

**THE SWIMMER'S
HANDBOOK**

2018



**Nanaimo White Rapids
Swim Club**

Established 1966

This book belongs to:



The Nanaimo White Rapids Swim Club gratefully acknowledges the support and financial assistance of the Province of British Columbia.

2017 Best Times

	2017 Best:	2018 Goal:
I.M.		
50 Free		
50 Fly		
100 Fly		
Back		
Breast		
100 Free		

2017 Mile Swim time: _____

Goals for the 2018 season:

2018 Swim Meet Schedule

May 26	Blue & White Meet	Kin Pool
June 2-3	Cowichan Icebreaker	Cowichan Aquatic Center
June 16-17	Oak Bay Invitational	Commonwealth
June 23-24	Courtenay	Memorial Pool
June 29-July 1	Nanaimo	Kin Pool
July 7-8	Campbell River	Centennial Pool
July 13-15	Salt Spring	Rainbow Road Pool
July 16-20	Hell Week	Various
July 21-22	Sidney	Panorama
Aug 3-5	Regionals - Cowichan	Cowichan Aquatic Center
Aug 16-19	Provincials - Surrey	Guildford Pool

Vancouver Island Region Summer Swim Clubs

Campbell River Salmon Kings (CAM)
 Courtenay Blue Devils (COU)
 Cowichan Valley Breakers (CVB)
 Gordon Head Gee Gees (GHG)
 Juan de Fuca Royals (JUA)
 Nanaimo White Rapids (NAN)
 Oak Bay Orcas (OAK)
 Pender Island Otters (PIO)
 Powell River Aquatic Club (POW)
 Salt Spring Stingrays (SSS)
 Sidney Piranhas (SID)

Mission Statement

The Nanaimo White Rapids Swim Club provides coaching and organizational support for both recreational and competitive swimming and water polo. This family-centered youth swim club fosters social and skill development focusing on each athlete's personal best, in a safe and fun community-based program.

History

The White Rapids have been in existence since 1966, swimming out of the Kin Pool in beautiful Bowen Park. Swimming in the British Columbia Summer Swimming Association (BCSSA), the White Rapids have a rich tradition dating back decades and a culture that is unparalleled. The club prides itself on its family feeling and focus on each swimmer's personal improvement. This is the club's 52nd summer of operation and it is shaping up to be an exciting one. The Nanaimo White Rapids Swim Club is now operating in a co-management arrangement with the City of Nanaimo for the Bowen Park Kin Outdoor Pool.

2018 White Rapids Board of Directors

Laurel Laturnus – President
Leah Johnson – Past President
Chris Boulding – Vice President
Travis Telfer – Parent Liaison
Rob Richards – Registrar
Sarah Segal – Secretary
Sean O'Toole – Treasurer

Renate Simmons – Director of Apparel
David Say – Director of Coaching
Nicole Barberie - Director of Volunteers
Cheryl Morch – Director of Fall/Winter Maintenance
Dave Morch - Director of Officials

Kate Palmer - Director
Nicole Zult - Director
Sue Schellinck - Director

2018 White Rapids Coaches

Baylee Munro – Head Coach

Steven Moore – Assistant Head Coach

Lee Vanden Ham – Senior Coach

Em McGibbon – Senior Coach

Dima Bobkov – Junior Coach

Finn Bodnar – Junior Coach

Ava Johnson – Junior Coach

Arada Barclay – Sr. Developmental Coach

Connor McIntyre – Sr. Developmental Coach

Sophia Schellinck – Sr. Developmental Coach

Nyah De Pol – Jr. Developmental Coach

Eric Labas - Jr. Developmental Coach

Cameron Laturus – Jr. Developmental Coach

Kayley Morch – Jr. Developmental Coach

Abby Pallard – Jr. Developmental Coach



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Follow us on Instagram @NWRSC
Like us on Facebook @NWRSC**

**#WhiteRapidsFast
#SummerClubMagic**



White Rapids Water Polo

About the sport of water polo:

The Olympic sport of Water Polo gives athletes a chance to experience the aquatic environment in a very different way than competitive swimming. It is a team-based sport that combines one's physical toughness, hand-eye coordination, and ability to move through the water in unique ways. Some describe it as a mix between sports like lacrosse, basketball, and hockey but played in the water. It is an opportunity to build characteristics you wouldn't generally receive through swimming lengths such as teamwork, fair play, motor coordination, mental concentration, and the desire for peer-to-peer competition. For the White Rapids, it offers a great addition to regular scheduled practice times with huge benefits in terms of cross training for other team sports.

