



### **Winter Splash Tri Meet**

February 8, 2009

Hosted by the Nanaimo Riptide Swim Team

Sanctioned by Swim BC - #7433

Pool Nanaimo Aquatic Center  
741 Third Street Nanaimo, BC  
(250) 714-1800  
8 Lane, 25m pool with Colorado Timing System

Meet Manager Sylvia Wilson  
250-714-1800  
[sbwilson@shaw.ca](mailto:sbwilson@shaw.ca)

Start Times  
Sunday, February 8, 2009 Warm-ups 10:30-10:55  
Start time: 11:05

Eligibility

- Open to all VIR teams
- All swimmers must be registered with Swim BC.

Entry Fee

- Individual Events: \$20.00

**Cheques made payable to NRST**

Entry Deadline

- All entries must be received by **Tuesday, February 3, 2009**

#### Meet Entries

Meet entries must be uploaded prior to February 3, 2009, to the Swimming Canada [www.meetlist.notlong.com](http://www.meetlist.notlong.com) website. Entries sent directly to the meet manager will not be accepted.

#### Meet Rules

1. SNC and Swim BC rules will apply
2. All events are timed finals
3. Novice and 10 & Under events will be swum mixed gender in all individual events

Nanaimo Riptides Swim Club is a non-profit society proudly supported by funds from BC Lottery Corporation through PLAYTIME BING

4. SNC/FINA 'one start' starting rule will be used.
5. Maximum 4 event plus one relay per swimmer
6. All events will be seeded together.
7. Seeding will be slowest to fastest.
8. Results will be broken in the following age groups: 10 & Under, 11-12, 13-14, 15 & Over

Meet management reserves the right to limit the # of heats and/or to reschedule events based on the # of entries received.

#### Deck Entries

All deck entries must be accompanied by the swimmer's correct SNC nine digit ID number, as well as the swimmer's correct birth date.

No new heats will be formed. Deck entries will be limited to fulfilment of lanes.

Scratches Please email known scratches to Scott Flood at [sflood@nanaimoriptides.com](mailto:sflood@nanaimoriptides.com) by Thursday, February 5, 2009.

Awards Award cards will be given to all swimmers

## Events

Girls		Boys
1	Mixed 100 Freestyle Relay	
2	Mixed Novice 25 Free	
3	50 Free	4
5	100 Back	6
7	100 IM	8
9	200 IM	10
11	Mixed Novice 25 Butterfly	
12	50 Butterfly	13
14	100 Butterfly	15
16	100 Breast	17
18	Mixed Novice 25 Back	
19	50 Back	20
21	200 Back	22
23	100 Free	24
25	Mixed Novice 25 Breast	
26	50 Breast	27
28	200 Breast	29
30	400 Free	31