

Port Moody Aquarians and Port Coquitlam Marlins POCOMO BOWL Saturday May 24, 2025

One of PCM's annual traditions is a fun and friendly Dual Time Trial with the Port Moody Aquarians! Our two clubs come together and run a sort of 'mini meet' where swimmers (whether returning or new) have the chance to take the next step in their racing and meet experience as they move to the start of the official meet season.

Not only will the swimmers go through the Clerk of the Course and Marshalling, they will also get to use the touchpads for the first time in the summer season and get accurate times for their races.

Be sure to go into ACTIVE (link here) and indicate whether your swimmer is available or unavailable to attend.

GENERAL INFORMATION AND WHAT TO EXPECT:

- **Date:** Saturday, May 24, 2025
- **Where:** Westhill Pool
- **Set up Starts at:** 7:00am
- **Warm Up Starts at:** 9:00am
- **Competition Starts at:** 10:00am
- Electronic Starter and the Colorado System (touch pads) will be used
- Swimmers will swim a **maximum of 4 events** – 25m and 50m events will be available
- **Events will run oldest to youngest swimmers** - 50m Div 4-7, OCat 2 grouping will be together seeded by time; then 50m Div 1-3/OCat1/6&under. For 50m girls swim first, then boys. 25m races for Div1/6&under are mixed gender.
- Inter-squad relay will run at the end of the day with a single representative swimmer from each gender and applicable age group.
- **No DQs**, however, stroke and turn officials will be on deck watching – just like in official meets
- **Concession: 9:00am – 1:00pm.** Will serve Breakfast & Lunch items, snacks and drinks. **Breakfast will be served from 9:00 – 10:30am. Lunch will be served 11:00-1:00 pm.** Cash and Debit/Credit accepted.
- Clerk of the Course and Marshalling will be located on deck by the small pool
- Tents will be set up on the grass for the kids to hang out together between races

VOLUNTEERS:

PCM will be responsible for some timing shifts. A sign up sheet will be emailed to families.

REMEMBER TO BRING THE GEAR YOU NEED FOR A MEET:

- **Suit** – one will do if the day is nice, but more than one if you have it – just in case it’s a little on the cooler side and the kids want to quickly change after warm up (if there’s time) or after a couple of races
- **Swim Cap** (if you have one)
- **Goggles** (and a backup pair if you have one – you never know when goggles will break!)
- **Sunscreen** if it’s a sunny morning
- **Towels** – at least 2. More if the weather is cooler
- **Parka** if you have one – this helps keeps our kiddos warm
- **Flip Flops or Slides** – a good habit to get into is wearing flip flops or slides until you are behind the blocks. Remove your shoes there and then put them on again after your swim. On our grass area and on the grassy areas at other meets, this helps protect your feet from any hidden objects in the grass and from the heat of the cement on deck.
- **Warm clothes** – to put over your swimsuit in case of cold weather (sweatpants/hoodie). A Parka is good as well, but it doesn’t always keep all the cold out – especially the legs.
- **Water and Snacks** – although there will be a concession, it’s good to have a full water bottle and some light snacks for in between events. Stay hydrated, especially if the weather is warm.

Events

GIRLS	EVENT	DIV / CAT	BOYS
1	50m Freestyle	DIV 4-7 / OCAT2 / O8	2
3	50m Freestyle	DIV 1-3 / OCAT1, 6&under	4
9	25m Freestyle (Mixed)	6&under / DIV 1	9
21	50m Backstroke	DIV 4-7 / OCAT2 / O8	22
23	50m Backstroke	DIV 1-3 / OCAT1, 6&under	24
29	25m Backstroke (Mixed)	6&under / DIV 1	29
31	50m Breaststroke	DIV 4-7 / OCAT2 / O8	32

33	50m Breaststroke	DIV 1-3 / OCAT1, 6&under	34
39	25m Breaststroke (Mixed)	6&under / DIV 1	39
41	50m Butterfly	DIV 4-7 / OCAT2 / O8	42
43	50m Butterfly	DIV 1-3 / OCAT1, 6&under	44
49	25m Butterfly(Mixed)	6&under / DIV 1	49
98	Team rep relay (Mixed)	DIV 1-5	98