

# WRASA



# WRACES

# 2025

Blank

MLA Letter



Welcome!

The White Rock Amateur Swimming Association welcomes swimmers, coaches, friends, and family to WRASA WRaces 2025 at Grandview Heights Aquatic Centre July 12-13 2025.

This event would not be possible without the amazing support of our volunteers, parents, family members, sponsors, club's both within and outside of the Fraser South Region, and the BCSSA.

The true value of summer swimming is not in the attainment of medals and ribbons, but rather the strong friendships and sense of community built through the pursuit of common goals and time spent poolside and under the tents with friends and family.

We thank you for joining us in our 106<sup>th</sup> summer and look forward to see you on deck and under the tents.

A handwritten signature in black ink, reading 'Melanie Gervais'.

Melanie Gervais

Meet Manager

## Dates

July 12 and 13 2025

## Location

Grandview Heights Aquatic Centre - 16855 24 avenue Surrey BC

Directions: Click [HERE](#)



## Contacts

Meet Manager: Melanie Gervais [melanie@wrasa.ca](mailto:melanie@wrasa.ca)

Meet Referee: Jason Meyer [officials@ndsunfish.ca](mailto:officials@ndsunfish.ca)

## Website

[WRASA WRaces Website: Click Here](#)

## Time

### Both Days:

Warm Up: 7:30-8:30 AM

Officials' Meeting: 8:15 AM (Marshalling area)

Coaches' Meeting: 8:30 AM (Marshalling area)

Team Cheers: 8:40 AM

Marshalling starts: 8:45 AM

National Anthem: 8:55 AM

Opening Remarks: 8:55 AM

Heats Begin: 9:00 AM

After Heats, before finals, 30 minutes warm up, 30 minutes still water

## Format

Heats and finals

Swimmers with NT will be seeded in the slower heats

Finals: Top 8 will swim in their specific division per event

All 25m, O8 and relay events will be swam as timed finals

Electronically timed event. Omega Timing System (Ares) will be used as the automatic judging and timing system in accordance with the BCSSA rules. Two electronic plungers per lane will back up the automatic timing system. One lane timer and one recorder will each operate a plunger. Should the automatic judging and timing system fail for an extended period of time, the meet will proceed with manual timing (2 stopwatches with "starting gun")

Heat Sheets will be posted on the East facing outside wall and are available here: [WRACES | wrasa](https://www.wrasa.ca/about-5)  
(<https://www.wrasa.ca/about-5>)

## Working Deck

The working deck shall consist of; on the south side, from pool edge to wall, on the east side, the entire bulkhead, on north side 2 meters from pool edge, and on west side 2 meters from pool edge. The pool deck is off limits to all except coaches, officials, on shift volunteers with badges, swimmers with upcoming/recently completed races. Spectators can observe from the second floor bleachers. Swimmers can talk to their coaches at the coaches' tables on the north side of the pool and then must exit the working deck through Blenz or the changerooms.

## Rules

This meet is sanctioned by the BCSSA and all BCSSA rules and amendments will apply.

**[Codes of Conduct: Click Here](#)**   **[BCSSA Rule Book: Click Here](#)**

## Safe Sport

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

## Teams Invited

Boundary Bay Bluebacks, Cloverdale Tritons, Crescent Beach Swim Club, Ladner Stingrays, Langley Flippers, North Delta Sunfish, Post Coquitlam Marlins, Richmond Kigoos, Surrey Sea Lions.

## Entries

Entry Deadline: Sunday July 6th 6:00pm

Please email online meet entry file to: [wrasa@wrasa.ca](mailto:wrasa@wrasa.ca)

Deck entries \$30 only if heats permit. Due no later than 8:30am each morning. Please submit requests to Clerk of the Course in Marshalling and await approval from Office.

Swimmers are allowed to enter 6 events and 2 relays.

Relay Cards entries are due in the Office on Deck by 8:30am each day

Entry Fees: \$12 per event. \$5 for 25m swims. \$18 per relay.

