April 29-May 1, 2011
Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria BC CANADA V8Z 5M1
Sanctioned by Swim BC: \#10377

| Date | Heats |  |  | Finals |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Warm-ups | Start | Timeout | Warm-ups | Start | Timeout |
| Friday, April 29, 2011 | 9:00am | 10:00 am | 2:30 pm | 5:00 pm | 6:00 pm | 8:30 pm |
| Saturday, April 30, 2011 | 8:00 am | 9:00 am | 1:00 pm | 4:00 pm | 5:00 pm | 7:30 pm |
| Sunday, May 1, 2011 | 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. Swimmer age is determined on April 29, 2011.

## GENERAL INFORMATION

1. This meet is designed to enable swimmers of all ages and levels to attend a heats and finals long course event.
2. The meet will run under Swim BC and SNC rules, including SNC warm-up procedures, scoring, one-start and swimsuit rules.
3. For heats and finals events, heats will swim slowest to fastest, all age groups combined.
4. 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, 14 \& under, and 15 \& over. 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, 14 \& under, and 15 \& over.
5. There will be no consolation finals.
6. 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.
7. Entries may be limited for the 400, 800 and 1500 Freestyle events. The 800 and 1500 Freestyle events are timed finals and will be swum fastest to slowest during heats. The top- 8 entries for each gender across all age groups will swim during finals (on Friday and Sunday). Positive check-in required.
8. Relays will swim in age groups 10 \& under, 12 \& under, 14 \& under, and 15 \& over and are timed finals. All relays will swim at the beginning of finals in the evening; please submit entry times with relays.
9. The SwimBC scratch rule will be in effect for all heats/finals events.
10. 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.
11. Floret ribbons will also be awarded to the broken 400 IM winners, combining each of the 100 m events.

## ENTRIES

Entries (including foreign entries) must be uploaded prior to the entry deadline to the Swimming Canada website at
https://www.swimming.ca/meetlist.aspx.
Entries mailed or emailed directly to meet manager will not be accepted.

Send entry reports and fees reports to:
Margaret Penning, Meets Director
Phone: 1-250-656-7359
Email: meets@pacificcoastswimming.com

1. Final entries must be uploaded by April 19, 2011.
2. Entries are $\$ 7.00$ per individual event; $\$ 8.00$ per relay.
3. 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.
4. 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).
5. Entries must show swimmers' ages, or swimmers will be entered as 15 years of age.
6. No refunds of fees for scratched events after the entry deadline except with a medical certificate.
7. This meet is limited to 350 swimmers. Teams will be notified if entries cannot be accepted.

| Friday |  |  |
| :---: | :---: | :---: |
| Women |  | Men |
| 1 | $4 \times 100$ Free Relay | 2 |
| 3 | 200 IM | 4 |
| 5 | 50 Breaststroke | 6 |
| 7 | 200 Backstroke | 8 |
| 9 | 100 Freestyle | 10 |
| 11 | 1500 Freestyle | 12 |

EVENT ORDER

| Saturday |  |  |
| :---: | :---: | :---: |
| Women |  | Men |
| 13 | $4 \times 50$ Medley Relay | 14 |
| 15 | 200 Butterfly | 16 |
| 17 | 50 Backstroke | 18 |
| 19 | 400 IM | 20 |
| 21 | 100 Breaststroke | 22 |
| 23 | 50 Butterfly | 24 |
| 25 | 200 Freestyle | 26 |


| Sunday |  |  |
| :---: | :---: | :---: |
| Women |  | Men |
| 27 | $4 \times 50$ Free Relay | 28 |
| 29 | 400 Freestyle | 30 |
| 31 | 50 Freestyle | 32 |
| 33 | 200 Breaststroke | 34 |
| 35 | 100 Backstroke | 36 |
| 37 | 100 Butterfly | 38 |
| 39 | 800 Freestyle | 40 |