We will try to offer some special sessions of water polo throughout the summer for the kids to try out the sport.

Time and dates to be announced via the Team Unify emails.

White Rapids Synchronized Swimming

Throughout the summer, we may be offering some sessions of synchronized swimming for swimmers to try.

Times and dates to be announced via the Team Unify emails.

Meet Tip 1 Know Your Times & Set Goals

A goal without a plan is just a dream...

This handbook provides a way of tracking your goals and your accomplishments throughout the summer swim season. It's hard to improve unless you know what you want to achieve. Set goals and record your results.

- Be realistic and then challenge yourself a step beyond. Set specific goals. They do not have to be race times. They can also focus on turns, dives or improved stroke techniques, team spirit or more.
- Identify ways to achieve the goals and then record your goals and what you accomplished in your swimmer's handbook.



Blue and White Days

Blue and White Days bring the whole club together for team building and skills practice. Mixing swimmers of different ages and from different groups, athletes get to both mentor and learn from one another, while being exposed to coaching from the entire staff. Getting to know swimmers in the club, meeting new friends, learning from each other, and getting to work with different coaches are all benefits of Blue and White Days.

Blue and White Day #1: Wednesday, May 16th (PM)

Blue and White Day #2: Thursday, June 21st (PM)

Blue and White Day #3: Tuesday, July 24th (PM)

(Specific practice times will be posted closer to the date. On these days, regular afternoon practices will be cancelled.)



Meet Tip 2 Be Prepared

Swim meets are great fun, but you need to be organized and prepared for these all day events – indoors or outdoors – rainy or sunny & hot!

- Know when to arrive for the morning warm-ups. Check the meet book on the bulletin board.
- Bring plenty of fluids to drink. Pack healthy food for a long day.
- Bring hot weather gear- sunscreen, hat, T-shirts. Bring cold weather or rainy day gear- warm clothes, sleeping bags, changes of warm clothing and extra towels.

Pack your goggles, team suit, and team shirt.



Blue & White Fun Meet
May 26th
Bowen Park Kin Pool, Nanaimo

Sign Up Deadline: May 23rd

	Best:	Goal:	Finals:
50 Fly			
50 Back			
50 Breast			
50 Free			

The Blue and White Meet is a chance for new swimmers to see how a swim meet works at a smaller scale before the meet season gets rolling.

IM Order: "Butter my back, my breast is free!"

But ... the **Team Relay** has to start in the water with back:
"Back, Breast, Fly, Free"



Meet Tip 3 Fuel your Body

Diet is very important to your performance. Here are some recommendations to get the most out of your meals.

- Make dinner the night before a meet a high-carbohydrate/low fat meal of rice or pasta. Fats and oils seriously impede the speed of digestion, slowing you down, so aim for lower fat foods.
- Have breakfast containing high-carb foods like bread, cereal and fruit to top up blood sugar levels. Eat breakfast before you get to the pool to ensure time for the fuel to work its way to your muscles.
- Large meals make you sluggish and lethargic. Small spaced out snacks work! Avoid 'fast-food' stops on your way home; the high-fat food will delay recovery and affect your ability to swim the following day.

Hydrate, Hydrate, Hydrate

- Pre-hydrate your body for three days before the competition. Drink extra water. Since muscle contains so much water, a slight degree of dehydration can greatly diminish muscle performance. Dried-up muscles become weak.
- Drink water, juice regularly throughout meet to replace fluids used during warm-up and races.
- Stick to fluid replacement when there is less than 45 minutes between your races.



Mile Swim Bowen Park Kin Pool, Nanaimo

Mile Swim # 1: May 30th 3:30pm - 7:00pm

Mile Swim #2: June 8th 6:00am - 8:00am

Mile Swim #3: June 14th 3:30pm - 7:00pm

2017 Mile Swim Time: _____

2018 Mile Swim Goal: _____

2018	Mile Swim #1	Mile Swim #2	Mile Swim #3
Time:			

One mile:

1.6 kilometers ... 1600 meters ... 25 meter pool = 64 lengths ... 32 x '50s' ... 16 x '100s' ... 4 x '400's' ...
No matter how you like to look at it ... Just do it!

