12:30 pm
Finals Start*	1:45 pm	1:45 pm	1:55 pm
Jason Parrish Scholarship Award			1:35 pm
Preliminary Heats Scratches Due	7:50 am	7:50 am	7:50 am
Relay Cards Due	8:30 am	8:30 am	N/A
Finals Scratches Due	Start of Finals Warm-up	Start of Finals Warm-up	Start of Finals Warm-up
Officials Meeting	8:10 am	8:10 am	8:10 am
Coaches Meeting	8:30 am	8:30 am	8:30 am

* Finals Warm-ups and Finals times are approximate. Actual times will depend on the end time of Preliminary Heats. Finals Warm-ups will begin immediately upon the completion of Preliminary Heats.

Meet Venue

Central Park Outdoor Swimming Pool at 6110 Boundary Rd., Burnaby, BC

- ❖ A 25 metre long, 8 lane outdoor pool.
 - The east tank will be designated for competition.
 - The west tank will be allocated as “Warm-Up & Warm-Down Area”. Swimmers using the Warm-Up & Warm-Down Area must be supervised by their coach.
- ❖ Coaches’ tables are located on deck along the North side of the pool.
- ❖ Spectator viewing area and bleachers are located South and East of the pool.
- ❖ Clerk of the Course is located at the west end of the pool deck. Marshalling areas are located on each side of the pool just west of the starting blocks.
- ❖ Concession will be open for breakfast and lunch.
- ❖ Parking at main lot and in residential area on the west side of Boundary Road. Please respect all local parking rules.

Rules

1. The current BCSSA Rules and Regulations as published in January 2025 will apply.

Format

1. All Individual events will swim Preliminary Heats and Championship Finals. Div 1-5 events will also swim a Consolation Final, and Div 1-3 50 Free will swim a second Consolation Final.
2. Marshalling Rules for 2025 Senior Divisions Check in Procedure (Div 5 and older) Senior swimmers will not be marshalled for Heats or Finals. Finalists, Consolation Finalists and Alternates will report directly to the starting end of the pool prior to the start of their race. These events will be swum with the Championship Final swimming first, followed by the Consolation Final. The Clerk of the Course, or designate, will be stationed in a conspicuous place adjacent to the start end of the finals pool, and will assist the session referee with alternate substitutions.
3. In order for a Consolation Final to be swum, a minimum of ten (10) swimmers must compete in the Final session, i.e. there must be a full heat in the Championship Final plus a minimum of two (2) swimmers in the Consolation Final.
4. Relays for any Divisions with 8 or fewer team entries will swim as Timed Finals during the Finals session. Relays with 9 or more entries will swim as Preliminary Heats and Championship Finals. Relays have no Consolation Final.
5. Scratches for Championship Finals must be submitted to the Timing Office at the start of Finals warm-ups, to allow alternates proper time to prepare.
6. All events will be circle seeded in the Preliminary Heats by gender and division.
7. Swimmers entered incorrectly or NT may be randomly seeded in the Preliminary Heats at the discretion of the Meet Manager.
8. O-Cat 2, O-Cat 8 and O-Cat 10 Preliminary Heats and Championship Finals will be combined for all events with 8 or fewer entries. These events will be scored separately.
9. At the Meet Manager's discretion, other Preliminary Heats and Championship Finals events may also be combined for efficiency.
10. All member clubs, competitors, coaches, officials or individuals attending the Regional Championships shall abide by the BCSSA Code of Conduct and BCSSA Rules and Regulations. Any members or individuals who fail to comply with the above may be subject to discipline by the Meet Manager.
11. Alternates for Divs 1 to 4 and OCat 1, if called, will be given an Alternate Slip by the Clerk of the Course as proof of their eligibility to swim in the Final or Consolation Final. This slip must be presented to the timers for that race.

Timing System

1. Colorado timing system with electronic touch pad and buttons interfaced with Hy-Tek Meet Manager® and 8-line display scoreboard will be used as the approved automatic judging and timing system in accordance with the BCSSA rules.
2. If a malfunction or light touch invalidates the touch pad results, the electronic button results will be considered as the Official Times.

