



BC PROVINCIAL OPEN WATER CHAMPIONSHIPS

**Hosted by Simon Fraser Aquatics
Friday, June 14, 2024**

**White Pine Beach, Sasamat Lake,
Belcarra Regional Park, Port Moody, BC**

Swim BC and Simon Fraser Aquatics acknowledge the lands which we gather on is located on the traditional and unceded territory of the Tsleil_Waututh First Nation, Squamish First Nation, and Musqueam Indian Band. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.

Safe Sport

Swim BC believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

Swim BC is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. 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.

All participants in this event are reminded that they are bound by Swim BC's Policies and Procedures.

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FRIDAY, JUNE 14, 2024

Simon Fraser Aquatics – White Pine Beach, Sasamat Lake

SANCTIONED BY SWIM BC:

DATE: Friday, June 14, 2024

HOSTED BY: Swim BC and Simon Fraser Aquatics

LOCATION: White Pine Beach, Sasamat Lake

RACE DIRECTOR: Miranda McNamara

SAFETY OFFICER: Gary Parsons

HEAD REFEREE: Mike Stahuis

COURSE SPECS: Age 11-12 1.0 KM
Age 13-14* 2.0 KM
Age 15&Over 5.0 KM
Masters 3.0 KM

***NOTE: 14-year-old swimmers have the option of entering the 15&O 5km race.**

REGISTRATION:

- All swimmers must be registered with a Swim BC, SNC, USS or other WA recognized club.
- Swimmers not already registered with one of the organizations listed above MUST obtain a Swim BC "Limited Event" membership at a cost of **\$25.00**. Please email rikki.nevins@swimbc.ca to obtain that membership.
- In accordance with Swimming Canada's Open Water Swimming rules, the minimum age to compete in this event is 11 years as of June 14, 2024.**
- Age groups are based on the age of the swimmer as of June 14, 2024.

ENTRIES:

- Entry fees are **\$60.00 per competitor**.
- For Age Group Club entries: All entries must be submitted on Swimming Canada's meet listings website.
- For Masters Individual entries: All entries must be submitted through the [Swimming Canada online entries link](#).**
- Please provide team contact person name and phone number with the entries.
- Fees payable to: **Simon Fraser Aquatics** and are non-refundable as of the entry deadline.
 - If the organizers and race officials deem the conditions to be unsafe, the race may be canceled. Given that the host will have incurred expenses prior to the event, 50% of the entry fee will be refunded should the race be cancelled.

All Entry Fees and consent forms must be handed in prior to the start of the competition.

ENTRY DEADLINE: The entry deadline is **Thursday, June 6, 2024**

Race Management have the discretion to accept entries up to 10:00 am on race morning at a late entry fee of \$75.

GENERAL RULES:

- Swimmers may enter only one event.
- Open Water Swimming competitions in water with temperature below 18°C, the use of wetsuits is compulsory. Wetsuits are not permitted in open water swimming competitions in water with temperature 18°C and above. Wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.
- NO jewellery (earrings, rings, necklaces; including watches) permitted.
- Fingernails & toenails must be trimmed short.
- Swimmers must wear the mandatory numbered cap.
 - Competitors will receive their **mandatory** numbered competition cap when they check-in.
- Consent Forms:** all swimmers must sign a consent form. (*Consent Forms are included in this meet package*)
 - All 17 & Under swimmers must have a parent/guardian sign the 17 & Under Consent Form.
 - Signed waivers must be presented at check-in.**

Minimum Entry Standards (SC or LC):		
800m	Event Age	1500
12:30.00	11 - 12	24:00.00
11:30.00	13 - 14	22:00.00
11:00.00	15 & Over	20:30.00

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EVENT DETAILS:

1. Registration Tent will be open at 10:45 am.
2. All competitors **MUST** sign in at the Registration Tent before **12:15 pm** on Friday, June 14th and then sign out after the race, whether they finish or not, prior to leaving the venue.
 - a. No refunds will be available for no-shows or late arrivals
3. The racecourse will be available for warm-up from 12:30 pm to 1:00 pm. Swimmers must be checked in before entering the water for warmup.
4. **A mandatory day of race briefing** will be held for all coaches and competitors at 1:00 pm.
5. Events will be started in waves based on age group as per below.

Masters Men	1:30 pm
Masters Women	1:32 pm

11 & 12 Boys	1:34 pm
11 & 12 Girls	1:36 pm

15 & Over Boys	1:38 pm
15 & Over Girls	1:40 pm

13 & 14 Boys	1:42 pm
13 & 14 Girls	1:44 pm

6. Every swimmer will be accounted for before they enter the water and as they exit. Swimmers must sign out after they exit the water whether they finish or not; prior to leaving the finish area.

RACE DETAILS:

1. Race will be manually timed.
2. Start line will be an in-water start.
3. Finish line will be in the water
4. Course closes at 4:00pm (2 ½ hours after the first wave starts)
5. **Safety Craft:** Race organizers will have several safety crafts and personnel available throughout the racecourse, as per the Swimming Canada Open Water Safety Guidelines. No individual escort craft are permitted.

AWARDS:

Age Groups Awards:

Individual Awards of Gold, Silver & Bronze medals for 1st, 2nd & 3rd places in each age group and gender (11-12, 13-14, 15&O).

Individual Awards of Ribbons for 4th, 5th, 6th, 7th and 8th places in each age group and gender (11-12, 13-14, 15&O)

Masters Awards:

Individual Awards of Gold, Silver & Bronze medals for 1st, 2nd & 3rd places in the overall Masters category and gender.

EVACUATION PLAN:

Swimmers can be evacuated/assisted via power boats, paddle craft, and lifeguards on the water during the races.

DELAY PLAN:

If conditions dictate the race may be postponed no later than 2:00 pm at the Referee's discretion.