The regular fees will apply for 6 and under swimmers that enter in 50m Div 1 events.

Cheques payable to: WRASA. E-transfer single club payment to: [treasurer@wrasa.ca](mailto:treasurer@wrasa.ca)

## Relays

Relay Cards entries are due in the Office on Deck by 8:30am each day

Entry Fees: \$18 per relay

Please submit all relay changes on the appropriate BCSSA Relay Change Form.

Relay Cards Available from Clerk of the Course, in the Office on Deck and Online here:  
[c6ceef\\_08d718a58a354d0aa10e065b27acef1e.pdf \(bcsummerswimming.com\)](#)

25 Meter Fun Relays. Coaches and Parents can participate in 25 Meter x 4 Relays starting on opposite ends of the pool. Prizes for fastest and most unique swims.

## Scratches

Scratches due by Wednesday July 9 6:00pm. Form available online here:

[58773e 671a73838c304331aadee0c4012db446.pdf \(bcsummerswimming.com\)](https://forms.office.com/r/58773e671a73838c304331aadee0c4012db446)

No refunds for missed swims.

## Warm Ups

- Lane assignments for warm ups will be sent out by email to attending clubs a few days prior to the event by the meet manager.
- For all warm ups, swimmers may dive off blocks or the side of the pool at the start. They may exit at ladders on either end of the pool. Swimmers may not climb over starting wall or the bulkhead.

## Timers and Officials

Timers / Officials: As for all swim meets, all clubs are expected to have individuals to work as deck Officials. Clubs will also be assigned lanes for timers and recorders. Please organize volunteers from your club to fill these positions. Sign Up is [HERE](#)

[https://docs.google.com/spreadsheets/d/1ljXCPNJ8iSCcFLGaLYS8y9anfMGaM8v\\_M1RQWJUthY/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1ljXCPNJ8iSCcFLGaLYS8y9anfMGaM8v_M1RQWJUthY/edit?usp=sharing)

## Results

Results will be posted outside on the east wall of the office building, and in Meet Mobile, on the day of the meet.

Final results will be sent to the same club representatives that send in the entries once the meet is done

## Awards

Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place for finals in individual events. Ribbons for 4<sup>th</sup>-8<sup>th</sup> place for individual events. Ribbons for 1<sup>st</sup>-8<sup>th</sup> place in relays.

Points allocation to be determined.

Top 3 for finals will be escorted outside to podium on east side of building for photos.



## Marshalling

The entrance to Marshalling is through the East side of the building near the day camping area.

A QR Code to the Marshalling WhatsApp group will be posted in numerous spots around the facility.