Triple Crown Award:

Any swimmer who completes the mile swim in each of the three mile swim sessions will be awarded the prestigious *Triple Crown Award*.

Meet Tip 4 Stay Focused

Once you get to the meet, here are some good suggestions to follow:

- Be on time! Find where the team is sitting and warming up. Locate the marshalling area and where the event numbers are posted.
- Find out where the team swim event grid and relay sheets are located. Note your swim event numbers and whether you are on a relay.
- Listen and watch for your event number and go to marshalling in plenty of time. If you're too late, you could lose the right to swim! While you are in marshalling "Imagine Your Race!"
- Talk to your coach before and after every race. Ask questions about your race. Coaches are there to help you swim your best. Please inform your coach if you must leave the meet early, especially if you are in a relay.



**Cowichan Valley Icebreaker Meet
June 2nd and 3rd
Cowichan Aquatic Center, Duncan**

Sign Up Deadline: May 25th

	Best:	Goal:	Finals:
I.M.			
50 Free			
50 Fly			
100 Fly			
Back			
Breast			
100 Free			

Additional Meet Goals

Meet Tip 5

Success is in the details

Huge improvements are the results of small steps!

- Warm-up the body by stretching, and the mind by thinking before every swim.
- Remind yourself of what you are going to do well as you stand behind the blocks.
- Perform legal strokes and turns.
- Speed up into every turn; nail the finish.
- Streamline tightly off every dive and turn.
- Follow regular breathing patterns.
- Keep strokes long and smooth.
- Listen carefully to your coach and mentally rehearse the agreed upon strategy.
- Swim your own race and stick to your own strategy.



**Oak Bay Invitational Meet
June 16th and 17th
Commonwealth Pool, Saanich**

Sign Up Deadline: June 8th

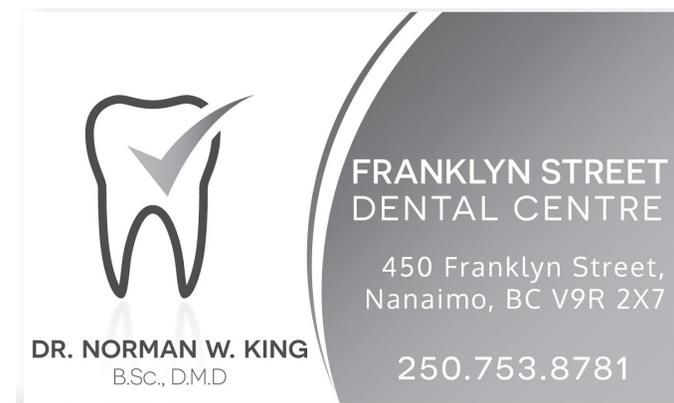
	Best:	Goal:	Finals:
I.M.			
50 Free			
50 Fly			
100 Fly			
Back			
Breast			
100 Free			

Additional Meet Goals

Meet Tip 6 Visualization & Self Talk

Mental preparation for each event is an essential key towards achieving your goals. Visualization of the event will help you channel all your energy, strength and skills into executing your best race. Visualization requires practice and perseverance. Although it does not replace practicing, imagining your race will certainly improve your swimming performance.

- Find a quiet place where others won't disturb you.
- Take a few slow breaths to calm yourself.
- Imagine yourself standing behind the blocks.
- See the pool, hear the cheers, feel the humid air, see the other swimmers.
- Hear the call to the blocks.
- You listen for the start. You hear the buzzer and dive.
- Imagine your swim, fast and clean. Feel the turn and the finish. See the board display your goal time.
- Visualize the entire race. Keep imagining the race until it is part of you. You are ready to race!



**Courtenay Blue Devils Invitational Meet
June 23rd and 24th
Memorial Outdoor Pool, Courtenay**

Sign Up Deadline: June 15th

	Best	Goal	Heats	Finals
50 Free				
100 Free				
Back				
Breast				
50 Fly				
100 Fly				
I.M.				

Additional Meet Goals

Meet Tip 7 Eat the Right Snacks

What you put into your body affects how you swim!!!

