



Building Champions

DSSC November - LMR

Sanctioned by Swim BC: #11082

Location: Watermania, 14300

Entertainment Blvd, Richmond BC

General

Facility: 8 lane 25 meter pool.

Timing system: Aries/competition lane ropes

Date: November 26-27, 2011

If there are 200 swimmers or less the meet will not be blocked

If there are more than 200 swimmers the meet will be blocked

All events will be swum as timed finals.

Warm Ups:

Saturday November 26th

Distance warm-up: 12:00-12:30

Distance Start: 12:30

Regular warm-up (all ages): 1:30-2:15

Start Time: 2:15

Estimated Finish: 6:00pm

Sunday November 27th

Warm-up (all ages): 12:00-12:45

Start Time: 12:50

Estimated Finish: 6:00pm

Eligibility: All swimmers must be registered with Swim BC or other FINA affiliated organization. Para swimmers are welcome to compete, classification should be included with entry information. Age group is based on the age of the swimmer on the first day of the meet.

SNC Warm Up rules (Appendix F) will be in effect, No swimmer shall enter the pool by a dive. Safety Marshalls will be stationed around the pool deck. Teams will be assigned lanes for warm ups.

Entries:

- Clubs must submit entries by uploading their Hy-Tek Entries file to the national events database at www.meetlist.notlong.com; entries sent directly to the meet manager will not be accepted.

- Swimmers are limited to six (6) Individual events. Please limit your swimmers to three (3) events per day. We reserve the right to reduce this number if the meet time lines do not fit a reasonable time frame. If 'blocking' is required, clubs will be notified in advance and will have 24 hours to re-submit entries.

- We will be accepting entries to a maximum of 250 swimmers

Entry Standards:

- AAA de-qualified. COACHES NOTE - this meet should be prioritized for AA and under swimmers.

- All entrants must have 200 IM time under 4:00 and 300 Free under 5:40.

- 200 Free under 3:15 to swim the 400 Free

- A 200IM under 3:40 to swim the 400IM

- Proof of time report must be supplied with your entries.

Distance Free:

We fully anticipate the need to run distance freestyle events with two swimmers per lane. Please help us by ensuring that all distance swimmers provide at least one timer.

Awards: Ribbons will be awarded for 1st to 8th in all individual events for age groups 9 & Under, 10&11, 12&13, and 14 & Over.

There will be no point scoring for the meet.



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Delta Sungod Swim Club, 7101-120

completion of their sessions within 4
hours. 207, Delta BC, V4E 2A9, 604-345-5912
All heats will be run Slowest to Fastest

Entry Fees:

Individual Entry Fee: \$6.00
SWIM BC Splash Fee: \$4.00
Deck Entry Fees \$12.00 (payable at
time of entry)
Payment must be received prior to the
start of the meet, please
make cheque payable to the Delta
Sungod Swim Club.
Deck Entries will be accepted to fill
available lanes only, **NO new heats
will be created.** Deck entries for
swimmers not already in the meet must
be accompanied by swimmer's correct
date of birth as well as SNC 9-digit ID
number.

Entry Deadline:

Entries must be received by the meet
secretary no later than 10PM Tuesday
November 15th.

Scratch Deadline:

Final scratch without obligation is
midnight Tuesday November 22nd.

Rules:

All SNC, Swim BC, and LMR rules apply
to this meet. Start Over will occur,
swimmers will remain in the water for the
start of the next heat. The FINA One
Start Rule (SW 4) will be used, and the
current swimsuit policy will be observed.

All 10 & U swimmers are limited to 4
hours of competition time.

- Coaches should enter these
swimmers in events which ensure

The Clerk of Course must receive
scratches 30 minutes prior to the end of
warm up.

Meet Manager: Guy Landry
Meet Secretary: Ron Bullock
Head Coach: Steven Hitchings,
headcoach@teamsungod.ca,
604-345-5912

Official's Meeting:

The officials meetings will be at 12:15
(Distance) and 1:30 (Session 2) on
Saturday November 26th and 12:45 on
Sunday November 27th.
Coaches Meeting: There will be a
coaches meeting at 12:20pm Saturday
November 26th and as required
thereafter.

This meet is supported by the Ministry of
Small Business,
Tourism and Culture - SportServices
Branch.



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Building Champions Delta Sungod Swim Club, 7101-120 St. Box 207, Delta BC, V4E 2A9, 604-345-5912
REGIONAL LEAGUE MEET Schedule

Saturday November 24th

11 & Under	Event	12 & Over
1	800 FR	2
3	1500 FR	4
5	200 BK	6
7	50 BK	8
9	200 IM	10
11	100 FR	12
13	200 FL	14
15	50 FL	16
17	100 IM	18
19	100 BR	20

Sunday November 25th

11 & Under	Event	12 & Over
21	400 FR	22
23	100 FL	24
25	200 BR	26
27	50 BR	28
29	100 BK	30
31	200 FR	32
33	50 FR	34
35	400 IM	36

Delta Sungod Swim Club is NOT responsible for visiting club's swimmers. Coaches, please ensure that your athletes follow the rules of the facility and respect the staff. Glass containers are not welcome on deck. Please use Swim BC Technical Guide: Rules Governing Competition for 10&Under Coaches should be aware of these rules and take them into consideration when entering their athletes.



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Please pass this page on to your club's director of officials.

Meet Officials:

The number of swimmers entered from each club will dictate the number of officials that each club will be expected to bring to the meet.

- 3 - 5 swimmers 1 timer*,
- 6 - 10 swimmers 1 timer, 1 stroke & turn* per session
- 11 + swimmers 2 timers, 1 stroke & turn*

or other experienced deck official

These are minimum requirements only. More help on deck will be appreciated.

The names of the stroke and turn or other deck officials must be submitted to the officials manager by **November 20, 2011** with the names of your experienced deck officials and trainees.

All clubs are encouraged to bring their inexperienced stroke and turn judges- those that have attended a clinic but with limited deck experience in actual meets, as this will be any excellent meet to shadow with a more experienced official.

The referee will make stroke and turn assignments during the officials meeting. This meeting will take place 30 minutes prior to the session start at the pool.

Clubs will be assigned lanes for timing according to each club's meet entry load. The lane assignment will be posted on the deck during each session. Please remind your parents that the lanes must be manned through to the end of the meet.

Officials Manager: Ron Bullock

Phone: h 604.306.4790

Email: jrtc@dccnet.com