



Oak Bay Orcas 9th Invitational Swim Meet

Saturday 14 June & Sunday 15 June, 2014

Saanich Commonwealth Pool, 4636 Elk Lake Dr., Saanich, BC

Come test your skills in the fastest pool in Western Canada.

**This is an excellent chance for Island swimmers to prepare for Regionals 2014,
and for all swimmers to try out the pool where Olympians train.**

Course: 25 metre, 8 lanes, starting blocks and Omega Electronic Timing System

Rules: British Columbia Summer Swim Association (BCSSA) rules apply.

Entries: Club entries must be received before midnight, Tuesday 10 June, 2014. Please e-mail Hy-Tek entries to registrar@oakbayorcas.ca and include club roster list for deck entries.

Swimmers must be entered with an official BCSSA time. If a swimmer has never swum an event, enter them with a NT. Do not make up times!

Swimmers may enter a maximum of 6 individual events (Div 5 and up may enter 7 events) plus 2 relays.

Please enter 'O' swimmers into their respective 'O' event, AND their respective 'S' event, as described in "How to enter O swimmers" available on the region website. FYI - 'O' events will have no cost in the meet so that the 'O' swimmers are not charged double.

Meet fees, payable to Oak Bay Orcas, must be handed in to the Clerk of the Course before the end of the meet on Sunday.

Meet Manager: Glenn Nazaruk

Meet Referee: TBA

Fees: \$6.00 per individual event. \$8.00 per relay. Novice events are free.
\$10.00 per individual deck entry. (Deck entries must have payment attached.)

There is an additional High Performance Fee of \$5 per swimmer charged by Saanich Commonwealth Pool. This is payable with your meet fees.

Warm-ups:	Saturday	11:30 am Group A	Sunday	8:00am Group C
		11:50 am Group B		8:20am Group A
		12:10 pm Group C		8:40am Group B

All clubs will be notified of their Group assignments by e-mail on Thursday 12th June based on the number of swimmers registered. Clubs who take a ferry to come to the meet will be assigned the latest warm-up time on Saturday and the earliest warm-up time on Sunday.

Start Times: Saturday Officials Meeting 12:15pm
Coaches Meeting 12:30pm
Meet Start 1:00pm

Sunday Officials 8:45am
Coaches 9:00am
Meet Start 9:30am

Welcome Coaches: Coaches will be offered deck food during the meet.

Deck Entries and Scratches: Must be submitted to the Clerk of the Course by **12 noon on Saturday** and **8:30am on Sunday**. Deck entries will be allowed at the discretion of the Clerk of the Course on the day of the meet. **Athlete BCSSA # and birth date must be provided if you do not send a club roster with your entries.** No refunds for missed or scratched events.

Novice: A novice swimmer is defined as a swimmer who takes 30 seconds or more to complete 25 meters of the pool. Novices are stroke specific. Once a novice has swum a 50 m event (including relays) they will no longer be a novice swimmer in that stroke. All novice events will be swum between heats and finals on Saturday.

Relays: Relay teams will be seeded in their appropriate Division regardless of the number of "O" swimmers on the team. If more than one "O" swimmer is on a relay team, that relay will be treated as an "O" Cat relay in the final results. Relay entry cards must be handed in to the Clerk of the Course by **1:30pm Saturday** and **10:00am Sunday**.

Marshalling: Swimmers will report to marshalling when their event number is posted. Divisions 1-3 will be marshaled; all others must check in for their event at the marshalling table but then are responsible to be behind the blocks in time for their races.

Event Seeding: All events will be swum as timed finals. Swimmers with no times will be seeded in the slower heats.

Disabled Swimmers: Coaches must notify the Meet Manager at the beginning of the meet of any swimmers with disabilities. Disabled swimmers must attempt to swim the proper stroke.

Events:Saturday

100 IM
200 IM
50 Free
25 Free
25 Breast
25 Back
25 Fly
50 Fly Div. 1-4
100 Fly Div. 5-8
200 Medley Relay

Sunday

50 Fly Div. 5-8
50 Back
100 Back
50 Breast
100 Breast
100 Free
200 Free Relay

Awards:	Divisions 1 through 8	Individual ribbons 1st to 8th place
	Cat 01 and 02	Individual ribbons 1st to 8th place
	Relays	Individual ribbons 1st to 3rd place
	Novice	Participation goodies

Ribbons will be available to Club coaches or designate at the end of the meet.

Meet Information:

Parking is available for free in the Saanich Commonwealth Centre parking lot.

Silent auction

50/50

Bell Laps

Club tents will be allowed in the grass field to the west of the pool.

No camping or overnight parking in the parking lot.

Parking is prohibited in loading, fire or reserved areas.

Access to the recreational areas of the complex is prohibited, unless through paid admission.

Please keep your area clean, litter pick-up is your Club's responsibility.

All swimmers must be registered with BCSSA.

Officials, coaches and volunteers - please bring a re-usable water bottle for filling while you are on deck. No bottled water will be served.

Accommodation Suggestions:

Please consult the BC Accommodation Guide for hotel listings.

<http://www.tourismvictoria.com/hotels/>

Camping is available at Goldstream Provincial Park.

<https://secure.camis.com/Discovercamping/>