

“4th ANNUAL” Long Course Swim Meet

Hosted by the **Nanaimo Riptide Swim Team**

Sanction by Swim BC - #9052

Pool: Nanaimo Aquatic Center
741 Third Street, Nanaimo, B.C.
250-714-1800
8-lane, 50m competition pool
Colorado Timing System

Date: May 29th & 30th 2010

Time: Saturday, May 29, 2010
Heats Warm-up 8:30 am – 9:20 am
Meet Start 9:30 am
Estimated time out 8:00pm
Finals Warm-up 2 hours post heats
Final Start 45 minutes after beginning
of warm-ups

Sunday, May 30, 2010
Heats Warm-up 8:00 am – 8:50 am
Meet Start 9:00 am
Estimated time out 7:30pm
Finals Warm-up 2 hours post heats
Finals Start 45 minutes after beginning
of warm-ups

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 affiliates.
Age groups are based on the age of the swimmer as of May 29, 2010.

Meet Entries: Individual entries are limited to a maximum of four events per swimmer per day.
There is no limit to the number of relay team entries.

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.

Reservations: Will be accepted via e-mail to: sylvia@nanaimoriptides.com on a first come first serve basis after 12:30 PM, Monday, May 3rd. A deposit of \$100.00 will be needed to secure your spots. Deposits must be received by NRST within 14 calendar days of your request to confirm entries, after which time spots will not be held until payment has been received. Deposits are non-refundable. Confirmations will be made via e-mail after deposit has been received.
Please re-send the entire entry file if making changes.

Entry Deadline: Wed, **May 19, 2010**

Entry Fees: Individual Events \$8.00 per entry
Relay Entries \$10.00 per entry
Swim BC Provincial Team Program Fee: \$4.00 per swimmer

The \$4 Swim BC Splash fee supports Swim BC'S Regional Training Camps and Provincial Team Program

Awards: Draw prizes will be awarded. Entries to the draws will be based on finals results. 1st = 4 entries, 2nd = 3 entries, 3rd = 2 entries and 4th to 8th = 1 entry.

Deck Entries: Deck entries will be permitted to fill empty lanes only, on a first come first serve basis. Deck entries must be clearly marked D.E. (deck entry), completed and presented to the Clerk of Course thirty (30) minutes prior to the start of the meet each day.
An entry fee of **\$10.00 for individual Entries and \$12.00** for relay entries must accompany all deck entries.

We do not accept deck entries without payment of cash or check

Meet Rules:

- SNC and Swim BC rules as stated in the SNC Rule book and the Swim BC Technical Guide will apply. The FINA One start rule will be in effect.
- Seeding will be from slowest to fastest.
- Ages 11 and over will be combined in the heats and separated by age group for finals
 - Finals will be swum for the following age categories. 11&12, 13&14, 15&Over
- There will be consolation finals for age categories with 24 or more entries.
- 10 and Under races, in almost all events, will run as timed finals during prelims
 - The 200 IM and 200 Free, however, will still be contested as timed finals, but the Top 8 proved entry times received will compete during the finals.
 - Positive check in for both of these events is 9am on the event day.
 - Results for all other events will be posted at the end of the morning sessions.
 - Coaches please be aware of the suggested 4 hour timeline for 10 and Unders and enter your swimmers accordingly.
- Relays will be swum during finals as the first event each session.
- **Meet management reserves the right to limit the # of heats and/or re-schedule events based on the # of entries received.**
- **Meet entries will be limited to the first 240 swimmers. (Meet management reserves the right to accept a limited number of additional entries after the time outs have been examined.)**
- Swim-over starts will be used at this meet as swimmers must exit the pool from the side walls.
- Para-swimmer entries will be seeded with able bodied swimmers.
- Para-swimming finals will be swum for events with five or more entries per event.

Scratches: Scratches are to be in the hands of the Clerk Of Course, in writing, no later than thirty (30) minutes prior to the start of the meet each day. Please e-mail known scratches by Tuesday, May 25, 2010 to: sflood@nanaimoriptides.com.
Scratches for finals will follow the SwimBC Heats/finals scratch procedure and policy.

Meet Manager: Lynn Krynowsky Email: lkrynowsky@shaw.ca

Officials: If members of your club would be interested in assisting us with any deck positions we would welcome your help. Please contact [Lynn Krynowsky @ lkrynowsky@shaw.ca](mailto:Lynn.Krynowsky@lkrynowsky@shaw.ca)
There will be an officials meeting at 9am Saturday and 8:30am Sunday.

Coaches: There will be a short coaches meeting at 9:20 am Saturday and 8:50 am Sunday.

Food Service: Sharky's Restaurant in the lobby of the NAC.

Accommodations:



The Coast Bastion Inn, 11 Bastion Street, Nanaimo B.C, The official sponsor for this event, have offered a block of rooms at a reduced rate. If you are interested in one of these rooms, their phone number is 1-800-663-1144, ask for the Nanaimo Riptide Swim Team group booking.
These rooms will be held until May 1, 2010. They are located in downtown Nanaimo, 2 kms away, on a direct route to the Nanaimo Aquatic Centre.

NANAIMO RIPTIDE SPRING SPRINT

EVENT LIST

<u>Saturday, May 29, 2010</u>		
Girls	Events	Boys
1	10 and under 50 Freestyle	2
3	11 and over 50 Freestyle	4
5	10 and under 50 Butterfly	6
7	11 and over 50 Butterfly	8
9	10 and under 200 IM	10
11	11 and over 200 IM	12
13	10 and under 100 Breaststroke	14
15	11 and over 100 Breaststroke	16
17	10 and under 100 Backstroke	18
19	11 and over 200 Backstroke	20
21	11 and over 100 Butterfly	22
23	200 Mixed Freestyle Relay (max age 52)	

<u>Sunday, May 30, 2010</u>		
Girls	Events	Boys
25	10 and under 50 Breaststroke	26
27	11 and over 50 Breaststroke	28
29	10 and Under 50 Backstroke	30
31	11 and over 50 Backstroke	32
33	10 and under 200 Freestyle	34
35	11 and over 200 Freestyle	36
37	10 and under 100 Butterfly	38
39	11 and over 200 Butterfly	40
41	10 and under 100 Freestyle	42
43	11 and over 100 Freestyle	44
45	11 and over 200 Breast	46
47	11 and over 100 Backstroke	48
49	200 Mixed Medley Relay	50