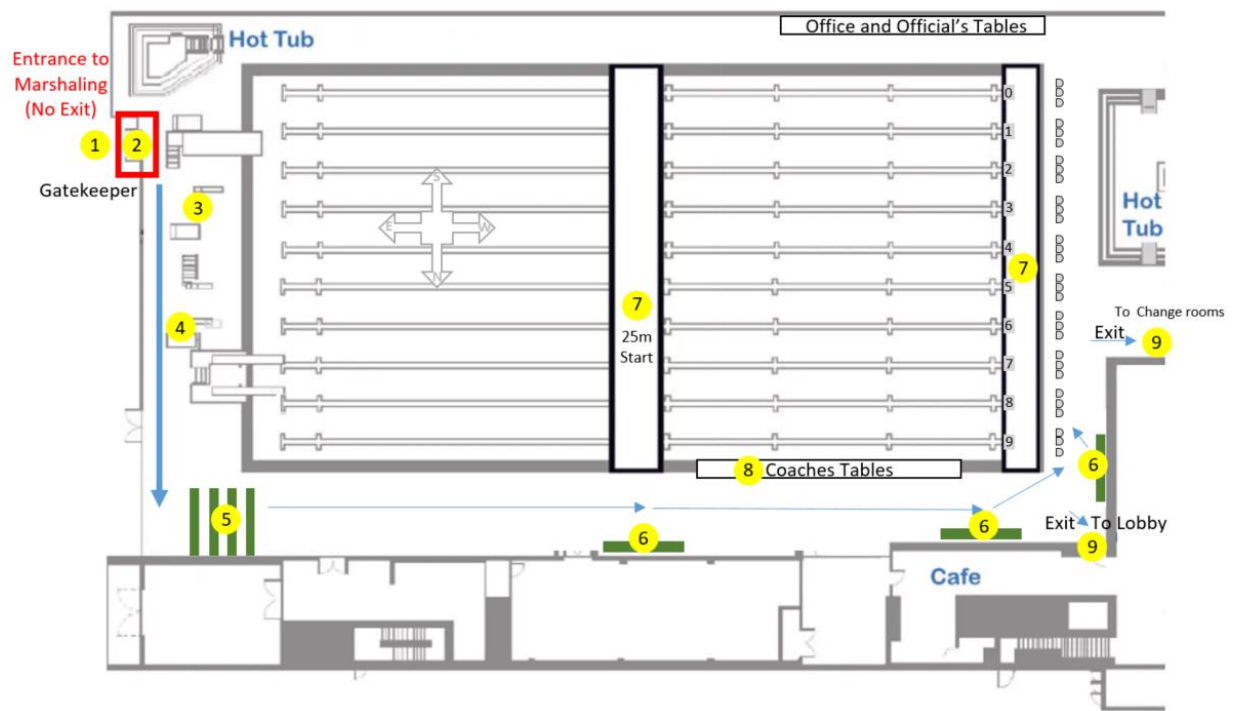
Div 5-8 and Ocat2 swimmers can self-marshall. Coaches can sign in with Clerk of the Course (Monica Dong) and report to the blocks before their heat.

Traffic flow for marshalling is as below:

### Traffic Flow for Swimmers

1. Check in with Gatekeeper
2. Enter Building through East Entrance
3. Wash Feet under Shower
4. Walk behind Diving Boards towards Marshalling
5. Sit on benches by Heat
6. Move along benches, guided by Marshallers
7. 25 meter swims begin on Bulkhead, all others begin at Blocks
8. After races, swimmers make their way to Coaches tables
9. Exit the pool deck through Single door by Coffee shop or through Change rooms

## WRASA WRaces Grandview Heights Aquatic Centre Traffic





## Event Order

Session: 1 Saturday Prelims Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds	
Round	Event
Prelims	101 Girls 100 IM Combined 1-3+01
Prelims	102 Boys 100 IM Combined 1-3+01
Prelims	103 Girls 200 IM Combined 4-8+02
Prelims	104 Boys 200 IM Combined 4-8+02
Prelims	105 Girls 50 Freestyle All Divisions
Prelims	106 Boys 50 Freestyle All Divisions
Prelims	107 Girls 50 Butterfly Combined 1-4+01
Prelims	108 Boys 50 Butterfly Combined 1-4+01
Prelims	109 Girls 100 Butterfly Combined 5-8+02
Prelims	110 Boys 100 Butterfly Combined 5-8+02
Finals	150 Girls Div 1 200 Medley Relay
Finals	151 Boys Div 1 200 Medley Relay
Finals	152 Girls Div 2 200 Medley Relay
Finals	153 Boys Div 2 200 Medley Relay
Finals	154 Girls Div 3 200 Medley Relay
Finals	155 Boys Div 3 200 Medley Relay
Finals	156 Girls "O" Cat 1 200 Medley Relay
Finals	157 Boys "O" Cat 1 200 Medley Relay
Finals	158 Girls Div 4 200 Medley Relay
Finals	159 Boys Div 4 200 Medley Relay
Finals	160 Girls Div 5 200 Medley Relay
Finals	161 Boys Div 5 200 Medley Relay
Finals	162 Girls Div 6 200 Medley Relay
Finals	163 Boys Div 6 200 Medley Relay
Finals	164 Girls "O" Cat 2 200 Medley Relay
Finals	165 Boys "O" Cat 2 200 Medley Relay
Finals	166 Girls Div 7 200 Medley Relay
Finals	167 Boys Div 7 200 Medley Relay
Finals	168 Girls "O" Cat Div 8 200 Medley Relay
Finals	169 Boys "O" Cat Div 8 200 Medley Relay

