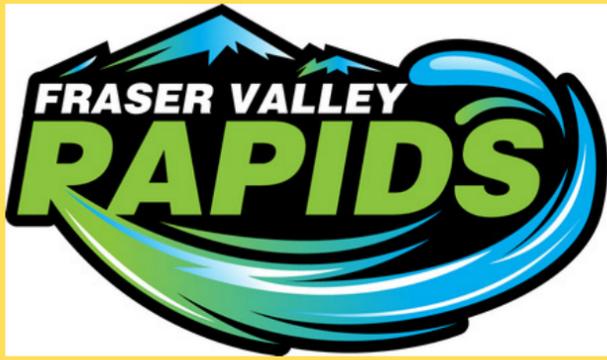


FRASER VALLEY RAPIDS PROVINCIAL CHAMPIONSHIP SWIMMERS

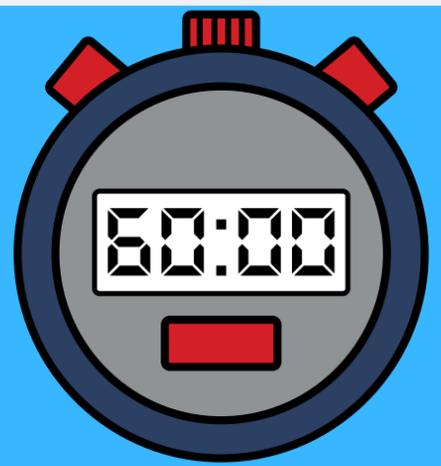


UNIFORMS

Only swimmers attending the BCSSA 2019 Provincial Championships will receive a Fraser Valley Rapids team uniform and swim cap. Sizes can be ordered when a parent/guardian signs up for a provincial volunteer shift.

VOLUNTEER SHIFTS

A parent/guardian must sign up for 1 two hour shift per event at the Provincial Championships. Duties include: lane timers, crash desk, runners etc. If unable to attend you must find someone to cover your shift or seek assistance from your Club President.

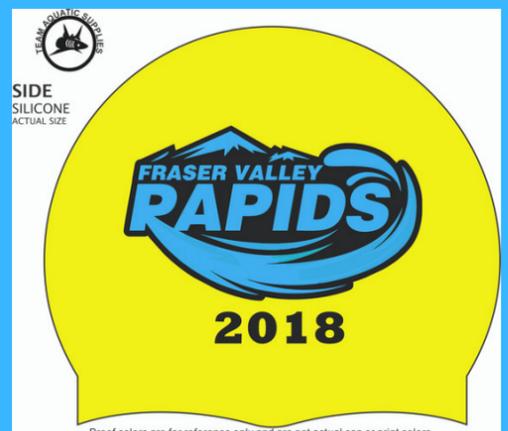


PROVINCIAL PRACTICE

Aldergrove Credit Union Community Centre
27032 Fraser Highway
Wednesday August 7, 2019
6:30 pm - 8:30 pm in water
Pizza Cost: \$2.00 per slice

PROVINCIAL UNIFORM HAND OUT

Swimmers attending Provincials will be provided a team pre-ordered shirt and swim cap at the Provincial practice. If unable to attend the Provincial Practice please have your Club President contact the Region and the uniform will be provided to the swimmer from the Provincial Head Coach in Kamloops.



QUALIFIERS NOT ATTENDING PROVINCIAL CHAMPIONSHIPS

Congratulations on your achievement! Trophies and medals are awarded for the Top 3 finishers and point earners.

Shirts and caps will not be provided unless attending the Provincial Championships. The shirts and caps are a team uniform and not an award for top placing.

BCSSA 2019 PROVINCIAL CHAMPIONSHIPS

August 15 -18
Canada Games Aquatic Centre
910 McGill Road, Kamloops

