



## Vancouver Vikings A/B Invitational Swim Meet

June 26-27, 2010  
Vancouver Aquatic Centre  
1050 Beach Ave. | Vancouver, B.C.

### Meet Format

#### *Individual Events:*

The Vikings Meet is a combined A/B meet with A and B timed finals. Swimmers will be seeded by entry times and swimmers without entry times will be seeded in the slower heats. At the discretion of the Meet Manager or Clerk of the Course, A and B swimmers may swim together. O-category swimmers will compete in their own events, but may swim in heats with non-O-category swimmers.

#### *Relays:*

Relays will be swum after A and B individual events, as timed finals. Relays will combine A and B swimmers.

#### *Rules:*

Unless otherwise specified, BCSSA rules governing swim meets will be in effect. All results will be recorded to 1/100<sup>th</sup> of a second.



## **Entries:**

All meet entries are due by Friday, June 18, 2010. Please submit your entries to James Yang at [admin@vancouvervikings.com](mailto:admin@vancouvervikings.com)

Swimmers may enter up to **six events and two relays**. [\* 6 & Under limited to two events: 25m freestyle and backstroke only. We recommend that each 6 & Under swimmer be chaperoned by a coach in the water.]

Entry Fees are **\$8.00 per individual event and \$10.00 per relay**. Cheques should be made payable to: **VANCOUVER VIKINGS**. Clubs must pay for their meet entries on June 26, 2010 at the Clerk of the Course desk.

Please provide a contact name with phone, fax and email information in case there are any problems with your club's entries. **Note: The Meet Managers reserve the right to limit entries to four/swimmer to ensure that the meet will run on time.**

**Relay team** entries must be submitted on relay forms to the Clerk of the Course not later than 9:30 AM the day of the meet.

No deck entries permitted.

## **Scratches:**

Contact Bill Wicken or Claudia Laroye at [meet.manager@vancouvervikings.com](mailto:meet.manager@vancouvervikings.com) or 604.418.8232 with any scratches by 10:00 PM on Thursday, June 24, 2010. Additional scratches should be reported to the Clerk of the Course by 6:45 AM on the day of the meet. Scratches made after June 24 will be charged the regular fee for individual events.

## **Awards:**

6-and-under	gift bag for each race
Div 1 - 8 A/B timed finals	1-8 place ribbons
O-1 and O-2	1-8 place ribbons
Relays	1-8 place ribbons

## **Results:**

Meet results will be posted on the BCSSA and Vikings web sites.



## ***Swimmers' and Spectators' Behavior:***

Swimmers must conduct themselves safely and respectfully. A responsible adult must be in attendance for each swimmer.

There is to be no running on the pool deck or jumping from the stairs or bleachers onto the deck. **Please obey all signs directing swimmers to the marshalling area; do *not* attempt to shortcut across the pool deck to marshalling.**

When not in marshalling or racing, swimmers should be in the stands or outside. Spectators must remain in the stands (accessible from the lobby), as there is limited space on the pool deck.

To ensure that all swimmers can hear the starter's instructions, please do not cheer or make loud noises while a race is being started. For the comfort of everyone attending the meet, please refrain from using whistles or noise-makers (e.g. horns) of any kind. Please note that the P.A. system does not transmit outside the building, and swimmers who are outside may not hear the announcements.

## **Meet Facilities**

### ***Vancouver Aquatic Centre:***

The Vancouver Aquatic Centre is an indoor, eight-lane, 25 metre pool. There is a warm-up pool to the east of the racing lanes for all day warm up and cool down. There is a dive tank at the south end of the pool, which will not be used. **No one is to swim in the dive tank.** Swimmers who ignore this rule may be scratched from all events.

### ***Concession:***

An outdoor concession & BBQ will serve hot breakfast and lunch items, as well as hot & cold beverages, and baked goods. The concession will be located near the marshalling & tenting area, to the west of the VAC building.