Here are some recommended snacks when you are between events with breaks of 1 to 2 hours.

- Fruits, bananas, energy bars
- Plain rolls, pitas, raisin bread
- Homemade low fat muffins, jam or honey sandwiches
- Rice-cakes or plain crackers with honey, jam, or banana
- Rice pudding, low-fat yogurts
- Plain boiled pasta (a little tomato sauce)
- Your own fruit smoothie (with low-fat milk)



2018 BCSSA Provincial Qualifying Times

APPENDIX

Appendix IIIA - 2018 BC CHAMPIONSHIPS QUALIFYING STANDARDS

Qualifying Standards are generally based on the average of 8th place in Heats for 2013-2017 inclusive.
 Any swimmer who **equals or betters** the following times in the **FINALS** at a 2018 Regional Championship Meet automatically qualifies for the respective event at the BC Championships.

DIV	50 FREE	100IM	200IM	50 FLY	100 FLY	50 BR.	100 BR.	50 BACK	100BACK	100FREE
1G	:39.84	01:41.20		:46.17		:53.29		:47.61		1:30.39
2G	:34.41	01:28.86		:39.55		:46.12		:41.15		1:17.28
3G	:31.63	01:20.76		:35.35		:41.61		:37.34		1:09.81
4G	:29.97		2:48.26	:33.09			1:26.55		1:17.29	1:06.30
5G	:29.46		2:45.11	:32.55	1:16.20		1:25.06		1:16.09	1:05.15
6G	:29.20		2:43.40	:32.44	1:14.01		1:24.33		1:14.44	1:04.67
7G	:30.00		2:49.88	:33.12	1:17.89		1:27.80		1:18.12	1:07.18
8G	:29.52		2:45.36	:32.26	1:26.22		1:25.97		1:17.49	1:06.73
1B	:39.69	01:42.05		:49.57		:53.70		:48.51		1:29.75
2B	:34.91	01:29.97		:40.00		:47.31		:42.96		1:19.11
3B	:31.33	01:20.91		:36.11		:42.05		:38.23		1:10.55
4B	:29.13		2:42.58	:32.41			1:23.78		1:15.57	1:04.09
5B	:27.19		2:35.18	:30.13	1:09.45		1:19.59		1:11.50	1:00.54
6B	:26.03		2:29.20	:28.91	1:05.73		1:15.26		1:07.60	:58.19
7B	:26.07		2:35.00	:28.83	1:07.47		1:17.46		1:10.52	:58.68
8B	:25.06		2:25.12	:27.65	1:03.45		1:14.14		1:05.26	:56.19
O1G	:40.47	01:37.87		:47.15		:52.80		:45.57		1:40.98
O2G	:32.00		3:06.65	:35.55	1:30.12		1:39.83		1:21.94	1:10.04
O1B	:40.73	01:47.21		:48.69		:56.69		:50.55		1:37.32
O2B	:29.89		2:50.32	:35.49	1:14.70		1:32.05		1:25.90	1:09.16

Swimmer's Code of Conduct –

RESPECT ... the sport of swimming

Please use sportsmanlike attitudes towards the following:

- 1) **Teammates** – encourage and support all teammates and all competitors at practices and swim meets. **Put downs and inappropriate language will not be tolerated.**
- 2) **Facility/Equipment** – treat with care. You are responsible for the condition of the pool facility and equipment. You will be held accountable for any misuse and/or destruction of property.
- 3) **Officials** – use appropriate language at all times and in all situations. Officials' judgments are final, and protests and such are to be handled by the coaching staff. Polite and respectful manners are to be used at marshalling and towards all deck officials.
- 4) **Coaches** – use appropriate language before, during, and after practices. Arguing and talking back to the coaches will not be tolerated. Issues or concerns of importance will be accepted and should be brought to the attention of the coaching staff after practice has been completed.



**Nanaimo White Rapids 52nd Annual
Invitational Meet
June 29th to July 1st**

Sign up deadline: June 22nd

	Best:	Goal:	Finals:
I.M.			
50 Free			
50 Fly			
100 Fly			
Back			
Breast			
100 Free			

Additional Meet Goals

NWRSC Awards

The following awards are offered at the end of the swim season to swim club members. Refer to the Policies manual from the website under Members Page, NWRSC Policies for a full description of these awards.

