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| **Sanction:** | Sanctioned by SwimBC: # |
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| **Session Times:** | **Date – Saturday Jan 7, 2012** |  | **Date – Sunday Jan 8, 2012** |
|  | Warm-Up:Start:Projected Finish: | 2:00pm3:15pm8:00pm |  | Warm-Up:Start:Projected Finish: | 7:30am8:45am12:00pm |
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| **Location:** | Walnut Grove Community Centre8889 Walnut Grove Drive, Langley BC1-604-882-0408<http://bit.ly/YVRtoPool>   |
| **Pool:** | * 8 lane 50 meter tank with bulkhead to create 8 lanes 25 meter for the meet
* Colorado timing system
* Warm-up/warm-down will be available during the meet. Pool will be available Friday, Jan. 06 from 3:00-7:00pm.
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| **Meet Format:** | Timed finals |
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| **Special Meet Rules:** | All Star teams from Pacific Northwest Swimming (PN), Oregon Swimming (OR), Pacific Swimming (PC), Southern California (CA) and Swim BC (BC) will compete with eight girls and eight boys in both the 11-12 and 13-14 age categories. |
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| **Scoring** | Team Scoring: 9-7-6-5-4-3-2-1Relay Scoring: 18-14-12-10-8-6-4-2 (One relay from each LSC must score before a second relay from an LSC scores) |
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| **Meet Rules:** | 1. All SwimBC and Swimming Canada rules will be in effect
2. All swimmers must be registered properly with Swimming Canada/SwimBC, Swimming USA or other FINA-affiliated organization
3. Swimming Canada warm-up procedures will be in effect and will be monitored by safety marshals
4. Current Swimming Canada / FINA swimsuit rules will be in effect
5. Each team is allowed four (4) entries per individual event. Each team is allowed two (2) teams per relay event. Each individual swimmer may compete in up to three (3) individual events plus two (2) relays per day.
6. Entry changes will be allowed until the event is called to the blocks.
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| **Entries:** | Submit entries in Hy-tek format with the swimmers’ best 25 meter time. |
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| **Entry Deadline:** | Entries must be received no later than **12:00noon Monday, January 2, 2012**. Send entry files to mikeflegel@swimbc.ca  |

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| **Hospitality** | There will be a hospitality room off the pool deck for coaches, managers and officials. Snacks and drinks will be provided on deck for swimmers in the meet. |
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| **Hotel Information** | Sandman Hotel -  $94/night + taxes.  60 rooms at Sandman Inn and balance of rooms at Sandman Signature.  Breakfast included. I would probably have teams book here.Contact:  Mary MarshallAddress:  8855 202nd St               Langley, BC               V1M 2N9604 888-72631-800-SANDMAN Holiday Inn Express - $107/night + taxes. 41 rooms including breakfast.Contact:  Mange SandhuAddress:  8750 204th St               Langley, BC               V1M 2Y5604 882-2000 |

**Team Lane Assignments:**

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| --- | --- | --- |
| LANE | INDIVIDUAL EVENTS | RELAY EVENTS |
| Heat 1 | Heat 2 | Heat 3 | Heat 1 | Heat 2 |
| Lane 1 | - | OR | PC | - | - |
| Lane 2 | - | PN | OR | OR | OR |
| Lane 3 | BC | CA | PN | PN | PN |
| Lane 4 | PC | BC | CA | CA | CA |
| Lane 5 | PN | OR | PC | PC | PC |
| Lane 6 | OR | PC | BC | BC | BC |
| Lane 7 | - | BC | CA | - | - |
| Lane 8 | - | CA | PN | - | - |



 (A) Vancouver International Airport to (B) Walnut Grove Community Centre Pool

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|  | **Event List** |  |
|  | **Saturday Events** |  |
| **Girls Event Number** | **Event** | **Boys Event Number** |
| 135791113151719212325272931 | 11-12 200 Free Relay13-14 200 Free Relay11-12 100 IM13-14 200 IM11-12 100 Freestyle13-14 100 Freestyle15 Minute Break11-12 100 Backstroke13-14 200 Backstroke11-12 100 Breaststroke13-14 200 Breaststroke11-12 400 Freestyle13-14 400 Freestyle15 Minute Break11-12 50 Fly13-14 100 Fly11-12 400 Medley Relay13-14 400 Medley Relay | 2468101214161820222426283032 |
|  |  |  |
|  | **Sunday Events** |  |
| **Girls Event Number** | **Event** | **Boys Event Number** |
| 33353739414345474951535557596163 | 11-12 200 Medley Relay13-14 200 Medley Relay11-12 200 Freestyle13-14 200 Freestyle11-12 50 Breast13-14 100 Breast15 Minute Break11-12 100 Butterfly13-14 200 Butterfly11-12 50 Backstroke13-14 100 Backstroke11-12 200 IM13-14 400 IM15 Minute Break11-12 50 Freestyle13-14 50 Freestyle11-12 400 freestyle Relay13-14 400 Freestyle Relay | 34363840424446485052545658606264 |