### ***Tents:***

There is limited room for family tents on the grounds, west of the VAC building. The VAC is located adjacent to beautiful English Bay and the busy, public seawall. We encourage you to have communal tents for your club members where possible, and to ensure that tents are monitored by a responsible adult ***at all times***. The Vancouver Parks Board does not permit tenting or camping overnight. ***Please note:*** There is substantial indoor seating in the stands.



## ***Parking:***

There is a pay parking lot adjacent (east) of the VAC, with additional pay parking available at the Sunset Beach parking lot, 500 metres along Beach Ave., west of the VAC. There is limited on-street parking. Please comply with all local parking regulations, and be considerate of our neighbours near the pool. **Note: Please see Site Map.**

## **Officials**

Each attending club is asked to provide deck officials. There will be a sign-up board near the announcer's table. Each club's assignment for timers, recorders and place judges will be based on the number of entries for that club. Typically, each club is responsible for providing volunteers for one lane plus one place judge per shift.

In our efforts to go green, we will not be supplying plastic water bottles this year. We encourage officials to please bring their own water bottles, which our volunteers will happily refill as needed. Thank you for your assistance.

We also request a list of all intermediate and senior deck officials who will be attending the meet. Please email this information to Gilbert Lam, Director of Officials, at [excellam@telus.net](mailto:excellam@telus.net), or Bill Wicken or Claudia Laroye, Meet Managers, at [meet.manager@vancouvervikings.com](mailto:meet.manager@vancouvervikings.com)

## **Schedule**

### ***Warm-ups (both days)***

Group 1: 6:30 - 7:00 AM  
Group 2: 7:00 - 7:30 AM

Clubs' warm up times will be determined after all entries have been received. Warm up times may be adjusted depending on the number of swimmers attending the meet.

### ***Meetings (both days)***

Officials' Meeting: 7:30 AM  
Coaches' Meeting: 7:45 AM



## EVENTS - Commencing at 8:00 AM on both days

Saturday June 26, 2010

Girls Event #		Boys Event #
1	Div 1 100 IM "B"	2
3	Div 1 100 IM	4
5	Div 2 100 IM "B"	6
7	Div 2 100 IM	8
9	Div 3 100 IM "B"	10
11	Div 3 100 IM	12
13	"O" Cat 1 100 IM	14
15	Div 4 200 IM "B"	16
17	Div 4 200 IM	18
19	Div 5 200 IM "B"	20
21	Div 5 200 IM	22
23	Div 6 200 IM	24
25	Div 7 200 IM	26
27	Div 8 200 IM	28
29	"O" Cat 2 200 IM	30
31	6 & Under 25 Freestyle	32
33	Div 1 50 Freestyle "B"	34
35	Div 1 50 Freestyle	36
37	Div 2 50 Freestyle "B"	38
39	Div 2 50 Freestyle	40
41	Div 3 50 Freestyle "B"	42



<b>Girls Event #</b>		<b>Boys Event #</b>
43	Div 3 50 Freestyle	44
45	"O" Cat 1 50 Freestyle	46
47	Div 4 50 Freestyle "B"	48
49	Div 4 50 Freestyle	50
51	Div 5 50 Freestyle "B"	52
53	Div 5 50 Freestyle	54
55	Div 6 50 Freestyle	56
57	Div 7 50 Freestyle	58
59	Div 8 50 Freestyle	60
61	"O" Cat 2 50 Freestyle	62
63	Div 1 50 Butterfly "B"	64
65	Div 1 50 Butterfly	66
67	Div 2 50 Butterfly "B"	68
69	Div 2 50 Butterfly	70
71	Div 3 50 Butterfly "B"	72
73	Div 3 50 Butterfly	74
75	"O" Cat 1 50 Butterfly	76
77	Div 4 50 Butterfly "B"	78
79	Div 4 50 Butterfly	80
81	Div 5 100 Butterfly "B"	82
83	Div 5 100 Butterfly	84
85	Div 6 100 Butterfly	86