Eligibility

1. All participating swimmers must be registered with BCSSA and a member of a Simon Fraser Region for the 2025 season.
2. Swimmers may compete in up to four (4) individual events and two (2) relays.
3. Athletes must have competed for a BCSSA club in a scheduled BCSSA swim meet, during the 2025 season, in **EACH** individual event they wish to compete in at the Regional Championship Meet.
4. Athletes competing on a club relay at the Regional or Provincial Championship Meet must have competed in at least one individual event during the current season.

Entries

1. A swimmer will be entered into an event based on their best time, if available, in the current 2025 competition season. Their 2025 Best Time, if available, must be included in the exported meet entries file from Swim Manager®.
2. A swimmer with no time (NT) or no legal time in the 2025 competition season in a particular event is eligible to compete in the Regional Championships in that event **and will be randomly seeded with NT. Estimated times will not be accepted.** Clubs are responsible to ensure correct Best Times are used and submitted with their entries. Simon Fraser Region is not responsible for the Entry Times. Simon Fraser Region is also not responsible for the proper seeding of the swimmers with incorrect Best Times or no Best Time.
3. Entries must be received by the Meet Manager via email before 9:00 pm Monday, July 28th, 2025. Email entries to sf.director@bcsummerswimming.com
4. Entries are closed to changes or additions as of 9:00 pm Monday July 28th, 2025.
5. Any request for corrections after entries closing must be made to the Meet Manager, and will be considered at their sole discretion.
6. Entry Fees
 - i. \$6.00 per individual event
 - ii. \$8.00 per relay
7. Entry fees must be paid by cheque to the "BCSSA Simon Fraser Region" in full to the Regional Director or Regional Treasurer or by direct deposit to sf.director@bcsummerswimming.com by 5:00 pm, August 3rd, 2025.
8. There will be **no** deck entries.
9. Clubs must send their head coach and one member of their club executive with their printed copies of the club's 'Individual Meet Entries Report' and two (2) copies of the club's 'Top Times Spreadsheet Report' to the Region Seeding Meeting at 7:00 pm Tuesday, July 29th at the BCSSA Provincial Office at 205-2323 Boundary Road in Vancouver. Coaches are asked to bring their preliminary relay forms to the Regional Seed Meeting. This will allow the Meet Office to enter relay teams ahead of the meet. Relay teams will be kept confidential and not shared with any other club.

Relay Entries

1. Relay entries must be on an **Official Relay Entry form (available from BCSSA website).**
2. The final relay entry forms must be submitted by the following times (No exceptions, no extensions):

Aug 1 Relays	10:00 am August 1
Aug 2 Relays	10:00 am August 2
3. Only the four swimmers and the two alternates named on the Relay Entry form will be allowed to swim in the event.

Awards

1. Medals will be awarded to 1st – 3rd place finishes and ribbons will be awarded to 4th – 16th place finishes for Divisions 1-5 based on results from Finals.
2. Medals will be awarded to 1st - 3rd place finishes and ribbons will be awarded to 4th – 8th place finishes for Divisions 6 and 7 and O-Cat 1, 2, 8 and 10 based on results from Finals.
3. Medals will be awarded to 1st – 3rd place finishes and ribbons will be awarded to 4th – 8th place finishes for Relay Teams based on results from Finals.
4. There will be no individual or club aggregate awards.

5. All provincial qualifiers will be given a Simon Fraser Region T-shirt and swim cap to be worn at the 2025 Provincials in Prince George. Each swimmer is limited to one T-shirt and one swim cap regardless of the number of events or sports qualified.
6. Scoring per BCSSA Rules Section 10
 - Championship Finals: 18-16-15-14-13-12-11-10
 - Consolations Finals: 9-7-6-5-4-3-2-1
 - Relays: 36-32-30-28-26-24-22-20
7. Final results and club points will be provided to each Club President by email.

