



2007 Swim BC Club of the Year

SEVENTH ANNUAL 14 & UNDER WAVEMAKER LONG COURSE INVITATIONAL

April 23-25, 2010
 Saanich Commonwealth Place
 4636 Elk Lake Drive
 Victoria BC CANADA V8Z 5M1
 Sanctioned by SwimBC: #8313

START TIMES

| Date | Heats | | | Finals | | |
|--------------------------|----------|----------|---------|----------|---------|---------|
| | Warm-ups | Start | Timeout | Warm-ups | Start | Timeout |
| Friday, April 23, 2010 | 10:30 am | 11:30 am | 3:30 pm | 5:00 pm | 6:00 pm | 8:30 pm |
| Saturday, April 24, 2010 | 8:00 am | 9:00 am | 1:00 pm | 4:00 pm | 5:00 pm | 7:30 pm |
| Sunday, April 25, 2010 | 8:00 am | 9:00 am | 2:00 pm | 3:30 pm | 4:30 pm | 6:30 pm |

POOL AND FACILITIES

Eight-lane, 50m competition pool.
 Ares-Omega electronic timing, touch pads and scoreboard.
 Separate warm-up pool – four short-course lanes in dive tank.
 Coffee shop – the Aquaterra Café – available.

ELIGIBILITY

Swimmers registered with Swim BC or other FINA-related organizations. Note that in order to compete at this meet, Swim BC sessional and novice registrants must upgrade to competitive status. Swimmer age is determined on April 23, 2010.

GENERAL INFORMATION

- This meet is designed to enable swimmers aged 14 & under to attend a heats and finals long course event.
- The meet will run under Swim BC and SNC rules: SNC warm-up procedures will be in effect; scoring will be as per SNC rules.
- There is no entry standard for this meet.
- As per the Swim BC Technical Guide, coaches are asked to exercise discretion in choosing events for 10 & under swimmers so that that deck time, excluding warm-up, does not exceed 4 hours per session.
- Heats will swim slowest to fastest, all age groups combined.
- For individual events with 16 or more starters per age group, finals will swim in age groups 9 & under, 10 & under, 11 & under, 12 & under and 14 & under. However, where there are fewer than 16 starters per age group, meet management may aggregate age groups to swim finals as 10 & under, 12 & under and 14 & under.
- There will be no consolation finals.
- Swimmers may swim up age groups in one or more events. If so, coaches are asked to notify meet management of competitors' names, events and swim-up age categories.
- Relays will swim in age groups 10 & under, 12 & under and 14

& under, and are timed finals. All relays will swim at the beginning of finals in the evening; please submit entry times with relays.

- The SwimBC scratch rule will be in effect; please consult [SwimBC Tech Guide](#) (page 10) for scratch rule.
- Floret ribbons will be awarded to 1st to 3rd place finishers in each age group for individual events and 1st to 3rd place relays. Individual events 4th through 8th will receive ribbons.
- Floret ribbons will also be awarded to the broken 400 IM winners, combining each swimmer's time in the four 100m events.

ENTRIES

Entries must be uploaded prior to the entry deadline to the Swimming Canada website at <http://www.swimmeet.ca/>.

Send entry reports and fees reports to:

Margaret Penning, Meets Director
 Phone: 1-250-656-7359
 Email: meets@pacificcoastswimming.com

- Final entries must be uploaded by Monday, **April 12, 2010**.
- Entries are \$6.50 per individual event; \$8.00 per relay.
- Note that Saanich Commonwealth Place requires a \$5.00 per swimmer Facility Improvement Fee and Swim BC requires a \$4.00 per swimmer Splash Fee.
- Please make cheques for the total amount, including all individual and relay entries, and Swim BC and SCP facility fees, payable to **Pacific Coast Swimmers and Parents Association (PCSPA)**.
- Entries must show swimmers' ages, or swimmers will be entered as 14 years of age.
- No refunds of fees for scratched events after the entry deadline except with a medical certificate.
- This meet is limited to 350 swimmers. Teams will be notified if entries cannot be accepted.

EVENT ORDER

| Friday | | |
|--------|------------------|-----|
| Women | | Men |
| 1 | 4x100 Free Relay | 2 |
| 3 | 200 IM | 4 |
| 5 | 50 Breaststroke | 6 |
| 7 | 200 Backstroke | 8 |
| 9 | 100 Freestyle | 10 |

| Saturday | | |
|----------|-------------------|-----|
| Women | | Men |
| 11 | 4x50 Medley Relay | 12 |
| 13 | 200 Butterfly | 14 |
| 15 | 50 Backstroke | 16 |
| 17 | 400 IM | 18 |
| 19 | 100 Breaststroke | 20 |
| 21 | 50 Butterfly | 22 |
| 23 | 200 Freestyle | 24 |

| Sunday | | |
|--------|------------------|-----|
| Women | | Men |
| 25 | 4x50 Free Relay | 26 |
| 27 | 400 Freestyle | 28 |
| 29 | 50 Freestyle | 30 |
| 31 | 200 Breaststroke | 32 |
| 33 | 100 Backstroke | 34 |
| 35 | 100 Butterfly | 36 |