

How to be an O-Category swimmer in May 2025.

Fulfill one or more of the following between September 1-April 30:

- Practice length swimming **MORE** than 2 hours in any single week (coached or uncoached, supervised or unsupervised).
- Compete in one or more non-BCSSA-sanctioned meets (e.g. Swim BC, SNC, US swimming, etc.). BC Grade 8-12 meets are exempt.
- Combine swimming activities with K-7 school swimming, resulting in more than 2 hours of swimming in one or more weeks from September 1-April 30.
- Compete in speed swimming for a school that is not the one they attend as a student.
- Regardless of age, achieved an SC Senior National Qualifying Time during the preceding three years (will be C-08).
- Change from O cat to S cat more than once.

How to be an S-Category swimmer in May 2025

- From September 1-April 30, practice length swimming 2 hours or **LESS** within a calendar week (coached, uncoached, supervised, or unsupervised). A calendar week is Sunday through Saturday.

In addition to the above, S-Category swimmers may:

- Train and/or compete in diving, water polo and artistic swimming with no restrictions.
- Engage in accredited and certified water safety and learn-to-swim programs delivered by a recreation program or school.

Grade 8-12 athletes may also:

- From September 1st to November 30th (inclusive), participate in swimming activities to compete in any swim meet organized by a BC-based school sports association. This must occur with the athlete's own school.

Grade K-7 athletes may also:

- From December 1st to February 28th (inclusive), participate in one's own school swim meet(s) organized by a BC-based school sports association. **HOWEVER!** The **Grade K-7 must limit their** practices and meet attendance to a TOTAL of 2 hours. This may mean the K-7 athlete must choose between winter maintenance and K-7 school swimming, as total swimming activities must not exceed 2 hours per week for K-7 athletes (K-7 school swimming activity is too close to the summer swimming season).

In case of any discrepancy between this document and BCSSA rules, the current BCSSA rulebook shall prevail.