

Duncan Stingrays



VIR November Meet @ DST Saturday, November 14, 2009 Sanctioned by SwimBC: #8575

Pool: Cowichan Aquatic Centre
2653 James St.
Duncan BC
Phone 746 7665
25 m 8 lane pool

Participating clubs: DST, PCS, NRST, CRKW & Port Alberni

Times: **Saturday November 14**
Warm-ups: 12:00 to 12:25 pm (CRKW and DST)
12:25 to 12:50 pm (NRST, PCS and Port Alberni)
Start: 1:00 pm
End Time: 6:00 pm

Eligibility: All swimmers must be registered with a Swim BC or FINA Affiliated club. Age groups are based on the age of the swimmers as of November 14, 2009.

Meet Entries: Meet entries must be uploaded prior to the entry deadline to the Swimming Canada website (www.meetlist.notlong.com). Entries sent directly to the meet manager will not be accepted.

Maximum number of entries is set at 160 swimmers.

Entry Deadline:	Meet entries must be uploaded prior to November 11 to the swimming Canada www.swimmeet.ca website. Entries sent directly to the meet manager will not be accepted.
Entry Fees:	\$20.00 per swimmer. This fee includes the Swim BC \$4.00 Splash fee. Make cheques payable to Duncan Stingrays (DST).
Deck Entries:	Deck entries will be accepted on a first come, first serve basis to fill empty lanes. No new heats will be made. Deck entries for swimmers not already in the meet must be accompanied by swimmer's SNC ID#
Scratches:	Please email known scratches to Steve Ridenour at meetmanager@duncanstingrays.com by November 12, 2009 .
Awards:	Ribbons will be awarded to the top six swimmers per age group.
Meet Rules:	<ul style="list-style-type: none"> - SNC and Swim BC rules will apply. - SNC one start rule will be in effect. - The meet will be run cardless. - All events will be seeded together but awarded separately by age and gender. - Seeding will be slowest to fastest. - All events are timed finals. - All 25 meter events are for Novice swimmers only. - All 25 meter events will water start in the shallow end. - Max 4 events and 1 relay /swimmer. <p>Meet management reserves the right to limit the # of heats and/or to reschedule events based on the # of events received.</p>
Officials:	If members of your club would be interested in assisting us with any deck positions please contact Steve Ridenour at 250 743 3242 or by email meetmanager@duncanstingrays.com . Any help would be greatly appreciated.
Meet manager:	Steve Ridenour Phone 250 743 3242 E-mail: meetmanager@duncanstingrays.com

Event Order

1. 200 m Free
2. 50 m Free
3. 25 m Free Novice
4. 100 m Fly
5. 25 m Fly Novice
6. 100 m Back
7. 25 m Back Novice
8. 200 m Breast 11& O
9. 50 m Breast 10 & U
10. 25 m Breast Novice
11. 4 x 25 Free Relay Novice
12. 200 m IM
13. 4 x 50 Medley Relay Girls
14. 4 x 50 Medley Relay Boys