1. **Marge Dudley Award**

Policy Number 521

Major club award to recognize commitment to the sport of swimming, sportsmanship and club involvement.

2. **Outstanding Swimmer Award**

Policy Number 522

Junior and Senior girl and boy based on A, B and C times qualifications based on points earned, competitiveness and dedication.

3. **Novice Swimmer Award**

Policy Number 523

New boy and girl swimmers who show potential for competitive swimming and sportsmanship as new swimmers.

4. **Most Improved Swimmer Award**

Policy Number 524

Girl and Boy for each division showing improvement in strokes, personal best times and sportsmanship.

5. **Good Sportsmanship Award**

Policy Number 525

Junior and Senior Boy/Girl who meet the policy criteria.

**Campbell River Salmon Kings Swim Meet
July 7th to 8th
Centennial Pool, Campbell River**

Sign Up Deadline: June 29th

	Best:	Goal:	Finals:
I.M.			
50 Free			
50 Fly			
100 Fly			
Back			
Breast			
100 Free			

Additional Meet Goals

NWRSC Scholarship

[2@\\$500.00](#)

Eligibility: These scholarships are available to graduating students attending any secondary school in the Nanaimo / Ladysmith District.

The applicant must have participated in swimming or water polo (as a coach or competitor) with the Nanaimo White Rapids for a minimum of three years. In addition, the student should be registering to participate with the White Rapids Swim Club in the summer of their graduating year.

Method of Application: The procedure involved with applying for these scholarships is clearly outlined in the **SD #68 Scholarships and Bursaries Booklet**, which can be obtained from the Career Centre at each secondary school.

All applications must be postmarked by April 7 of each current year.

Mail applications to:

Leah Johnson

3135 Mexicana Road

Nanaimo, BC V9T 2W8



**Salt Spring Stingrays Swim Meet
 July 14th and 15th
 Rainbow Pool, Salt Spring Island**

Open Water Swim- July 13th

Sign Up Deadline: July 6th

	Best	Goal	Heats	Finals
I.M.				
50 Free				
50 Fly				
100 Fly				
Back				
Breast				
100 Free				

Additional Meet Goals

NWRSC Parent's Code of Conduct 2018

The Nanaimo White Rapids Swim Club provides many benefits to the young athlete including self-discipline, good sportsmanship, and time management skills. These same skills will also benefit the parents of the swimmers. A natural progression to ensure these benefits are realized is the development of codes of conduct for swimmers, employees and parents. The following is the Parent's Code of Conduct that is to be signed by the parents or guardians of all members of the NWRSC.

- a. Your child participates in club activities for his/her enjoyment only;
- b. Encourage your child to compete by the rules and to resolve conflicts without resorting to hostility or violence;
- c. Teach your child that doing one's best is as important as winning. Offer praise for competing fairly and giving a good effort;
- d. Do not yell at or ridicule any child at any time, whether at practice or competition;
- e. Children learn best by example. Cheer performances of all competitors at a competition;
- f. Do not force your child to practice or attend competitions if they are not ready or willing;
- g. Respect and support all coaches and volunteers involved in coaching and running various aspects of the swim club;
- h. Respect the officials at competitions as they are all volunteers and are doing their best to give your child a good and fair experience;
- i. Maintain self-control and support a positive atmosphere at all times.

If an individual does not adhere to this code of conduct the following may occur at the discretion of Board of Directors (BOD):

First incident: The offending parent will be required to meet with the Parent Liaison Committee to explain their actions and come to a resolution.

Second incident: the offending parent will be given a week long suspension from the date of the BOD decision. Specifically, the parent may drop off and pick up their child from practice and/or swim meet but may not stay during the event.

Third incident: expulsion of the offending parent for the remainder of the season will occur from the date of the BOD decision. Specifically, the parent may drop off and pick up their child from practice and/or swim meet but may not stay during the event.

Warm-up Policy

Warm-ups are important for a number of reasons:

- * Swimmers become familiar with the host pool and get a chance to practice details such as dives and turns. These details can be sensitive to changes in the facility, such as a block slanted at a different angle, a wall textured differently, a higher or lower pool edge, or a ceiling or lack of one for navigating in backstroke.
- * Swimmers warm up and wake up their bodies.
- * Important information is given out to swimmers at this time regarding specifics of the meet, such as changes in the event numbers and the time and location of the team meeting.
- * Coaches take attendance to see who has made it to the meet. They will use this information to make deck entries, scratches and to write up the relay teams.