Provincial Qualifiers

1. All individual event Provincial qualifiers **must sign up** with the Regional Secretary in order to be entered into the Provincial Championships. Qualifying relay teams must be signed up however the team members do not need to be specifically named at sign up.
A sign-up sheet for Provincials will be available where swimmers pick up their Simon Fraser Region T-shirt and swim cap. Swimmers younger than 18 years old must be signed up by one of their parents. The sign-up sheet will be available during Friday, Saturday and Sunday Finals and up to one (1) hour after the completion of the Finals on Sunday.
If a swimmer does not sign up for Provincials, their provincial advancer eligibility may be forfeited and they may be scratched one (1) hour after the completion of the Finals on Sunday. In that case, their spot at the 2025 Provincials may be given to the next qualifier.
2. The Provincials sign up will enable the Region to contact Alternates and fill any vacant spots before the entries are submitted to the BCSSA. It is imperative that Club Presidents and Head Coaches are aware of the risk that qualified relay teams may not be able to compete at Provincials if the relay team is not signed up.
3. Please submit any provincial scratches to sf.director@bcsummerswimming.com by **9:00 pm Sunday August 3rd, 2025**.
4. Regional Relay Teams for Provincials will be determined by a committee of all participating club head coaches or their designates. **All decisions made by the committee are Final.**

Speed Swimming Event List

Friday August 1st, 2025

Girls	Division	Event	Boys
101	I	100m IM	102
103	II	100m IM	104
105	III	100m IM	106
107	'O' CAT 1	100m IM	108
109	IV	200m IM	110
111	V	200m IM	112
113	VI	200m IM	114
115	'O' CAT 2	200m IM	116
117	VII	200m IM	118
119	'O' CAT 8	200m IM	120
121	I	50m Free	122
123	II	50m Free	124
125	III	50m Free	126
127	'O' CAT 1	50m Free	128
129	IV	50m Free	130
131	V	50m Free	132
133	VI	50m Free	134
135	'O' CAT 2	50m Free	136
137	VII	50m Free	138
139	'O' CAT 8	50m Free	140
501	'O' CAT 10	50m Free	502
141	I	4x50m Medley Relay	142
143	II	4x50m Medley Relay	144
145	III	4x50m Medley Relay	146
147	'O' CAT 1	4x50m Medley Relay	148
149	IV	4x50m Medley Relay	150
151	V	4x50m Medley Relay	152
153	VI	4x50m Medley Relay	154
155	'O' CAT 2	4x50m Medley Relay	156
157	VII	4x50m Medley Relay	158
159	'O' CAT 8	4x50m Medley Relay	160

Speed Swimming Event List

Saturday August 2nd, 2025

201	I	50m Fly	202
203	II	50m Fly	204
205	III	50m Fly	206
207	'O' CAT 1	50m Fly	208
209	IV	50m Fly	210
211	V	100m Fly	212
213	VI	100m Fly	214
215	'O' CAT 2	100m Fly	216
217	VII	100m Fly	218
219	'O' CAT 8	100m Fly	220
221	I	50m Back	222
223	II	50m Back	224
225	III	50m Back	226
227	'O' CAT 1	50m Back	228
229	IV	100m Back	230
231	V	100m Back	232
233	VI	100m Back	234
235	'O' CAT 2	100m Back	236
237	VII	100m Back	238
239	'O' CAT 8	100m Back	240
503	'O' CAT 10	100m Back	504
241	I	4x50m Free Relay	242
243	II	4x50m Free Relay	244
245	III	4x50m Free Relay	246
247	'O' CAT 1	4x50m Free Relay	248
249	IV	4x50m Free Relay	250
251	V	4x50m Free Relay	252
253	VI	4x50m Free Relay	254
255	'O' CAT 2	4x50m Free Relay	256
257	VII	4x50m Free Relay	258
259	'O' CAT 8	4x50m Free Relay	260

Speed Swimming Event List
Sunday August 3rd, 2025

Girls	Division	Event	Boys
301	V	50m Fly	302
303	VI	50m Fly	304
305	'O' CAT 2	50m Fly	306
307	VII	50m Fly	308
309	'O' CAT 8	50m Fly	310
505	'O' CAT 10	50m Fly	506
311	I	50m Breast	312
313	II	50m Breast	314
315	III	50m Breast	316
317	'O' CAT 1	50m Breast	318
319	IV	100m Breast	320
321	V	100m Breast	322
323	VI	100m Breast	324
325	'O' CAT 2	100m Breast	326
327	VII	100m Breast	328
329	'O' CAT 8	100m Breast	330
507	'O' CAT 10	100m Breast	508
331	I	100m Free	332
333	II	100m Free	334
335	III	100m Free	336
337	'O' CAT 1	100m Free	338
339	IV	100m Free	340
341	V	100m Free	342
343	VI	100m Free	344
345	'O' CAT 2	100m Free	346
347	VII	100m Free	348
349	'O' CAT 8	100m Free	350