



**Vancouver Pacific Swim Club**  
3214 West 10<sup>th</sup> Ave. Vancouver B.C V6K 2L2  
Phone: 736-0411 Fax: 736-0477 Email: vpscswim@telus.net

**14<sup>th</sup> ANNUAL  
VANCOUVER PACIFIC SWIM CLUB  
SPRINT DECATHLON INVITATIONAL**

Sanctioned by Swim BC - #10230

**\$1000 in cash prizes for top overall aggregate scores**

DATE: Saturday, October 30<sup>th</sup> & Sunday, October 31<sup>st</sup>, 2010

LOCATION: UBC Aquatic Centre  
6121 University Boulevard,  
Vancouver, BC Ph: (604)-822-4522  
8 Lane, 25m Competition Pool  
Electronic Timing  
6 Lane, 25yd Warm-down Pool

TIME: **Saturday, October 30<sup>th</sup>, 2010    Sunday, October 31<sup>st</sup>, 2010**

<u>Session #1</u>		<u>Session #3</u>	
Warm-up:	7:30am	Warm-up:	7:30am
Start:	8:30am	Start:	8:30am
Finish:	1:00pm	Finish:	1:30pm
<u>Session #2</u>			
Warm-up:	3:00pm		
Start:	4:00pm		
Finish:	7:30pm		

AGE GROUPS: 10 & under, 11, 12, 13, 14, 15 & over

ENTRIES: 11 & Over swimmers will swim 10 events over 3 sessions.  
10 & Under swimmers will swim 8 events over 2 sessions  
Entries will be limited to 350 swimmers (50 max per club).  
***Due to the meet format the 350 swimmer limit will be strictly enforced to allow the meet to run on time. The entry standard is LMR qualification but the meet is focused around AA and above swimmers***  
Meet entries are to be uploaded onto the SNC meet entry website  
Full payment must be received prior to the meet.  
All swimmer entries must include the 9 digit SNC registration number

ENTRY DEADLINE: Friday, October 22<sup>nd</sup>, 2010

\*Please contact meet management before sending entries, as the meet will be full

MEET MANAGER: Tyler Lewall  
604-736-0411

MEET FEES: 10 & under Entries: \$40.00 flat fee  
11 & Over Entries: \$55.00 flat fee  
Meet fee includes \$4.00 Swim BC Splash Fee

AWARDS: Aggregate score:

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Top 10 swimmers in each age group (9&U, 10, 11, 12, 13, 14, 15&O) will be awarded prizes based off of aggregate time for the ten events (eight events for 10 & Under age groups).

In the event of a DQ or NS a time of 1 minute per 50m will be assigned to that swimmer for the race for 11 & Over and 90 seconds per 50m for 10 & Under swimmers.

**CASH awards:** 1<sup>st</sup>: \$300, 2<sup>nd</sup>: \$150, 3<sup>rd</sup>: \$50 Male & Female regardless of age

## Prizes:

**For age groups 9 & Under , 10, 11, 12, 13, 14 and 15 & Over**

1<sup>st</sup> -3<sup>rd</sup> Trophy and gift pack

4<sup>th</sup> -10<sup>th</sup> Recognition certificate and gift pack

**ELIGIBILITY:** All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club. Age group is based on the age of the swimmer on the first day of the meet. SWAD (swimmers with a disability) are welcome. Please designate the classification with the entries

**TIME STANDARDS:** All swimmers must be able to swim the 200 IM in under 4:00 including 10 & under swimmers and 300 Free in under 5:40. No time standards for 50m, 100m or 200m events although it is recommended that the 11 & Over swimmers be at least LMR Champ qualified.

**EVENTS:**

10 & Under  
50m & 100m Fly, 50m & 100m Back, 50m & 100m Breast, 100m Free, 200 IM

11 & Over  
50, Free, 100m Free, 200m Free, 50m Back, 100m Back, 50m Breast, 100m Breast, 50m Fly, 100m Fly, 200m IM

**PARKING:** The parkade located next to Gage Towers, North of the pool offers reasonably priced weekend parking.

**MEET RULES:**

1. SNC and Swim BC rules will be in effect.
2. SNC Warm-up procedures will be in effect at this meet.
3. Deck Entries may be permitted to fill empty lanes in the first heat only. Deck entries will be \$8.00 and will be for exhibition only.
4. All events will be timed finals.
  - All age groups will be swum together and seeded by time except for the fastest heat of each age group which will be separated by individual age groups (11,12,13,14, 15& Over)  
Scratch deadline is noon Tuesday, October 21<sup>st</sup>. No refunds for scratches after noon Tuesday, October 21<sup>st</sup>
5. The FINA 1-Start Rule will be in effect.
6. Current SNC swimsuit policy will be adhered

**(remember to enter your swimmers in *every* event)**

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## Saturday AM, October 30<sup>th</sup>, 2010

GIRLS	AGE	EVENTS	BOYS
1	10 & Under	100 Fly	2
3	11 & Over	200 Free	4
5	10 & Under	50 Breast	6
7	11 & Over	50 Breast	8
9	10 & Under	100 Back	10
11	11 & Over	100 Back	12
13	10 & Under	100 Free	14

## Saturday PM, October 30<sup>th</sup>, 2010

GIRLS	AGE	EVENTS	BOYS
15	11 & Over	100 Fly	16
17	11 & Over	100 Breast	18
19	11 & Over	100 Free	20

## Sunday AM, October 31<sup>st</sup>, 2010

GIRLS	AGE	EVENTS	BOYS
21	10 & Under	200 IM	22
23	11 & Over	50 Free	24
25	10 & Under	50 Fly	26
27	11 & Over	50 Fly	28
29	10 & Under	50 Back	30
31	11 & Over	50 Back	32
33	10 & Under	100 Breast	34
35	11 & Over	200 IM	36

“This meet is supported by the Ministry of Small Business, Tourism and Culture, Recreation and Sport Branch.”

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