



# Winskill Dolphins Swim Club

<http://winkilldolphins.org>



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## WINSKILL DOLPHINS LMR MEET

January 21<sup>st</sup> and 22<sup>nd</sup> 2012

Winskill Aquatics & Fitness Centre

**Sanctioned by SWIM BC: #12235**

**LOCATION:** WINSKILL AQUATIC & FITNESS CENTRE,  
5575 9<sup>th</sup> Ave, Tsawwassen  
Phone # 604-952-3005

**FACILITY:** 6 Lane 25 meter pool

**Times: Saturday Jan. 21st**

11 & Under: warm-up 9:00am – 9:40am Start Time: 9:50am

Distance Free: warm-up TBA Start Time: TBA

12 & Over: warm-up TBA Start Time: TBA

**Estimated Finish Time: 5:30pm**

**Sunday Jan. 22nd**

11 & Under: warm-up 9:00am – 9:40am Start Time: 9:50am

12 & Over: warm-up TBA Start Time: TBA

**Estimated Finish Time: 5:30pm**

More concrete timelines will be communicated to entered clubs shortly after the entry deadline when all entries have been received.

Management reserves the right to split warm-up into 2 x 20 minutes should entry load require to ensure safe and effective warm-up conditions for the athletes.

Clubs will be contacted accordingly.

**ELIGIBILITY:** All swimmers must be appropriately registered with Swim BC or other FINA affiliated organization. Age group is based on the age of the swimmer on the first day of the meet.

**Para-swimmers are welcome. Classifications must be included with entries.**

**ENTRIES:**

- Entries are to be uploaded prior to the entry to the SNC [www.swimmeet.ca](http://www.swimmeet.ca) website. Entries sent directly to the meet secretary will not be accepted. Results will be posted via the SNC results system.
- Swimmers are limited to (6) six events plus distance (800 free or 1500 free) and relays. Meet management reserves the right to reduce the number if the meet time lines do not fit a reasonable time frame. Clubs will be notified in advance and will have 24 hours to re-submit entries.



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## ENTRY STANDARDS:

- AAA de-qualified by event. COACHES NOTE- this meet should be prioritized for AA and under swimmers.
- All entrants must have **200 IM time under 4:00**.
- A 200 Free under 3:15 to swim the 400 Free.
- A 200 IM under 3:40 to swim the 400 IM.
- Proof of time report must be supplied with your entries.
- To be eligible to compete swimmers must have swum one LMR Regional meet previously.  
**400m, 800m and 1500m Freestyle:** Will swim 2 per lane unless low entry permits otherwise. **Each swimmer must provide 2 timers or they will not receive an official time. Coaches/teams must submit the names of timers at the time of registration. Timer's names can be submitted here; [cod@winskilldolphins.org](mailto:cod@winskilldolphins.org)**

**Please Note: 10 and under swimmers are limited to 4 hours of competition time. Coaches should enter these swimmers in events that ensure completion of their sessions within 4 hours.**

**AWARDS:** **Ribbons** will be awarded for 1<sup>st</sup> to 6th in all individual events for ages groups 10 & under, 11, 12, 13 & 14, and 15 & over.

**FEES:**

<b>Individual Entry Fee:</b>	<b>\$6</b>
<b>SWIM BC Splash Fee:</b>	<b>\$4/swimmer</b>
<b>Relay Entry Fees:</b>	<b>\$10</b>
<b>Deck Entry Fees:</b>	<b>\$12</b>

Payment must be received prior to the start of the meet.

- Deck Entries will be accepted to fill available lanes only.
- Deck entry requests are required 30 minutes before the end of warm-up
- Deck Entry fees are payable in cash at the time of entry.
- For deck entries, swimmer ID#, Date of birth and name spelling which matches SNC registration database will be required for swimmers not already in the meet
- Deck entries are not eligible for awards

**DEADLINE:** Entries must be uploaded at the SNC meet listings website on or before Wednesday, January 10th 2012.  
Please make cheques payable to; Winskill Dolphins Swim Club

**SCRATCH DATE: Monday, January 16th, 2012.**

After Jan 16th a medical note is required for reimbursement.  
Meet day scratches are due 30 minutes prior to the end of warm-up.



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## MEET RULES:

- All FINA/SNC and Swim BC rules as stated in the SNC rulebook and Swim BC Technical Guide will apply.
- All LMR rules will be in effect.
- The FINA one-start rule will be in effect.
- The current SNC swimsuit policy will be observed.
- 10 & U swimmers are limited to 4 hours of competition time.
- All events are timed finals.

The Clerk of the Course must receive scratches 30 minutes prior to the end of the warm ups.