Sunday Prelims Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +30 Seconds	
Round	Event
Prelims	201 Girls 50 Butterfly Combined 5-8+02
Prelims	202 Boys 50 Butterfly Combined 5-8+02
Finals	203 Girls 6 & Under 25 Backstroke
Finals	204 Boys 6 & Under 25 Backstroke
Prelims	205 Girls 50 Backstroke Combined 1-3+01
Prelims	206 Boys 50 Backstroke Combined 1-3+01
Prelims	207 Girls 100 Backstroke Combined 4-8+02
Prelims	208 Boys 100 Backstroke Combined 4-8+02
Finals	209 Girls 6 & Under 25 Breaststroke
Finals	210 Boys 6 & Under 25 Breaststroke
Prelims	211 Girls 50 Breaststroke Combined 1-3+01
Prelims	212 Boys 50 Breaststroke Combined 1-3+01
Prelims	213 Girls 100 Breaststroke Combined 4-8+02
Prelims	214 Boys 100 Breaststroke Combined 4-8+02
Finals	215 Girls 6 & Under 25 Freestyle
Finals	216 Boys 6 & Under 25 Freestyle
Prelims	217 Girls 100 Freestyle All Divisions
Prelims	218 Boys 100 Freestyle All Divisions
Finals	250 Girls Div 1 200 Freestyle Relay
Finals	251 Boys Div 1 200 Freestyle Relay
Finals	252 Girls Div 2 200 Freestyle Relay
Finals	253 Boys Div 2 200 Freestyle Relay
Finals	254 Girls Div 3 200 Freestyle Relay
Finals	255 Boys Div 3 200 Freestyle Relay
Finals	256 Girls "O" Cat 1 200 Freestyle Relay
Finals	257 Boys "O" Cat 1 200 Freestyle Relay
Finals	258 Girls Div 4 200 Freestyle Relay
Finals	259 Boys Div 4 200 Freestyle Relay
Finals	260 Girls Div 5 200 Freestyle Relay
Finals	261 Boys Div 5 200 Freestyle Relay
Finals	262 Girls Div 6 200 Freestyle Relay
Finals	263 Boys Div 6 200 Freestyle Relay
Finals	264 Girls "O" Cat 2 200 Freestyle Relay
Finals	265 Boys "O" Cat 2 200 Freestyle Relay
Finals	266 Girls Div 7 200 Freestyle Relay
Finals	267 Boys Div 7 200 Freestyle Relay
Finals	268 Girls "O" Cat Div 8 200 Freestyle Relay
Finals	269 Boys "O" Cat Div 8 200 Freestyle Relay

## Food and Drink

Snacks and beverages will be provided to volunteers, coaches and officials. Concession available from 8am-3pm both days. Water, Gatorade, Pop, Coffee, Chips, Cookies, Nuts, Candy, Freezies, Popcorn, Samosas, Soup, and much more available.

Hot Dogs from around the world available for purchase from the concession.

No glassware permitted on deck. Please bring a water bottle and fill in the lobby.

Blenz Coffee Shop inside lobby Open Sat: 8am-7pm Sun: 10am-5pm

## 50/50 Raffle

50/50 through Rafflebox available on site.



## EASY TO PLAY!

Just check your official posted results for your prelims and finals. If you have a **WRASA Yahtzee Time** -you win!

What's a WRASA Yahtzee time and what do I win?

