



**January 29, 2012
Sunday Race Day Series**

Results at <http://results.pacificcoastswimming.com>

UVIC McKinnon Pool, Victoria

2007 Swim BC Club of the Year

POOL AND FACILITIES

6-lane, 25m competition pool.

Manual timing

Warm-up pool – two short-course lanes in dive tank.

ELIGIBILITY

This is a time trial for competitive swimmers in PCS C, D and Lightning Fast groups. Swimmers must be appropriately registered with Swim BC. For any swimmers registered as “non-competitive”, this time trial would constitute their one competitive opportunity; they would have to upgrade to the competitive category prior to entering their next competition. Swimmer age is determined on January 29, 2012.

RULES

All applicable SNC and Swim BC rules will be observed.

	WARM-UPS	START	TIMEOUT
	8:00 am	8:30 am	11:00 am
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Girls Event Number	EVENT ORDER	Boys Event Number	
1	200 Individual Medley	2	
3	25 Freestyle	4	
5	100 Freestyle	6	
7	25 Butterfly	8	
9	50 Butterfly	10	
11	50 Backstroke	12	
13	25 Backstroke	14	
15	100 Backstroke	16	
17	25 Breaststroke	18	
19	50 Breaststroke	20	
21	200 Backstroke	22	
23	50 Freestyle	24	
25	100 Breaststroke	26	
27	100 Individual Medley	28	
29	200 Freestyle	30	
31	800/1500 Freestyle	32	