**WDSC is NOT responsible for visiting team's swimmers. Violators of facility rules will be ejected. In the interest of safety, coaches, please inform your swimmers that glass containers are not permitted on deck. Please use recycling bins.**

**MEET MANAGER:** [meet\\_manager@winkilldolphins.org](mailto:meet_manager@winkilldolphins.org)

**MEET SECRETARY:** Ian Milford [meet\\_secretary@winkilldolphins.org](mailto:meet_secretary@winkilldolphins.org)

**REFEREE:** Gavin Summers [gsummers99@shaw.ca](mailto:gsummers99@shaw.ca)

**HEAD COACH:** Ben Keast [ben@winkilldolphins.org](mailto:ben@winkilldolphins.org)

**OFFICIAL'S MEETING:** The officials meeting will be 20 minutes prior to each session.

**COACH'S MEETING:** The coaches meeting will be 10 minutes prior to each session start as required.

**WARM-UPS:** Teams will be pre-assigned lanes for warm-ups. Although safety officials will be on deck, coaches are expected to provide safety supervision for their swimmers during warm-up. The teams in the warm-up lane determine dive lanes. Once diving begins, swimming is in one direction only. SNC Warm-up procedures will be in effect.

January 9, 2012

Coaches,

In order to allow the genders to show during entries I have had to update the event numbers. I understand this may cause some confusion but it was the only option that was available. Below you will find a table with the updated event numbers. This new event file has been uploaded to SNC. The numbers that are currently on the package have absolutely no relation to the numbers below. The order of events has not changed.

<b>WDSC LMR Updated Event Numbers</b>					
<b>11&amp;U</b>		<b>Event</b>	<b>12&amp;O</b>		
<b>Girls</b>	<b>Boys</b>		<b>Girls</b>	<b>Boys</b>	
1	2	1500FR	1	2	
3	4	800FR	3	4	
5	6	200BK	7	8	
9	10	50FL	11	12	
13	14	200IM	15	16	
17	18	50BK	19	20	
21	22	100FR	23	24	
25	26	200FL	27	28	
29	30	100IM	31	32	
33	34	100BR	35	36	
<b>Sunday</b>					
37	38	400FR	39	40	
41 (Mixed)		4x50MR	43 (Mixed)		
45	46	200BR	47	48	
49	50	100BK	51	52	
53	54	50FR	55	56	
57	58	100FL	59	60	
61	62	50BR	63	64	
65	66	200FR	67	68	
69	70	400IM	71	72	

Thanks for your understanding,

WDSC Meet Management.



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**Current Blocking: 11&U am, 12&O pm**

## SATURDAY EVENTS

11 & U	EVENT	12 & O
Warm-up - TBA		Warm-up - TBA
1	Open 1500*	1
2	800m Free*	2
Warm-up - 9am		Warm-up - TBA
3	200m Backstroke	4
5	50m Butterfly	6
7	200m IM	8
9	50m Backstroke	10
11	100m Freestyle	12
13	200m Butterfly	14
15	100m IM	16
17	100 Breaststroke	18

**Blocked Meet** – 800/1500 will be session 2 between the AM and PM block

*\*swimmer selects either the 800 or 1500 free*

## SUNDAY EVENTS

11 & U	EVENT	12 & O
Warm-up - 9am		Warm-up - TBA
19	400 Freestyle	20
21	11 & Under 4 X 50m Mixed Medley Relay	--
--	12 & over 4 X 50m Mixed Medley Relay	22
--	Open 4 X 50m Mixed Medley Relay	--
23	200m Breaststroke	24
25	100m Backstroke	26
27	50m Freestyle	28
29	100m Butterfly	30
31	50m Breaststroke	32
33	200m Freestyle	34
35	400m IM	36



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**THERE WILL BE A CONCESSION STAND WITH SNACKS AND BEVERAGES!**

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**OFFICIALS PAGE**

**PLEASE PASS THIS PAGE ON TO YOUR CLUB'S HEAD OF OFFICIALS**

### **MEET OFFICIALS:**

The number of swimmers entered from each club will dictate the number of officials that the club is expected to bring to the meet.

3- 5 swimmers:        **2 timers - per session**

6 – 10 swimmers     **2 timers, 2 Stroke & Turn\* - per session**

11 plus swimmers    **3 timers, 3 Stroke and Turn\* - per session**

**Swimmers in 800m/1500m must provide 2 timers each.**

Please note that these are minimum requirements only. More help on deck is always appreciated! Many refreshments will be provided to all deck officials. Those officials who have attended a clinic but have only limited deck experience are welcome and encouraged.

Parking at Winskill is always free.

The referee will make deck assignments during the officials briefing at 9:50 am each day (location to be announced).

Please remind your parents that official positions must be manned until the end of each session.

Thank you for submitting the names of deck officials to the official's coordinator by MONDAY January 16th, 2012.

**Club Officials Director: Ian Milford** [cod@wskilldolphins.org](mailto:cod@wskilldolphins.org) 604-671-6454