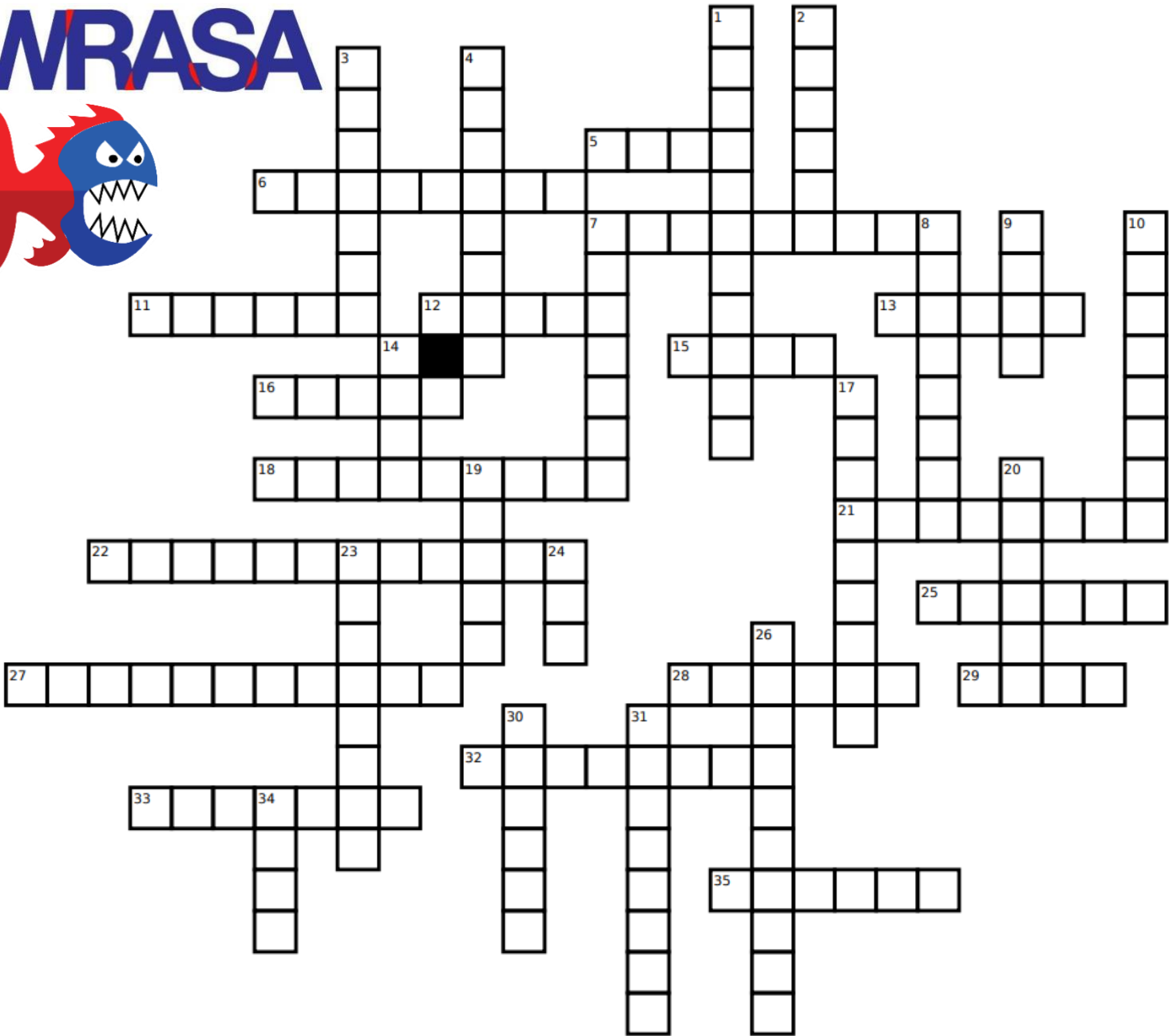
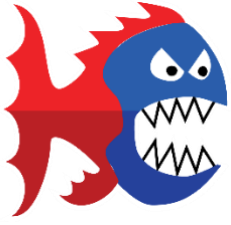
WAASA YAHTZEE TIME	DESCRIPTION	WINNING EXAMPLES	PRIZES*
Yahtzee!	5 of the same numbers	1:11 :11 or 3:33.33	\$ 15 cash
Large Straight	5 numbers in a row , in any order	1:23.45 or 2:34.56 or 2:53.14	\$10
Full House	Combination of two and three the same numbers	2.23.33 or 1:21.12	\$10
4-of-a-kind	4 of the same numbers	44.44 or 1.01 .11	\$5
Small Straight	4 numbers in a row, in order, forward or backward	34.56 or 54.32 1.23.41 or 43.21	\$5

To claim your prize go to Yahtzee table and let them know you have a WRASA Yahtzee Time .

