

WRASA WRACES

2023



World-Famous WRASA Concession!

Breakfast: 6 am - 9 am

- WRASA WRAPS - eggs, ham, salsa, cheese \$8
- Pancakes - with syrup or toppings \$6

Lunch: 10am - 2pm

- WRASA WRAP Caesar - chicken, caesar salad - \$8
- Guppy Grilled Cheese Sandwiches - \$6
- Stir-fry: Chicken, Vegetables & Noodles - \$10
- Samosas - \$2.50 ea • 5 for \$10

Snacks: 6am - 3pm

- Fruit Skewers \$4 • Candy Bags \$2 • Freezies \$2
- Water \$1 • Gatorade \$2 • Water bottle fills - free!

Free Coffee!!

Silent Auction - Saturday Only

- Gift Baskets, Wine Baskets
- Lottery Ticket Baskets & more!

Lots of Parking Available!

- Large parking lot at Grandview Heights



WHITE ROCK AMATEUR SWIMMING ASSOCIATION
Grandview Heights Aquatic Centre



Date and Location

Saturday July 15 and Sunday July 16, 2023

Grandview Heights Aquatic Centre

16855 24 Avenue, Surrey BC V3Z 0A2

Entry Deadline: July 7, 2023

Grandview Heights Aquatic Centre

- Indoor 10-lane 50-meter pool with 25 meter racing course.
- Camping on East side of pool with room for team pop ups and camps
- Concession outdoors on East side of pool serving breakfast, lunch, and snacks.
- Offsite Parking at Grandview Heights Secondary School

Key Contacts

- Any Questions, reach out to wrases@wrasa.ca
- Meet Co-Manager: Emmy Lu - emmy@wrasa.ca / Melanie Gervais - melanie@wrasa.ca
- Meet Referee: Melanie Gervais - melanie@wrasa.ca
- Chief Meet Recorder: Bobbie Felix my2js41@hotmail.com

WHITE ROCK AMATEUR **SWIMMING** ASSOCIATION

Fee Schedule

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

Meet Format

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

- Six (6) events and two (2) relays per swimmer (maximum)
- Relays to be swum as timed finals after completion of heats
- 6 & under 25M events (back, breast, free) all on Sunday
- **Coaches:** please note event distances when entering swimmers to ensure they are in the correct age category, ex. 100 back is for Div 4

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

5. 50m fly
 6. 25m back / 50m back / 100m back
 7. 25m breast / 50m breast / 100m breast
 8. 25m free / 100m free
 9. 200m Free Relay
- Finals for individual events

WHITE ROCK AMATEUR **SWIMMING** ASSOCIATION

Schedule

Saturday and Sunday

- 06:40 Coach-supervised team warmups
- 07:45 Warm up ends
- 07:15 Coaches' meeting
- 07:30 Officials' meeting
- 08:00 Meet begins

Entry Deadline

- Please send meet entries by **7 July 2023**

Meet Entries

- Please send your Hytek Entry File and Club Roster to Chief Meet Recorder **Bobbie Felix** my2js41@hotmail.com
- BE CERTAIN to include:
 - name and phone number of Computer contact person
 - Coaches' names, phone numbers and email addresses
 - Club Treasurer's name, phone number and email address
 - meet entry fees payable to "WRASA" and must be brought to the electronics office by 10 AM on the morning of Saturday, July 15th

Scratches

- Scratches to be reported to the Clerk of the Course at the swim meet by 7:30 a.m. each morning.
- No refunds for scratches done before or during the meet.

Awards

- Individual awards
 - 25M 6 & Under Goody bag
 - 'S' swimmers 1st to 8th place ribbons Div 1 to 6
 - O-Cat 1 and O-Cat 2 1st to 6th place ribbons
- Relays
 - 1st to 3rd place ribbons
- Aggregate calculated on best four events of six
 - 1st place and runner up: Div 1-6 and Div 7-8 combined
 - *No aggregate awarded if a division has fewer than three swimmers in less than three events*
- **Award for the most awesome DQ per division- Referee's Choice!**

WHITE ROCK AMATEUR **SWIMMING** ASSOCIATION

Meet Data System

HyTek Entry file and results file will be posted on the WRASA club website WRASA.ca

Meet Rules

- Updated 2023 BCSSA rules for swimming will apply or as the meet manager sees fit or fair

Food & Beverage

WRASA WRACES concession will include:

Coffee @ 6am

Complimentary Coffee is ready at 6 am until noon, both days

Breakfast @ 6am

Hot pancakes, strawberry topping, and WRASA wraps!

Lunch @ 10am

WRASA wraps, WRASA Noodles, Grilled Cheese, Samosas & all-day snacks and nutritious goodies available until 3pm or as supplies last.

Officials

- All clubs are requested to supply officials.
- The Official's Meeting will be at 7:30am in Marshalling.
- Clubs will be assigned lanes for timers and recorders and place judges based on the number of entries for each club.
- A signup sheet will be distributed the week prior and on the day of the meet posted behind the announcer's desk at the swimmers' pool entry door closest to marshalling.
- **Officials on deck for a shift will be entered into a prize draw!**

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 are to wash feet. before entering the deck at Marshalling.

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!