



**2009 Fall Invitational
October 24 & 25, 2009
Swim BC Sanction #8417**

Location: Nanaimo Aquatic Center
741 Third Street
Nanaimo, B.C.
Club Contact: 250-714-1800

Pool: 25 meter 8 lane pool, bleachers on deck

Participating clubs: This meet is open to all clubs who wish to attend.

Start Times:

Sat. October 24	Sun. October 25
Warm-up: 9:00 – 9:50 am	Warm-up: 8:00- 8:50 am
Start: 10:00 am	Start: 9:00 am
Time out: Approx 3:00pm	Time out: 2:00 pm

Open warm-ups. Lanes one and eight will be opened as dive lanes for the last 25 minutes of warm-up. Safety Marshals must be present during the warm-up period.

Eligibility: All swimmers must be registered with Swim BC or FINA Affiliated club. Age groups are based on the age of the swimmers as of October 24, 2009

Entries will be restricted to a maximum of 220 swimmers in order to meet posted timelines.

Meet Entries: Individual entries are limited to a maximum of four (4) events per swimmer per day.

Meet entries must be uploaded prior to the entry deadline to the Swimming Canada www.swimmeet.ca website. Entries sent directly to the meet manager will not be accepted.

Please submit one cheque for all swimmers entered under the club acronym payable to NRST.

Entry Deadline: All entries must be received by **October 16, 2009**

Entry Fees: Individual Events: \$6.50 event

Relay Events: \$8.00 per team entered
SWIM BC Provincial Team Splash Fee \$4.00 swimmer
Please note that you must add this fee to your Team Manager program.
Cheques payable to NRST must be received prior to Saturday's Warm Ups to Meet Manager

Meet Rules

- SNC and Swim BC rules as stated in the SNC Rule book and the Swim BC Technical Guide will apply.
- The current (Sept.2009) SNC Swimsuit rule will be in effect.
- The Fina one start rule will be in effect.
- This meet will be swum short course.
- 10 & Under will be swum mixed gender in all individual events
- Coaches please be aware of the Swim BC suggested 4 hour timeline for 10 and Unders and enter your swimmers accordingly.
 - 11 & Over will be seeded together. Seeding will be slowest to fastest.
- All events are timed finals.
- Swimmers are limited to a maximum of 4 events per day.

Meet management reserves the right to limit the # of heats and/or to reschedule events based on the # of entries received.

Deck Entries: Deck entries will be accepted on a first come first serve basis to fill empty lanes at a cost of \$ 8.00/event. All deck entries must have the swimmer's SNC ID # and correct date or birth, and be received thirty (30) minutes prior to the start of the meet each day.

Scratches: Please email known scratches to Sylvia Wilson by email at sflood@nanaimoriptides.com and cc sylvia@nanaimoriptides.com by **12:00pm October 22, 2009**

Scratches made after this time will be subject to the entry fees and will not be reimbursed.

Officials: All clubs will be required to supply 3 timers plus one deck official for the duration of the meet. Please submit official's names to Sylvia Wilson by email at: sylvia@nanaimoriptides.com before October 16, 2009.

Meet manager: Sylvia Wilson
Phone 250 714-1800
E-mail sylvia@nanaimoriptides.com

SATURDAY

GIRLS	EVENT	BOYS
1	Mixed Open 200m Free Relay	
2	Mixed 10 & Under 50 Back	
3	11 & Over 50m Back	4
5	11 & Over 100m Back	6
7	Mixed 10 & Under 100m Free	
8	11 & Over 100m Free	9
10	Mixed 10 & Under 50m Fly	
11	11 & Over 50m Fly	12
13	11 & Over 100m Fly	14
15	Mixed 10 & Under 100m Breast	
16	11 & Over 200m Breast	17
18	11 & Over 400m Free	19

SUNDAY

GIRLS	EVENT	BOYS
20	Mixed Open 200m Medley Relay	
21	Mixed 10 & Under 50m Free	
22	11 & Over 50m Free	23
24	Mixed 10 & Under 100 Back	
25	11 & Over 200 back	26
27	Mixed 10 & Under 50m Breast	
28	11 & Over 50m Breast	29
30	11 & Over 100m Breast	31
32	11 & Over 200m Free	33
34	Mixed 10 & Under 100 IM	
35	11 & Over 200 IM	36