



## Langley Olympians Swim Club

8th Annual Long Course Invitational  
March 27 – March 28, 2010  
8889 Walnut Grove Drive  
Langley, BC, Canada  
604-882-0408

Sanctioned by Swim BC - # \_\_\_\_\_

### DATES/SCHEDULE

Session	Warm up	Start & Finish
Saturday Session 1 12 & Under	12:00 -12:35pm	12:45 – 3:45
Saturday Session 2 13 & Over	4:00 – 4:50pm	5:00 – 8:30
Sunday Session 3 12 & Under	7:00 - 7:30am	7:40 – 11:00
Sunday Session 4 13 & Over	11:10 – 11:50am	12:00 – 4:00

### POOL AND FACILITIES

8x50 Meter Competition Pool  
Colorado Timing Systems (two board display)  
Concession available on site

### GENERAL INFORMATION

- Referees: Saturday Session: Barry Parish  
Sunday Session: Willy de Wit
- Meet Manager: Linda Metcalfe: ✉ [lindajmetcalfe@telus.net](mailto:lindajmetcalfe@telus.net)
- Meet Secretary: Linda Metcalfe: ✉ [lindajmetcalfe@telus.net](mailto:lindajmetcalfe@telus.net)
- Meet Official Chairperson: Mark Schramm: ✉ [markbschramm@hotmail.com](mailto:markbschramm@hotmail.com)
- Director of Swimming: Brian Metcalfe: ✉ [bmetcalfe@telus.net](mailto:bmetcalfe@telus.net)

### BILLETING

Limited billeting **may** be available. Please contact Brian Metcalfe if you need billeting

## MEET RULES

1. All swimmers must be registered with swim BC, SNC or other FINA recognized club.
2. The meet will be run under Swim BC and Swimming Canada rules.
3. SNC warm up procedures will be in effect. No diving head first into the pool during warm up unless in specified lanes. Warm up lanes will be announced.
4. The "one start" rule will be followed.
5. This will be a timed finals meet.
6. The current SNC Swimsuit Policy will be observed at this competition.
7. This meet will observe the SNC rulebook and Swim BC Technical Guide.
8. Heats will be swum slowest to fastest.
9. The Swim Meet is by Invitation and will be limited to 300 swimmers to fit the time frame of the pool rental. No entries will be accepted after a club enters the 300<sup>th</sup> swimmer.
10. The 800 & 1500 free may be limited and swum two per lane fastest to slowest. You will require your own two timers for these events. Those who do not make the limit will be notified by March 22, 2010. If swum two per lane, all swimmers are required to swim 'front crawl', no other strokes will be permitted. Positive check in with your timer will be required 30 minutes prior to your race.
11. LOSC reserves the right to modify, as is necessary, to ensure a successful completion of the meet in accordance with the time lines. For example 200-400-800-1500 free may be run two per lane upon approval of the meet referee.
12. Each Lower Mainland team will be required to provide a minimum of three timers per session (and back up timers) as well as stroke and turn officials for each day & session of the meet (see attached info re: officials). Any other experienced on deck officials would be appreciated.
13. Coaches are asked to check in with meet manager upon arrival in order to pick up meet package and pay any outstanding meet fees. If meets fees are not paid at the time of check in there will be a \$200.00 fine.
14. Coaches meetings may be held 10 minutes prior to session starts. Any warm up time changes will be announced at that time.
15. Any act of theft, vandalism, or similar action will result in immediate disqualification. Clubs will be responsible for their swimmers at all times. Neither the host club nor the facility will be responsible for swimmers.
- 16. The Walnut Grove Pool requests that all participants park in the high school parking lot adjacent to the pool.**
17. The Walnut Grove Pool requests that all participants enter through the pool deck doors.
18. There is limited seating in the facility so please bring portable chairs.
19. Walnut Grove Pool programs will be in operation so there will be restricted areas of use.

## AWARDS

There will be awards for the top three in 10 & under age group.

## ENTRIES

Entries must be received by Wednesday March 17, 2010.

