



KISU SWIM CLUB
IRON SPRINT MEET
OCTOBER 17-19, 2008
Sanctioned by Swim BC: #6660

LOCATION:

Penticton Community Centre, 325 Power Street, Penticton, B.C. Telephone: (250) 490-2426

POOL:

25 metres, 6 lanes, Keifer lane ropes, no splash gutter, Colorado electronic timing, 6 lane display.

TIME:

Friday: 5:00pm - 5:30pm warm-ups.

5:45pm Start

Saturday: 12:00pm - 12:30pm warm-ups for 12&Under

12:30pm - 1:00pm warm-ups for 13& Over

1:15pm Start

Sunday: 7:00am - 7:30am warm-ups for 12&Under

7:30am - 8:00am warm-ups for 13&Over

8:15am Start.

MEET MANAGER:

Dean Rowland, address

(250) 583-5765 E-Mail: deanandcaroline@shaw.ca

MEET RULES:

All Swim BC & SNC rules will apply. The one start rule will apply. All events are timed finals.

ELIGIBILITY:

All swimmers must be registered with Swim BC or FINA affiliated organizations. Age groups are based on the age of the swimmer as of October 17, 2008. Age groups will be 8&Under, 10&Under, 12&Under, 14&Under and 15&Over.

A standard of 4:00 for the 200 IM is required for a swimmer to enter any events in this meet. Swimmers who have not yet met this standard are invited to swim in our Mini Iron Sprint Jamboree. For information on this activity, please go to our website www.kisu.ca.

ENTRIES:

Entries: Entries will be accepted via Hytek meet file uploaded to SNC Meetlist site (www.meetlist.notlong.com). **Entry files emailed to the Meet Manager or Meet Registrar will not be accepted.**

Deadline for sending meet entries to [SNC meet site](#) is **Wednesday, October 8, 2008**. This will be a cardless meet.

Fees: \$7.00 per individual entry
\$9.00 per relay entry.
\$4.00 SwimBC Swimmer Surcharge
\$.50 Okanagan Region Swimmer Surcharge

Deck entries: Deck entries will be accepted at the discretion of the Meet Manager. Any request for a Deck entry must be accompanied by the approval of the swimmer's coach, the swimmer's name (as used in registration database), the swimmer's ID #, correct date of birth, and by the full fee, in CASH. \$8.00 per individual entry, \$10.00 per relay entry.

Refunds: Swimmers who are required to scratch from the meet due to medical reasons may submit a medical certificate in order to receive a refund of meet fees. This applies only to MEET scratches, not to Event scratches. There are no refunds for Relay scratches.

Cut-off date for Meet Registrar to receive changes or scratches will be Sunday, October 12, 2008. Meet Fees will be calculated as of this date.

Please direct enquiries to:

Jill Doroshuk
Meet Registrar
doroshuks@telus.net
250-496-5776

Entries will be limited to the club registering the 300th swimmer. Meet management reserves the right to limit the number of heats, reschedule events & block the meet if needed. The Meet Manager reserves the right to limit entries and/or double lane the heats for the 800 and 1500 Free events. *Positive check-in is required by 5:15pm on Friday, October 17th for the 800 and 1500 free events.*

A standard of 4:00 for the 200 IM is required for a swimmer to enter any of the events.

SWIMMERS WITH A DISABILITY:

Swimmers with a disability are welcome. SWAD athletes' classification must be designated with entries. Results will be converted according to classification.

DEADLINE:

All entries must be uploaded to www.meetlist.notlong.com by Wednesday, October 8, 2008.

SEEDING:

Entries will be submitted as per event numbers. All events, except relays and Eliminator, will be run by combining male/female swimmers. Open events will also be run by combining age groups. Results, will be separated by age groups and gender as shown in "Eligibility". All events will be timed finals, seeded slowest to fastest, except for the 800 and 1500, which will be seeded fastest to slowest. Swimmers having no times will be placed in the slowest heats.

ELIMINATOR:

6 fastest girls and 6 fastest boys from Saturday's 50 Free event will be chosen to swim the Eliminator event. They will swim 4 x 50 Free @ 2:00 minutes with the slowest swimmer in each heat being eliminated. Prizes will be awarded to the top 3 swimmers.

SCORING:

7, 5, 4, 3, 2, 1 for individual events.

14, 10, 8, 6, 4, 2 for relay events.

AWARDS:

Best Time or Heat Winner ribbons will be awarded to 12 & under swimmers in individual events. Ribbons will be awarded for the 1st to 6th places in the individual events and 1st to 3rd places in the relays.

SCRATCHES:

All scratches to be given to Clerk of Course thirty (30) minutes before the start of the meet, on forms provided.

MINI IRON SPRINT JAMBOREE:

There will be a non-sanctioned set of races for swimmers not able to meet the standard of 4:00 for the 200 IM to enter the Iron Sprint Meet. This will take place during the morning of Saturday, October 18, 2008. For details on the Mini Iron Sprint Jamboree please see the KISU website, www.kisu.ca.

KISU SWIM CLUB
IRON SPRINT MEET
EVENT LIST

Friday, October 17

- | | | |
|---|-----------------|------|
| 1 | Mixed 800 Free | Open |
| 2 | Mixed 1500 Free | Open |

Positive check-in is required by 5:15pm on Friday, October 17th for the 800 and 1500 free events.

* Swimmers are each responsible for their own timer and lap counter for the 800 and 1500 Free. Meet manager reserves the right to limit entries and/or double lane these events. *

Saturday, October 18

- | | | |
|----|----------------------|--------------|
| 3 | Mixed 200 IM | Open |
| 4 | Mixed 50 Free | Open |
| 5 | Mixed 100 Back | Open |
| 6 | Girls 200 Free Relay | 12 and under |
| 7 | Boys 200 Free Relay | 12 and under |
| 8 | Girls 200 Free Relay | 14 and under |
| 9 | Boys 200 Free Relay | 14 and under |
| 10 | Girls 200 Free Relay | 15 and over |
| 11 | Boys 200 Free Relay | 15 and over |

Events For Sunday, October 19

- | | | |
|----|------------------------|--------------|
| 12 | Mixed 100 Free | Open |
| 13 | Mixed 100 Fly | Open |
| 14 | Mixed 100 Breast | Open |
| | 50 Free Eliminator | Open |
| 15 | Girls 200 Medley Relay | 12 and under |
| 16 | Boys 200 Medley Relay | 12 and under |
| 17 | Girls 200 Medley Relay | 14 and under |
| 18 | Boys 200 Medley Relay | 14 and under |
| 19 | Girls 200 Medley Relay | 15 and over |
| 20 | Boys 200 Medley Relay | 15 and over |
| 21 | Mixed 200 Free | Open |

ALL ENTRIES MUST MEET THE 4:00 200 IM STANDARD.