\* Sorry, but the prize pool is not unlimited. Once all the gift cards are gone, the game is over. So check your times!



# WRASA



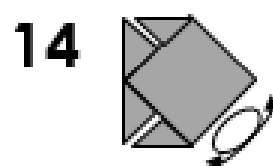
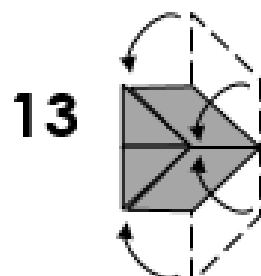
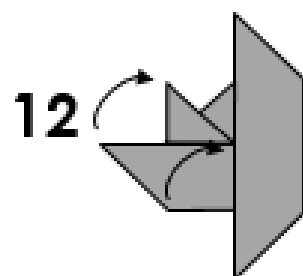
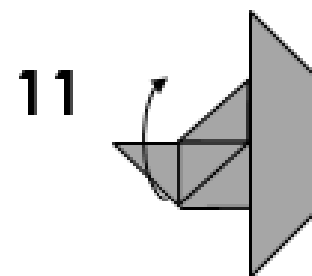
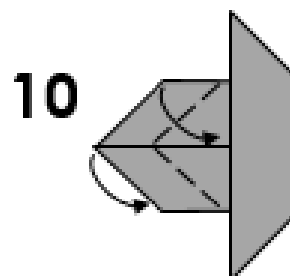
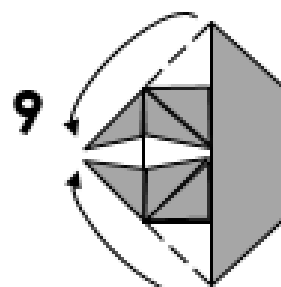
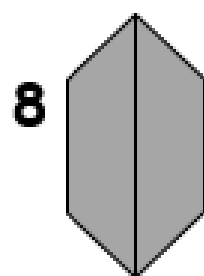
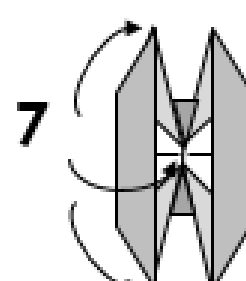
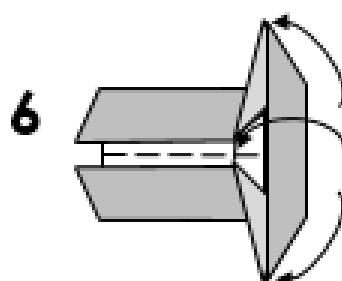
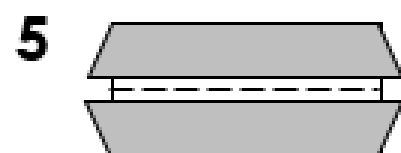
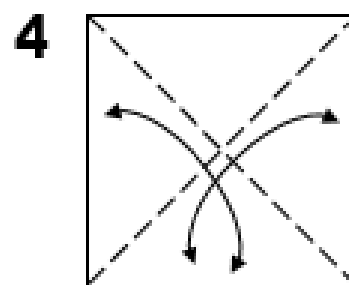
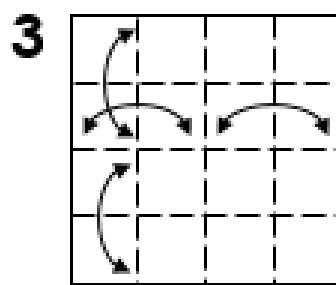
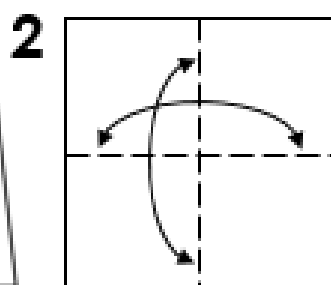
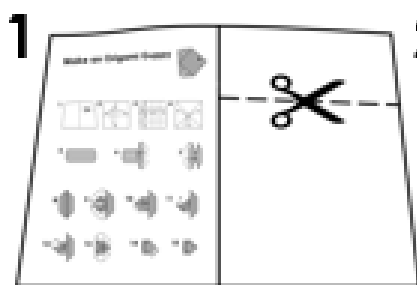
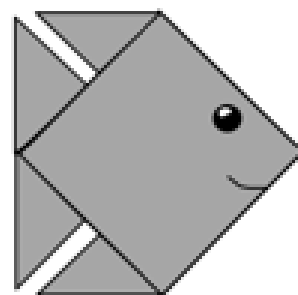
## Down:

