

SFU/SFA LMR Swim Meet

Saturday & Sunday, May 27-28, 2006

Co-Hosts: Simon Fraser University & Simon Fraser Aquatics

Simon Fraser University Aquatic Center

Sanction #: SBC0605

Clubs: All LMR clubs

SATURDAY

11 & Under session

8:30 am warm-up

9:15 am start

Distance events session

warm-up and start time TBA*

12 & Over session

warm-up and start time TBA*

SUNDAY

11 & Under session

8:30 am warm-up

9:15 am start

12 & Over session

warm-up and start time TBA*

* will be sent to all clubs on May 21, 2006

Location:

Simon Fraser University Pool
Simon Fraser University
Burnaby, BC
V5A 1S6

291 3176 phone

6 lane 25 meter pool
Diving well for warm-up/down
Colorado starting / timing system
Kiefer lane ropes

Format:

Timed finals

Timers:

Each club is responsible for 3 timers per session. Swimmers in 800/1500 must provide 2 timers each.

Parking:

Parking - hourly at SFU parkade. **All volunteers on-deck will receive free parking stamps.**

Concession:

Coffee and general concession items will be available during restricted times throughout the competition. *Volunteer timers/officials* will receive free coffee and refreshments.

Eligibility:

All swimmers must be registered with Swim BC or other FINA affiliated organization. Age groups will be based on age as of May 27, 2006.

SWAD (swimmers with a disability) are welcome. Please designate the classification with the entries.

Qualifying Standards

Swimmers must have completed a 200m IM in under 4:00 and a 300m Freestyle in under 5:40 to enter this meet. Proof of time in these events required for ALL swimmers entered in this meet.

“A” time standard in 200m Freestyle required in order to enter 400m Freestyle.
Or “A” time standard in 400m Freestyle.

“A” time standard in 200m IM required in order to enter 400m IM.
Or “A” time standard in 400m IM.

“A” time standard in 400m Freestyle required in order to enter 800m or 1500m Freestyle.
Or “A” time standard in 800m or 1500m Freestyle.

6:00 is the entry standard for the 300 IM.

“AAA” swimmers will NOT be eligible for awards.
“AAA” swimmers will make relays exhibition.

Entries:

Entries may be submitted on HYTEK (disc or email) accompanied by a hard copy entry report or on entry Grid Sheets if HYTEK not available. All entries **MUST** be accompanied by the swimmer’s Swim BC registration number. Limit entries to 6 events maximum per swimmer excluding any distance (800 free or 1500 free) and relays.

Entry Fees:

Individual events	\$4.00
Relays	\$6.00
Swim BC Splash Fee	\$2.00
Late or Deck entry	\$8.00 individual \$10.00 relay

- Entry fees must be paid prior to the start of the first session.
- Deck entry requests are required 30:00 before the end of warm-up.
- Deck entry fees are payable in cash when the deck entry is accepted.
- Deck entries are not eligible for awards.

- Please make cheques payable to: **SIMON FRASER UNIVERSITY**

Entry Deadline:

All entries must be received by **MAY 18, 2006**

Mail entries to: Host Address – where entries are to be sent

HYTEK entries by email may be sent to: (host e-mail contact)

Scratch Deadline:

Any scratches received on or before **MAY 23, 2006** will have full reimbursement. After said date, a medical note must accompany scratch for reimbursement. Deck entries are a first come first serve. No new heats will be created after MAY 23, 2006.

- Meet day scratches are due 30:00 before the end of warm-up.

Meet Rules:

All 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.

10 & U swimmers are limited to 4 hours of competition time.
- Coaches should enter these swimmers in events which ensure completion of their sessions within 4 hours.

The FINA one-start rule will be in effect.

There will be no diving in warm-up with the exception of Safety Marshal assigned team sprint lanes (one way sprinting).

The 200/300/400/800/1500 Frees will be swum 2 swimmers per lane at the discretion of the meet management.