Our policy regarding warm-ups and swim meets is as follows:

All swimmers are expected to be behind the blocks and prepared to get into the pool at the scheduled warm-up time. Any swimmer who is not present at the start of warm-ups will have the following actions taken:

- **First Offense:** the swimmer will be given a verbal warning from his or her coach
- **Second Offense:** the swimmer will be scratched from any relays they have been placed on for that given day

Swimmers are responsible for knowing their warm-up times. These times are provided in three different places:

Posted in the meet packages in the binder hanging from the blue bulletin board on the fence

- Posted on line on Club website prior to the meet
- Written on each registered swimmer's individual information sheets -- in the family folders during the week prior to the meet



POLICY NUMBER 620 RELAY TEAM FORMATION

1. Coaches are responsible for making up relay teams, not parents or swimmers.
2. Coaches will follow these general guidelines in the formation of relay teams for all swim meets prior to the Regional Championships:
 - a. Members of a relay team will be chosen within their age category.
 - b. There will be consideration taken by the coaching staff as to the fastest stroke combination within that age category as to determine the composition of each relay team.
 - c. A maximum participation of swimmers available for relays at each swim meet will be achieved by the coaching staff in their relay team selections.
 - d. Where there are insufficient swimmers of an age group to form a relay, additional swimmers can be chosen to move up from lower divisions. This selection will be chosen from the remaining swimmers not on relays of their own division.
 - e. The best time a swimmer has achieved during the current season prior to the immediate swim meet will be considered in determining placement on or removal from a relay team.
 - f. Disciplinary action taken by a Coach may override these guidelines.
3. Relay teams for the Regional Championships and the Provincials Championships will be selected using the following guidelines:
 - a. Every effort will be made by the coaching staff to ensure that all swimmers participating at Regionals, and are available to swim on a relay, will be considered in the selection of teams.
 - b. The best time a swimmer has achieved during the current season prior to Regionals will be considered in determining placement on or removal from a relay team.
 - c. It is the goal of the Nanaimo White Rapids to qualify as many swimmers as possible to Provincials. The coaching staff can move a swimmer up into a higher division if they feel it is necessary to qualifying a relay team in that division. This will only take place if: The swimmer moving up is not impeding the qualification of a relay team in their own division. In this event the Head Coach will communicate to the swimmers and parents involved to notify and give reason of this change.
 - d. A relay team that qualifies for Provincials will swim with the same team members as swam at Regionals unless there is a change due to extenuating circumstances. These circumstances include injury, illness or an inability to attend. Changes will be posted as soon as possible and the Head Coach will notify the swimmers directly involved.
 - e. A Coach who wishes to digress from these guidelines must present justification for a change to the Board of Directors or to the Coach Liaison committee, who will confer with the Board of Directors for approval. A coach must also explain the reasoning for the swimmers affected.
 - f. A deadline to post the Regional relay teams will be 4 days prior to the Regional Championship.

Sidney Piranhas Sprint Challenge Swim Meet
July 21st and 22nd
Panorama Recreation Center, Sidney

Sign Up Deadline: July 13th

	Best	Goal	Heats	Finals
I.M.				
50 Free				
50 Fly				
100 Fly				
Back				
Breast				
100 Free				

Additional Meet Goals

Championship Checklist

Take some time to:

- Review the meet tips.
- Reconsider how you have swum.
- Think of what worked and what didn't.
- Rest! Relax! Rejuvenate!
- Listen carefully to your coach.



At championship meets I will:

- Eat well, drink wisely, and rest.
- Know my times; know my goals.
- Support my teammates.
- Imagine my race.

