

2024 WRASA WRACES



Hosted By White Rock Amateur Swimming Club
July 13th and July 14th, 2024

WHITE ROCK AMATEUR **SWIMMING** ASSOCIATION

Location

Grandview Heights Aquatic Centre
16855 24 Avenue, Surrey BC V3Z 0A2

Facilities

- Session will be run 10 x 25 meter lanes with electronic timing.
- Concession on both days.
- Camping on east side of pool with room for team pop ups and camps.
- Offsite Parking at Grandview Heights Secondary School.
- Bleacher area and the pool deck is for officials, coaches, and swimmers only.
- **No Parents or Guests will be permitted on the pool deck or within the marshaling area. Safety Marshalls will be monitoring lanes and ensuring the rules are adhered to.**

Meet Format

- BCSSA Rules and Regulations apply.
- Combined Heats: Div 1-3 & O Cat 1 and Div 4-8 & O Cat 2
Top 8 Finals Div 1-8 & O Cat 1 & 2
- Five (5) events and two (2) relays per swimmer (maximum).
- All Relays will be swam as timed finals.
- 6 & under 25M events (back, breast, free) are all on Sunday.
- Meet Manager reserves the right to modify meet format if required.

Officials

- All clubs are requested to supply Stroke & Turn or Senior Officials.
- The Official's Meeting will be at 8:00 am in Marshalling.
- Clubs will be assigned lanes for timers and recorders. Thanks everyone!

Schedule

Saturday and Sunday

- 07:10 – 08:00 am Coach-supervised warm-ups
- 08:00 – 08:15 am Officials Meeting
- 08:15 – 08:30 am Coaches' meeting
- 08:30 am Meet begins

Fees

- \$10.00 per individual event
- \$15.00 per relay team
- \$5.00 per 25m event
- **No deck entries allowed**

Entry Deadline

Please send meet entries by **Tuesday, July 9, 2024**

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Event Order

Saturday

1. 100 IM / 200 IM
 2. 50m Free
 3. 50m Fly / 100m Fly
 4. 200m Medley Relay
- Finals for individual events

Sunday

1. 50m fly
 2. 25m back / 50m back / 100m back
 3. 25m breast / 50m breast / 100m breast
 4. 25m free / 100m free
 5. 200m Free Relay
- Finals for individual events

Entries & Scratches

- No Deck Entries Permitted
- There will be no refunds for scratches
- Scratches must be submitted by 7:30 am each morning.
- No refunds for scratches made before or during the meet.

Awards

- Ribbons for 1st to 8th place for individual events – ‘S’ swimmers
- Ribbons for 1st to 6th place for individual events – ‘O’ swimmers
- 25M 6 & Under – Goody bag
- Ribbons for 1st to 3rd place for Relay

Meet Rules

Updated 2024 BCSSA rules for swimming will apply or as the meet manager sees fit or fair

Notes

- Please inform your swimmers to exit from the sides of the pool.
- Touch Pads: do not climb over touch pads, exit pool at sides only.
- Cardless Meet: marshalling will run as normal.
- Senior swimmers Div 5 and up will be self marshalling, a courtesy call will be provided.
- Colorado timing system will be used.
- During warmups, there shall be no diving from blocks except in the designated diving lane.
- City of Surrey is enforcing the No outside shoes on deck policy. Swimmers have to wash feet before entering the deck at Marshalling.

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Key Contacts

Any Questions, reach out to: wraces@wrasa.ca

Meet Co-Manager: LinLin Ma / Sunny Zhao

Meet Referee: Adrian Phillips - ardphillips@gmail.com

Limited Parking at Grandview Heights Aquatic Centre

Note that parking at GHAC is limited.

Please respect signage and traffic marshals' instructions.

Parking has been arranged so that families attending this meet can park at

Grandview Heights Secondary School: 16987 25 Avenue. BC V3Z 9V2

Thank you, Fraser South for supporting this meet. Thank you to all our guest clubs for adding to the competition and fun! We look forward to great swims, great fun and to seeing you there!