Each swimmer in the 200/300/400/800/1500 Frees must provide two timers in order to swim.

Scratches must be received by the Clerk of Course 30 minutes prior to the scheduled start time of the session.

SFU & SFA is NOT responsible for visiting clubs' swimmers

Coaches Meeting:

There will be a coaches meeting 10 minutes prior to the session start as required.

Officials Meeting:

There will be an officials meeting 20 minutes prior to the start of each session.

Awards:

There will be awards presented for the top 6 finishers in each individual event by age group (9&U, 10&11, 12&13, 14&O) and the top 3 teams in each relay event. "AAA" swimmers may enter but will NOT be eligible for awards.

Results

Results will be available @ SwimDirect by May 31, 2006.

Officials:

Each participating club will be required to submit a list of timers and deck officials for each session with your clubs entries. Swimmers in the 800m and 1500m must provide 2 timers each. Volunteer timers/officials will receive complimentary snacks and beverages.

**Co-Meet Managers/
Meet Secretary**

Liam Donnelly Phone: (604) 291 3176
Suzy Brodner Email: liam@sfu.ca

Officials Manager:

Jennifer Slinger Phone: (604) 944 9111

SATURDAY EVENTS		
11 & Under	EVENT	
	8:30-9:10 am Warm-up	
1	300 free *	
3	400 free *	
5	11 & Under 4 X 50m Free Relay	
8	200m Breaststroke	
10	100m Backstroke	
12	50m Freestyle	
14	100m Butterfly	
16	50m Breaststroke	
18	200m Freestyle	
20	300 IM *	
22	400m IM *	
	Warm-up (40 minutes)	12 & Over
	300 free *	2
	400 free *	4
	13 & Under 4 X 50m Free Relay	6
	Open 4 X 50m Mixed Free Relay	7
	200m Breaststroke	9
	100m Backstroke	11
	50m Freestyle	13
	100m Butterfly	15
	50m Breaststroke	17
	200m Freestyle	19
	300 IM *	21
	400m IM *	23

**swimmer selects either the 300 or 400 free, 300 IM or 400 IM.*

SUNDAY EVENTS		
11 & Under	EVENT	
	Warm-up (40 minutes)	
27	200m Backstroke	
29	50m Butterfly	
31	200m IM	
33	50m Backstroke	
35	100m Freestyle	
37	200m Butterfly	
39	100m IM	
41	100 Breaststroke	
11 & Under	Warm-up (40 minutes)	12 & Over
25	Open 1500*	25
26	800m Free*	26
	Warm-up (40 minutes)	12 & Over
	200m Backstroke	28
	50m Butterfly	30
	200m IM	32
	50m Backstroke	34
	100m Freestyle	36
	200m Butterfly	38
	100m IM	40
	100 Breaststroke	42

**swimmer selects either the 800 or 1500 free*

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- Officials Page -

Please pass this page on to your club's director of officials.

Meet Officials:

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

3 – 5 swimmers	1 timer*	
6 – 10 swimmers	1 timer, 1 stroke & turn*	per session
11 + swimmers	2 timers, 1 stroke & turn*	

- or other experienced deck official
- These are minimum requirements only. More help on deck will be appreciated.

The names of the stroke and turn or other deck officials must be submitted to the officials manager by **MAY 24, 2006** with the names of your experienced deck officials and trainees.

All clubs are encouraged to bring their inexperienced stroke and turn judges- those that have attended a clinic but with limited deck experience in actual meets, as this will be any excellent meet to shadow with a more experienced official.

The referee will make stroke and turn assignments during the officials meeting. This meeting will take place 30 minutes prior to the session start at the pool.

Clubs will be assigned lanes for timing according to each club's meet entry load. The lane assignment will be posted on the deck during each session. Please remind your parents that the lanes must be manned through to the end of the meet.

Officials Manager:

Jennifer Slinger Phone: (604) 944 9111