



**Ladner Stingrays Swim Club**  
**Super 7 Meet Package**  
**Saturday & Sunday, June 19 - 20, 2010**

We have tried to set a fast and fun format for our meet. It is still early in the season, and swimmers need to get lots of races in all of the strokes, which is why we have structured this meet in a unique way so that swimmers can swim all strokes in the 2 days. In addition, swimmers can swim any distance, you are NOT limited by your division (i.e. a Div.3 swimmer can swim both the 50M and 100M Backstroke). The heats have been scheduled so that swimmers who choose to swim both distances in the same stroke will not have to do so on the same day. Aggregate and runner up awards will be presented by division, boys and girls.

T-Shirts will be provided for all participants fully participating in one day or the full two day format. Heats will be swum with all divisions swimming together (seeded by time).

Relays are supposed to be a fun part of the meet, and we want you to get your favorite team together, whether it includes your sister, your coach or even a friend from another team. Winning the relay will require coming closest to your entry time. The meet will start late (9am) and hopefully end early.

**LOCATION**

**Watermania**

**14300 Entertainment Blvd., Richmond, BC**

**FACILITIES**

Indoor - 8 Lane 25m pool.

Extra 6 lanes for morning warm up

2 lanes for all day warm up and cool down

Club concession will be available 7:30 until 10 am. Then it is Watermania concession, Subway, the Theatre Food Court or one of the local restaurants.

Washrooms located inside. Lots of Bleacher Seating.

Team Tents and Pop - Ups will have ample space outside of the pool.

## **SCHEDULE**

**Warm-ups** - 8:00 am - 8:45 am / **Heats** begin at 9:00 am

Coaches meeting at 8:00

Officials meeting at 8:30

## **FORMAT**

- Heats will be swum as timed finals
- Swimmers will be seeded by time, not by division
- Swimmers may enter 7 events and 2 relays
- This will be a cardless meet with marshalling
- 2010 BCSSA rules for swimming apply
- Relays will be totally open as to age and sex. Awards will be given for closest to seed times (i.e. entry time 2:13.10 - actual time 2:13.09) tie goes to below seed time.

## **OFFICIALS**

Each club will be required to supply timers and recorders.

Please supply a list of available deck officials to Glenn Issler

[vp@ladnerstingrays.com](mailto:vp@ladnerstingrays.com)

**Meet Referee** Phil Freiburger

## **TIMING SYSTEM**

- Omega Timing System (Ares) will be used as the automatic judging and timing system in accordance with the BCSSA rules.
- Automatic timing system will be backed up by two electronic plungers per lane.
- Plungers will be operated by lane timer and recorder.
- Should the automatic judging and timing system fail for an extended period of time, the meet will proceed with manual timing (2 stopwatches with "starting gun")

## AWARDS

### All swimmers entering at the one day or two day rate receive a T-Shirt

- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Aggregate Awards for S Cat and O Cat.
- Aggregate Awards for each Division Male and Female. Scoring format is the 9 point system (9,7,6,5,4,3,2,1), so a maximum of 63 points (9 x 7).
- Relay awards will be based on closest to seed time with under beating over on a tie.

## FEES

- Fees will be \$35.00 per swimmer for 7 events and 2 relays or \$25.00 for one day including up to 5 events and 1 relay.
- Deck entries will be accepted at the discretion of the Meet Manager
- The 25 metre Freestyle and Backstroke for young swimmers is free.

## SCRATCHES

- Scratches are to be submitted to the Clerk of the Course by the coaches no later than 8:30. No refunds for scratches.

## ENTRIES

- Must be in by Monday, **June 14, 2010 (or earlier if possible)**
- **DUE TO LIMITED POOL SPACE AND TIME ENTRIES WILL BE LIMITED TO 700 SWIMMERS. Get your entries in early.**
- Email to [maedgson@telus.net](mailto:maedgson@telus.net) or [meet@ladnerstingrays.com](mailto:meet@ladnerstingrays.com)
- Please submit all entries in **HY TEK FORMAT!**
- Submit BCSSA Meet Entry Form and Validation List.
- Submit name and telephone number of your Club's computer contact person.
- Each competitor may enter 7 individual events

If you have any questions regarding this meet, please contact the Meet Manager, Michael Edgson 604 952-4682

The Ladner Stingrays look forward to your participation at our Meet

Michael Edgson  
Meet Manager



**LADNER STINGRAYS SUPER 7 SWIM**  
**MEET**

**Friday & Saturday, June 19 - 20, 2010 - EVENT LIST**

**WARMS UPS: 8:00 - 8:45 AM**

**MEET COMMENCES: 9:00 AM**

**Saturday**

- 1 Girls 200 IM
- 2 Boys 200 IM
- 3 Girls 50 Freestyle
- 4 Boys 50 Freestyle
- 5 Girls 6 & Under 25 Freestyle
- 6 Boys 6 & Under 25 Freestyle
- 7 Girls 100 Backstroke
- 8 Boys 100 Backstroke
- 9 Girls 50 Breaststroke
- 10 Boys 50 Breaststroke
- 11 Girls 100 Butterfly
- 12 Boys 100 Butterfly
- 13 Mixed 200 Freestyle Relay

**SUNDAY**

- 14 Girls 100 IM
- 15 Boys 100 IM
- 16 Girls 100 Breaststroke
- 17 Boys 100 Breaststroke
- 18 Girls 50 Backstroke
- 19 Boys 50 Backstroke
- 20 Girls 6 & Under 25 Backstroke
- 21 Boys 6 & Under 25 Backstroke
- 22 Girls 100 Freestyle
- 23 Boys 100 Freestyle
- 24 Girls 50 Butterfly
- 25 Boys 50 Butterfly
- 26 Mixed 200 Medley Relay