



Here's your competition

Maple Ridge Leisure Centre
11925 Haney Place
Maple Ridge, B.C. V2X-6G2
604-467-7322

Haney Holiday LMR
December 10 & 11-2011
Sanctioned by SwimBC: #11864

Saturday 12&Under	Warm-up 8:00 a.m.	Sunday 12&Under	Warm-up 8:00 a.m.
Session 1 9:00-12:00		Session 4 9:00- 1200	
Saturday Distance	Warm-up 11:00 a.m.	Sunday 13&Over	Warm-up 1:00 p.m.
Session 2 12:00- 1:30		Session 5 2:00- 5:00 p.m.	
Saturday 13&Over	Warm-up 1:30 p.m.		
Session 3 2:30- 5:30			

All session warm-ups will be 50 minutes. Warm-up for the distance events will take place in the warm-up pool starting at 11:00 a.m.

Please note all finish times are estimated times only. Management may unblock sessions if the number of swimmers is below 200 participants.

Should meet be unblocked the format would be as follows:

Saturday	Sunday
8:00 a.m. Warm-up	8:00 a.m. Warm-up
9:00 a.m. Distance All ages	9:00 a.m. Start
10:00 a.m. Estimated warm-up	1:30 p.m. Estimated Finish
11:00 a.m. Estimated start	
3:30 p.m. Estimated finish	

Pool Information:

Six lane 25 metre pool. Four lane warm-up/ warm-down pool. Kiefer lane ropes. Grizzly starting blocks. Colorado starting/timing system.

Eligibility:

All swimmers must be registered with Swim B.C. or other Fina affiliated organization. Age groups will be based on age as of Dec. 10 th, 2011. LMR qualifying standards. AAA swimmers are not eligible for awards. LMR standards in 200 IM of 4:00 mins. or faster.

Entries:

Entries will only be accepted via upload to SNC meet website . Please limit entries to 6 maximum (excluding relays and distance events). **All entries must be received by Friday Nov. 25, 2011**. Meet will be limited to 300 athletes, the club entering the 300 swimmer will be the final club to be accepted into the meet. Proof of times required with entries.

Coaches are reminded to enter their 10&U swimmers such that they adhere to the "4-hours on deck" guideline (excluding warm-up time).

Fees:

Swim B.C. Provincial Team Splash fee	\$4.00
Individual events	\$5.00
Relays	\$7.00
Late or deck entry, Individual	\$10.00
Late or deck entry, relay	\$15.00

Fees must be paid by the start of the first session on **Sat. Dec. 10, 2011** to meet manager Lisa Simmons. Cheques to be made payable to Haney Seahorse Swim Club.

Scratch Deadline:

Any scratch received on or before Dec. 2 nd will receive a full refund. After said date a medical note must accompany scratch for reimbursement.

*Meet day scratches are due 30 mins. prior to end of warm-up.

Deck Entries:

Deck entries for swimmers not already in the meet must be accompanied by the correct SNC 9 digit number as well as birth date for swimmers not already entered in the meet. Deck entries will be accepted as long as it does not create a new heat. Deck entries must be paid in full before the deck entry will be accepted. Deck entries are ineligible for awards. Deck entries are due 30 mins. prior to session start.

Meet Rules:

All applicable FINA/SNC/Swim B.C. rules will be observed. SNC warm-up procedure will be in effect. Events 400, 800 & 1500 may be swum 2 per lane. Limited entry. Events will be swum mixed gender, but awarded separately. As such, no SwimBC or SNC records can be recognized from performances done at this meet.

HSSC is not responsible for visiting clubs swimmers.

Awards:

Ribbons will be awarded for 1st to 6th in individual events for age groups, 10 & under, 11 & 12, 13 & 14 and 15 & over.

Officials:

Each participating club will be required to submit a list of timers and deck officials for each session with club entries. Swimmers in the 800 & 1500 free must provide 2 timers each. The HSSC Officials Director will contact participating clubs to notify each as to their volunteer requirements.

Parking:

All underground parking at the Leisure centre is pay parking.

Concession:

On site.

Coaches Meeting:

There will be a coaches meeting 10 mins. prior to the start of each session as required.

Officials Meeting:

There will be an officials meeting 20 mins. prior to the start of each session.

Meet Manager

Lisa Simmons lisasimmons@shaw.ca 604-467-6822

Head Coach

Mike Kirkness mikekirkness@gmail.com

Saturday Events

Session 1- 12 & Under

1	200 Back
2	50 Fly
3	200 IM
4	50 Back
5	100 Free
6	200 Fly
7	100 IM
8	100 Breast

Session 3- 13 & Over

9
10
11
12
13
14
15
16

Session 2- Distance- Open age**

Distance warm-up will begin in warm-up pool at 11:00 a.m.

17	1500 Free
18	800 Free

Sunday Events

Session 4- 12 & Under

19	400 Free
20	200 Breast
21	100 Back
22	50 Free
23	100 Fly
24	50 Breast
25	200 Free
26	4x 50 Free Relay*
27	400 IM

Session 5- 13 & Over

28
29
30
31
32
33
34
35
36

*Relays may be any mix of male and female.

** Select either 800 or 1500 free.