1. **Meet entries must be uploaded prior to Wednesday March 17, 2010 to the Swimming Canada [www.swimmeet.ca](http://www.swimmeet.ca) website. Entries sent directly to the meet manager will not be accepted. Please enter times in LCM. Converted times will be accepted.**
2. Swimmers must achieve a 4:00 200 IM and 5:40 300 FREE to be eligible. Please submit proof of times. **NT entries will not be accepted for these events.**
3. **LOSC reserves the right to limit/alter the meet to fit time lines. This may mean limited number of 400m events or other such alterations.**
4. Age groups will be based upon swimmers age as of the 1<sup>st</sup> day of the meet.
5. Costs of Individual Entries are \$8.50.
6. There is a Swim BC splash fee of \$4.00 per swimmer.
7. Deck entries will be made available if space permits for a fee of \$10.00 per event, payable at the time the deck entry is submitted, as exhibitions swims. No new heats will be created to fill deck entries. First come, first served: with payment will fill empty lanes. Deck entries for swimmers not already in the meet must be accompanied by SNC ID number and complete date of birth.
8. PARA swimmers are welcome to compete. Their entries must be accompanied by their classification numbers.
9. **Please mail in a \$200.00 non refundable fee to secure your spot in the meet. Meet Management reserves the right to limit the number of entries in all events to fit the goal time lines. Please provide club contact's name, email and phone number with your deposit and mail to: Brian Metcalfe, PO Box 12098 Murrayville RPO, Langley BC V3A 9J5**
10. **Scratch deadline is Monday March 22, 2010**
11. To assist meet management and officials, scratches the day of the meet must be submitted to the Clerk of Course 30 minutes prior to the end of warm-up.
12. **Please submit 1 cheque for all swimmers entered under the club acronym, made payable to Olympian Swimming (O.S.). Entry fees must be paid prior to the start of the first session.**
13. **Should meet fees not be paid at the start of the meet, clubs will be levied a \$200.00 fee for non payment.**
14. **Coaches should exercise discretion in choosing events for 10 & under swimmers to ensure that time on deck does not exceed Swim BC guidelines.**

## SCRATCHES

1. Please have scratches in by **Monday March 22, 2010**
2. No refund of fees for scratched events after the scratch deadline (Mar. 22, 2010) except with a medical certificate.
3. Day of meet scratches need to be in 30 minutes prior to heats on Saturday & Sunday. (no refund of fees)

## EVENT ORDER

	<u>Women</u>	<u>Saturday afternoon</u>	<u>Men</u>	
#1	12 & under	400 free	12 & under	#2
#3	12 & under	200 im	12 & under	#4
#5	12 & under	100 breast	12 & under	#6
#7	12 & under	50 free	12 & under	#8
#9	12 & under	200 back	12 & under	#10
#11	12 & under	100 fly	12 & under	#12

	<u>Women</u>	<u>Saturday evening</u>	<u>Men</u>	
#13	13 & over	400 free	13 & over	#14
#15	13 & over	200 im	13 & over	#16
#17	13 & over	100 breast	13 & over	#18
#19	13 & over	50 free	13 & over	#20
#21	13 & over	200 back	13 & over	#22
#23	13 & over	100 fly	13 & over	#24

	<u>Women</u>	<u>Sunday AM</u>	<u>Men</u>	
#25	12 & under	100 free	12 & under	#26
#27	12 & under	400 im	12 & under	#28
#29	12 & under	200 breast	12 & under	#30
#31	12 & under	100 back	12 & under	#32
#33	12 & under	200 fly	12 & under	#34
#35	12 & under	200 free	12 & under	#36
#37	12 & under	800 free mixed	12 & under	#37
#38	12 & under	1500 free mixed	12 & under	#38

	<u>Women</u>	<u>Sunday PM</u>	<u>Men</u>	
#39	13 & over	100 free	13 & over	#40
#41	13 & over	400 im	13 & over	#42
#43	13 & over	200 breast	13 & over	#44
#45	13 & over	100 back	13 & over	#46
#47	13 & over	200 fly	13 & over	#48
#49	13 & over	200 free	13 & over	#50
#51	13 & over	800 free mixed	13 & over	#51
#52	13 & over	1500 free mixed	13 & over	#52

*This meet is supported by the Ministry of Small Business, Tourism and Culture-  
SportsServices Branch.*

**Langley Olympians Invitational Long Course Meet**  
**Saturday March 27 & March 28, 2010**

**Hosted by:** Langley Olympians Swim Club  
**Location:** Walnut Grove Recreation Centre  
8889 Walnut Grove Drive, Langley

**PLEASE PASS THIS PAGE ON TO YOUR CLUB OFFICIALS DIRECTOR (COD)**

**Officials required for Langley Olympians Invitational Swim Meet Mar. 27 & 28, 2010.**

The number of swimmers entered from each club will dictate the number of officials that clubs will be expected to bring to the meet, **for each of the two days.**

3-5 swimmers	1 Timer
6-10 swimmers	2 Timers; 1 Stoke and Turn
11+ swimmers	3 Timers; 1 Stroke and Turn

**Swimmers who swim the 800 & 1500 will require their own 2 timers**

Note: *These are minimum requirements. More help on deck is, of course, greatly appreciated.*

L/A OSC will be assigning the attending clubs a Lane for Timing. It will be the COD's responsibility to find 3 volunteers for Timing from their club to help out during the meet. We will also require 8 - 10 Stroke & Turn officials and again we will require help from the attending clubs.

Please submit the names of the Stroke & Turn Judges and Timers to the L/A OSC Officiating Coordinator, Mark Schramm at [markbschramm@hotmail.com](mailto:markbschramm@hotmail.com) no later than March 24, 2010.

Again, a meet is run strictly with volunteers. Please do not hesitate to contact the undersigned if you have any questions or concerns.

Mark Schramm  
COD L/A OSC  
[markbschramm@hotmail.com](mailto:markbschramm@hotmail.com)