Vancouver Island Regionals
Aug 3rd to 5th
Cowichan Aquatic Center, Duncan

	Best	Goal	Heats	Finals
I.M.				
50 Free				
50 Fly				
100 Fly				
Back				
Breast				
100 Free				

Additional Meet Goals

**BCSSA Provincial Championships
August 17th to 19th
Guildford Recreation Centre, Surrey**

	Best:	Goal:	Finals:
I.M.			
50 Free			
50 Fly			
100 Fly			
Back			
Breast			
100 Free			

Additional Meet Goals

White Rapids Club Records

		IM	50 FR	50 FL	100 FL	BACK	BREAST	100 FR	MED RELAY	FR RELAY
DIV 1	Girls	1:37.99	36.9	44.56	N/A	41.62	47.7	1:25.95	3:30.58	3:07.28
	Boys	1:27.56	35.41	38.91	N/A	41.8	46.4	1:17.01	3:08.10	2:42.69
DIV 2	Girls	1:21.79	33.35	36.3	N/A	38.08	42.21	1:12.21	2:43.20	2:27.41
	Boys	1:21.23	32.47	35.04	N/A	38.43	42.58	1:11.33	2:45.66	2:22.84
DIV 3	Girls	1:12.45	29.69	33.29	N/A	33.99	37.77	1:02.95	2:33.71	2:13.04
	Boys	1:14.57	29.05	31.85	N/A	33.98	37.58	1:03.98	2:22.45	2:06.55
OCAT 1	Girls	1:22.20	30.45	34.9	N/A	36.64	41.56	1:07.90	2:25.85	2:39.65
	Boys	1:19.51	33.34	37.83	N/A	36.25	38.58	1:11.36	2:40.83	2:21.81
DIV 4	Girls	2:37.78	29.02	31.59	N/A	1:12.39	1:19.97	1:04.32	2:19.10	2:02.58
	Boys	2:25.51	26.41	28.94	N/A	1:07.93	1:14.95	57.03	2:13.70	1:58.05
DIV 5	Girls	2:35.76	29.27	31.87	1:13.80	1:10.88	1:17.54	1:03.06	2:15.88	2:00.76
	Boys	2:21.23	25.68	28.65	1:05.24	1:06.47	1:10.88	57.23	2:05.89	1:48.59
DIV 6	Girls	2:32.96	27.89	30.23	1:07.02	1:07.44	1:16.23	1:01.33	2:10.37	1:56.44
	Boys	2:14.49	24.77	27.26	1:04.08	1:02.07	1:07.85	54.77	1:58.28	1:43.61
OCAT 2	Girls	2:34.37	27.26	30.61	1:07.09	1:05.80	1:20.47	58.78	2:07.70	1:57.81
	Boys	2:13.80	24.6	26.2	57.59	1:00.86	1:09.86	54.5	2:11.11	1:45.21
DIV 7	Girls	2:40.43	27.59	31.37	1:10.72	1:08.97	1:22.19	1:02.46	2:12.85	1:54.43
	Boys	2:18.61	24.5	27.35	1:02.38	1:01.28	1:11.40	53.82	1:56.82	1:42.51
DIV 8	Girls	2:25.75	28.11	29.21	1:09.98	1:07.99	1:13.64	59.22	2:07.65	1:55.08
	Boys	2:07.88	23.85	25.22	57.1	56.26	1:04.96	51.88	1:46.47	1:36.08

AGE LOCATOR

Use this table to determine your division as a summer swimmer.

Child's birth date			Div	Age range
Before		April 30, 1998	8	20 and over
May 1, 1998	to	Apr 30, 2001	7	17 to 19
May 1, 2001	to	Apr 30, 2003	6	15 to 16
May 1, 2003	to	Oct 31, 2005	5	13 ½ to 15
Nov 1, 2004	to	Apr 30, 2006	4	12 to 13 ½
May 1, 2006	to	Oct 31, 2007	3	10 ½ to 12
Nov 1, 2007	to	Apr 30, 2009	2	9 to 10 ½
May 1, 2009	or	After	1	8 and under

Use this table to determine your division as a Category 'O' (winter and summer) swimmer.

Child's birth date			Div	Age range
Before		April 30, 2001	O-8	17 and over
May 1, 2001	to	Apr 30, 2006	O-2	12 to 16
May 1, 2006	or	After	O-1	10 and under

Use this table to determine your group for water polo.

U12	2007 & later	11 and under
U14	2005 - 2006	12 and 13
U16	2003 - 2004	14 and 15
U18	2001 - 2002	16, 17 and 18



The Nanaimo White Rapids would like to acknowledge the continued support of the City of Nanaimo in the co-management agreement of operating the Bowen Park Kin Pool.