



# FIFTH ANNUAL NRST LONG COURSE SPRING SPRINT

May 28 and May 29, 2011

Nanaimo Aquatic Centre, 741 Third Street, Nanaimo BC Canada V9R 7B2

Sanctioned by Swim BC - #10081

## START TIMES

Date	Heats		Finals		Estimated Time Out
	Warm-ups	Start	Warm-ups	Start	
Saturday, May 28, 2011	8:15am – 9:10am	9:30am	2 hours post heats	45min after warm-up start	8:00pm
Sunday, May 29, 2011	8:00am – 8:40am	9:00am	2 hours post heats	45min after warm-up start	7:30pm

### POOL AND FACILITIES

8-lane, 50m competition pool.

Colorado electronic timing, touchpads and scoreboard.  
Sharkey's Cafe in the lobby of Nanaimo Aquatic Centre.

### ELIGIBILITY

Swimmers must be registered with Swim BC or FINA affiliates. Swimmer age is determined on May 28, 2011.

### 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 meet listings website.
- Entries sent directly to the meet manager will not be accepted.
- Entry deadline: **Wednesday May 18, 2011.**
- Meet entries will be limited to the first 240 swimmers.
- Meet management reserves the right to accept additional entries after the time outs have been examined.
- Deck entries will *not* be accepted.
- Scratches are to be in the hands of the Clerk of the Course, in writing, no later than 30 minutes prior to the start of the meet each day.
- No refund of fees for scratched events after the entry deadline except with a medical certificate.
- Please e-mail known scratches by Tuesday May 24, 2011 to [sflood@nanaimoriptides.com](mailto:sflood@nanaimoriptides.com)

### ENTRY FEES

- Entries are \$8.00 *per* individual event; \$10.00 *per* relay.
- Note Swim BC requires a \$4.00 per swimmer Splash Fee. This supports Swim BC's regional training camps and provincial team program.
- Please submit one cheque for all swimmers entered under the club acronym payable to **NRST**.

### RESERVATIONS

- Reservations will be accepted on a first come first serve basis via e-mail to: [meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com) after 12:30pm Wednesday, May 4 2011.
- A non-refundable 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.
- Confirmations will be made via e-mail after deposit has been received.
- Please re-upload the entire entry file if making changes.

### MEET RULES

- The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring, one start and swim suit rules.
- Seeding will be from slowest to fastest.
- 10 & under events will be swum as timed finals in the preliminary sessions, except for, 200 freestyle and 200 IM. These 2 events will run as best 8 times directly to finals. Positive check in for both of these events is 9:00am 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 & under and enter your swimmers accordingly.
- Ages 11 and over will be combined in the heats and separated by age group and gender for finals. Finals will be swum for the following age categories: 11&12, 13&14 and 15 and over. There will be consolation finals for age categories with 24 or more entries.
- Any event with only 8 or fewer swimmers entered will be swum once at finals.
- Relays will be swum during finals as the first event each session.

7. Meet management reserves the right to limit the number of heats and/or re-schedule events based on the number of entries received.
8. Swim-over starts will be used at this meet as swimmers must exit the pool from the side walls.
9. Para-swimmer entries will be seeded with able bodied swimmers.
10. Para-swimming finals will be swum for events with five or more para-swimming entrants.

#### AWARDS

Floret ribbons will be awarded to 1<sup>st</sup> to 3<sup>rd</sup> place finishers in each age group for individual events. Individual events 4<sup>th</sup> through 8<sup>th</sup> will receive ribbons.

#### MEET MANAGER

Lynn Krynowsky e-mail [lkrynowsky@shaw.ca](mailto:lkrynowsky@shaw.ca)

#### OFFICIALS

All attending clubs must send three officials per day for heats and three per day for finals.

Please e-mail the meet manager with your club's officials and what position they wish to fill.

#### EVENT LIST

SATURDAY		
Girls	Event	Boys
1	10 & under 50 Freestyle	2
3	11 & over 50 Freestyle	4
5	10 & under 200 IM	6
7	11 & over 200 IM	8
9	10 & under 50 Butterfly	10
11	11 & over 50 Butterfly	12
13	10 & under 100 Breaststroke	14
15	11 & over 100 Breaststroke	16
17	10 & under 100 Backstroke	18
19	11 & over 200 Backstroke	20
21	11 & over 100 Butterfly	22
23	200 Freestyle Relay (max age 52)	24

SUNDAY		
Girls	Event	Boys
25	10 & under 50 Breaststroke	26
27	11 & over 50 Breaststroke	28
29	10 & under 200 Freestyle	30
31	11 & over 200 Freestyle	32
33	10 & under 50 Backstroke	34
35	11 & over 50 Backstroke	36
37	10 & under 100 Butterfly	38
39	11 & over 200 Butterfly	40
41	10 & under 100 Freestyle	42
43	11 & over 100 Freestyle	44
45	11 & over 200 Breaststroke	46
47	11 & over 100 Backstroke	48
49	200 Medley Relay	50