GETTING THERE:

The lake is accessible by car and centrally located.

Approximately driving times:

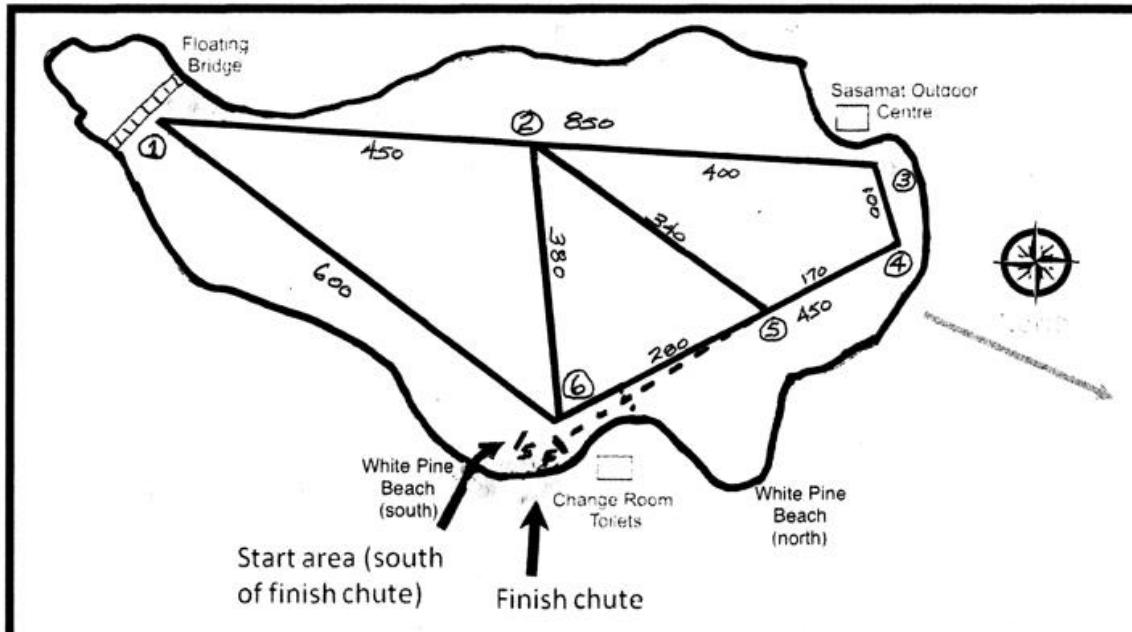
Tsawwassen Ferry Terminal	1 Hour to 1 Hour 15 Min
Vancouver International (YVR)	1 Hour to 1 Hour 15 Min
Horseshoe Bay Ferry Terminal	1 Hour to 1 Hour 15 Min
Abbotsford International (YXX)	1 Hour to 1 Hour 15 Min

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Course Map and Descriptions



CATEGORY	START TIME	DISTANCE	COURSE
Masters Men	1:30 pm	3 km	Buoys - Start, 1, 2, 3, 4, 5, 6, 2, 5, Finish
Masters Women	1:32 pm	3 km	Buoys – Start, 1, 2, 3, 4, 5, 6, 2, 5, Finish
11 & 12 Boys	1:34 pm	1 km	Buoys – Start, 2, 5, Finish
11 & 12 Girls	1:36 pm	1 km	Buoys – Start, 2, 5, Finish
15 & Over Boys	1:38 pm	5 km	Buoys - Start, 1, 3, 4, 6, 1, 3, 4, 6, 2, 5, Finish
15 & Over Girls	1:40 pm	5 km	Buoys - Start, 1, 3, 4, 6, 1, 3, 4, 6, 2, 5, Finish
13 – 14 Boys	1:42 pm	2 km	Buoys - Start, 1, 3, 4, Finish
13 – 14 Girls	1:44 pm	2 km	Buoys - Start, 1, 3, 4, Finish

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FORMS INCLUDED

- 17 & Under Consent Form
- 18 & Over Consent Form

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**CONSENT FORM FOR MINORS (17 YEARS OLD AND UNDER) TO PARTICIPATE IN AN OPEN WATER
COMPETITION**

(CONSENT FORM – 17 & Under)

_____ authorizes _____
(Name of parent or coach) (Name of person 17 years and under)

Age: _____ Date of birth _____
(Day/month/year)

to participate in an Open Water swimming competition.

Date of event: Friday, June 14, 2024

Hosted by: Simon Fraser Aquatics

Name of Body of Water: Sasamat Lake

Location of Body of Water (City): Port Moody, BC

This competition is sanctioned by Swimming/Natation Canada and the Provincial section of Swimming/Natation Canada

Signature of parent or guardian _____

Or, by default, his/her coach _____

Date: _____

Participant signature: _____

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**CONSENT FORM FOR A PERSON (18 YEARS OLD AND OLDER) TO PARTICIPATE
IN AN OPEN WATER COMPETITION**

CONSENT FORM – 18 & Over

Please fill out this questionnaire. This is necessary due to the inherent risks associated with Open Water swimming. Your answers will permit us to better help you in case of emergency. Only the Organizing Committee will have access to the information provided below and will be destroyed after the competition.

Name of the competition: BC Open Water Championships Date of the competition: Friday, June 14, 2024

Your name: _____

Date of birth: _____

Club: _____

Name of Coach: _____

Emergency Contact: _____ Telephone number: _____

Other medical / health information that you feel is important for those that may need to administer First Aid: (please do not write anything if you have no health problems)

I consider myself to be of sound mind and health to register for this Open Water competition. I absolve the organizing committee and the PS of all responsibility to any personal harm which may occur because of this competition and accept the risks inherent with this type of competition.

Date: _____

Signature: _____