1. Butterfly DQ: \_\_\_\_\_ arms (11)
2. The S in S Cat \_\_\_\_\_ (6)
3. Cloverdale \_\_\_\_\_ (7)
4. Butterfly DQ: Underwater arm \_\_\_\_\_ (8)
7. Freestyle DQ: Failure to \_\_\_\_\_ by 15m (7)
8. The S in WRASA \_\_\_\_\_ (8)
9. Butterfly DQ: One \_\_\_\_\_ touch (4)
10. WRASA formed in: Nineteen \_\_\_\_\_ (8)
14. The O in OCat \_\_\_\_\_ (4)
17. Boundary Bay \_\_\_\_\_ (9)
19. The program that covers essential topics such as recognizing and reporting abuse, setting boundaries, and promoting healthy relationships within sports communities. Safe \_\_\_\_\_ (5)
20. Breaststroke DQ: Failure to maintain \_\_\_\_\_ cycle (6)
23. BCSSA Disciplines: Speed, Diving, Water Polo, & \_\_\_\_\_ (8)
24. Age of WRASA: One Hundred and \_\_\_\_\_ (3)
26. Backstroke DQ: Non-\_\_\_\_\_ turn (10)
30. Medley Relay Order: back, \_\_\_\_\_, fly, free (6)
31. Summer \_\_\_\_\_ recently broke her own World Record (8)
34. Breaststroke DQ: Asymmetrical arm \_\_\_\_\_ (4)

## Across:

5. IM Order: fly, back, breast, \_\_\_\_\_ (4)
6. The Cat in OCat \_\_\_\_\_ (8)
7. Ladner \_\_\_\_\_ (9)
11. Richmond \_\_\_\_\_ (6)
12. Ind/Relay Medley: Strokes swum in wrong \_\_\_\_\_ (5)
13. Surrey Sea \_\_\_\_\_ (5)
15. Breaststroke DQ: Arm pull past \_\_\_\_\_ (4)
16. WRASA's Mascot \_\_\_\_\_ (5)
18. The pool where WRASA does most of its Summer Training (9)
21. The Year CBSC was formed: Nineteen \_\_\_\_\_ (8)
22. Butterfly DQ: Non-\_\_\_\_\_ arms (12)
25. BCSSA Provincials 2025 Location: Prince \_\_\_\_\_ (6)
27. The A in BCSSA (11)
28. Relay DQ: swimmer left the \_\_\_\_\_ before next swimmer (5)
29. Backstroke DQ: Not on back when \_\_\_\_\_ left the wall (4)
32. \_\_\_\_\_ Beach Swimming Club (8)
33. Breaststroke DQ: Multiple \_\_\_\_\_ kicks during streamline (7)
35. Backstroke DQ : Toes in the \_\_\_\_\_ (6)

# Make an Origami Guppy





# Make an Origami Guppy

Cut of Zip across line and discard top piece

