



Duncan Stingrays Spring Break swim meet

Sunday, March 13th, 2011



Sanctioned by SwimBC: # 10806

Date: Sunday, March 13th, 2011
Meet Manager: Steve Ridenour

Location:

Cowichan Aquatic Centre
2653 James St
Duncan, BC
250 746 7665

8 x 25m Competition Pool with access to Wave Pool
Coffee Shop on site

Participating Teams: DST & VIR Swim Clubs

Sunday, March 13 th , 2011	
Warmup:	9:00 – 9:50am
Start:	10:00am
Projected End:	4:30pm

Eligibility:

- 1) All swimmers must be registered with a Swim BC or FINA recognized club
- 2) Age groups are based on the age of the swimmer as of March 13, 2011

Meet Rules:

- 1) This meet will observe rules as outlined in the current SNC Rulebook and Swim BC Tech Guide
- 2) The FINA one start rule and SNC warm up procedures will be in effect
- 3) The meet will be run cardless
- 4) All events are Timed Finals
- 5) With the exception of the 800 Freestyle, all events will be senior seeded and run slowest to fastest
- 6) All events will be awarded separately by age group and gender
- 7) 25m events are for Novice swimmers only
- 8) 10 & Unders are limited to 4hours excluding warm up. Coaches are asked to adhere to this limit when considering events entered.
- 9) Meet Management reserves the right to swim 2 per lane for both the 400 and 800 Freestyle events, as time permits.
- 10) Meet management reserves the right to make changes to the meet format (including limiting entries) as needed to try to ensure a quality competition.

Entries:

- 1) Individual entries are limited to a maximum of four per swimmer
- 2) Swimmers may swim only one of the following:
 - 400 Individual Medley
 - 400 Freestyle
 - 800 Freestyle

Coaches, please use your discretion when entering swimmers for the longer events.

Suggested guideline: min proven Prov A Standard in the event of lesser distance ie 400fr Prov A time = 800fr entry

- 3) There will be a positive check in for 400m and 800m events.
- 4) Entry Fee is \$24 / swimmer
- 5) Cheques payable to: **Duncan Swim Team**
- 6) Entries must be uploaded to the Swimming Canada site <http://www.meetlist.notlong.com>

Entries Deadline: Tuesday, March 8th, 2011

- 7) Due to the potential number of participants, deck entries and / or exhibition swims will not be accepted
- 8) Please email known scratches to Steve Ridenour meetmanager@duncanstingrays.com no later than **March 12th, 2011**

Female	Event Order	Male
1	200 Individual Medley	2
3	100 Individual Medley	4
5	25 Backstroke - novice	6
7	50 Backstroke	8
9	100 Breaststroke	10
11	200 Butterfly	12
13	25 Freestyle - novice	14
15	50 Freestyle	16
17	100 Backstroke	18
19	200 Breaststroke	20
21	25 Butterfly - novice	22
23	50 Butterfly	24
25	100 Freestyle	26
27	200 Backstroke	28
29	25 Breaststroke - novice	30
31	50 Breaststroke	32
33	100 Butterfly	34
35	200 Freestyle	36
37	400 Individual Medley	38
39	400 Freestyle	40
41	800 Freestyle	42