<b>Girls Event #</b>		<b>Boys Event #</b>
87	Div 7 100 Butterfly	88
89	Div 8 100 Butterfly	90
91	"O" Cat 2 100 Butterfly	92
93	Div 1 200 Medley Relay	94
95	Div 2 200 Medley Relay	96
97	Div 3 200 Medley Relay	98
99	"O" Cat 1 200 Medley Relay	100
101	Div 4 200 Medley Relay	102
103	Div 5 200 Medley Relay	104
105	Div 6 200 Medley Relay	106
107	Div 7 200 Medley Relay	108
109	Div 8 200 Medley Relay	110
111	"O" Cat 2 200 Medley Relay	112



Sunday June 27, 2010

Girls Event #		Boys Event #
113	Div 5 50 Butterfly "B"	114
115	Div 5 50 Butterfly	116
117	Div 6 50 Butterfly	118
119	Div 7 50 Butterfly	120
121	Div 8 50 Butterfly	122
123	"O" Cat 2 50 Butterfly	124
125	6 & Under 25 Backstroke	126
127	Div 1 50 Backstroke "B"	128
129	Div 1 50 Backstroke	130
131	Div 2 50 Backstroke "B"	132
133	Div 2 50 Backstroke	134
135	Div 3 50 Backstroke "B"	136
137	Div 3 50 Backstroke	138
139	"O" Cat 1 50 Backstroke	140
141	Div 4 100 Backstroke "B"	142
143	Div 4 100 Backstroke	144
145	Div 5 100 Backstroke "B"	146
147	Div 5 100 Backstroke	148
149	Div 6 100 Backstroke	150
151	Div 7 100 Backstroke	152
153	Div 8 100 Backstroke	154



<b>Girls Event #</b>		<b>Boys Event #</b>
155	"O" Cat 2 100 Backstroke	156
157	Div 1 50 Breaststroke "B"	158
159	Div 1 50 Breaststroke	160
161	Div 2 50 Breaststroke "B"	162
163	Div 2 50 Breaststroke	164
165	Div 3 50 Breaststroke "B"	166
167	Div 3 50 Breaststroke	168
169	"O" Cat 1 50 Breaststroke	170
171	Div 4 100 Breaststroke "B"	172
173	Div 4 100 Breaststroke	174
175	Div 5 100 Breaststroke "B"	176
177	Div 5 100 Breaststroke	178
179	Div 6 100 Breaststroke	180
181	Div 7 100 Breaststroke	182
183	Div 8 100 Breaststroke	184
185	"O" Cat 2 100 Breaststroke	186
187	Div 1 100 Freestyle "B"	188
189	Div 1 100 Freestyle	190
191	Div 2 100 Freestyle "B"	192
193	Div 2 100 Freestyle	194
195	Div 3 100 Freestyle "B"	196
197	Div 3 100 Freestyle	198



<b>Girls Event #</b>		<b>Boys Event #</b>
199	"O" Cat 1 100 Freestyle	200
201	Div 4 100 Freestyle "B"	202
203	Div 4 100 Freestyle	204
205	Div 5 100 Freestyle "B"	206
207	Div 5 100 Freestyle	208
209	Div 6 100 Freestyle	210
211	Div 7 100 Freestyle	212
213	Div 8 100 Freestyle	214
215	"O" Cat 2 100 Freestyle	216
217	Div 1 200 Freestyle Relay	218
219	Div 2 200 Freestyle Relay	220
221	Div 3 200 Freestyle Relay	222
223	"O" Cat 1 200 Freestyle Relay	224
225	Div 4 200 Freestyle Relay	226
227	Div 5 200 Freestyle Relay	228
229	Div 6 200 Freestyle Relay	230
231	Div 7 200 Freestyle Relay	232
233	Div 8 200 Freestyle Relay	234
235	"O" Cat 2 200 Freestyle Relay	236