



Oak Bay Orcas 10th Invitational Swim Meet

Saturday July 25 & Sunday July 26, 2015

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

Come test your skills in one of the fastest pool in Western Canada!

A prime opportunity for swimmers to experience the Host Facility of the 2015 BCSSA Provincials.

Course: 25 metre, 8 lanes, starting blocks and Omega Electronic Timing System
Timed Finals Meet.

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

Entries: Club entries must be received before **7pm on Tuesday July 21, 2015**. 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 noon on Sunday.

Meet Manager: Yan Lyesin

Meet Organizer: Glenn Nazaruk

Meet Referee: Collette Wood

Fees: \$7.00 per individual event. \$8.00 per relay. Novice events are free.
\$12.00 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 - All Swimmers Sunday 8:30 am - All Swimmers**

All clubs will be notified of their Lane / Pool assignments by e-mail on Thursday 23rd July based on the number of swimmers registered.

<u>Start Times:</u>	Saturday	Officials Meeting:	12:00 pm
		Coaches Meeting:	12:15 pm
		Meet Start:	12:30 pm
	Sunday	Officials Meeting:	9:00 am
		Coaches Meeting:	9:15 am
		Meet Start:	9:30 am

Deck Food: Officials, Volunteers and Coaches will be offered deck food during the meet.

Deck Entries: Must be submitted to the Clerk of the Course by 11:30 am 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 birthdate must be provided if you do not send a club roster with your entries.** Deck entry swimmers will NOT be seeded and will be fit in to events where available, if accepted by the Clerk of the Course. Deck Entries MUST be accompanied with payment.

Scratches: Scratches must be submitted to the Clerk of the Course by **11:30am on Saturday and 8:30am on Sunday**. 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 raced on Sunday.

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 1:00pm Saturday and 10:00am Sunday. All relay teams must have 4 Swimmers

Heat Sheets: A limited number of Heat Sheets will be sold for \$5 each morning. Heat Sheets will also be available on line on the [Orcas Website](#). Events will also be updated to the Meet Mobile App.

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. There will be Full Marshalling for all divisions for Relays.

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

Results: Results will be posted on the wall above the Bleachers on the North side of the Facility as well as on the [Orcas Website](#) and on the Meet Mobile app.

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.

<u>Events:</u>	<u>Saturday</u>	<u>Sunday</u>
	100 IM	25 Back – Novice
	200 IM	25 Fly - Novice
	50 Free	50 Fly Div 5-8
	50 Fly Div 1-4	50 Back
	100 Fly Div 5-8	100 Back
	200 Medley Relay	25 Breast – Novice
		25 Free – Novice
		50 Breast
		100 Breast
		100 Free
		200 Free Relay

<u>Awards:</u>		
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.

A schedule of Club timing shifts/responsibilities will be posted on the North Wall above the Bleachers.

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. Commonwealth Place respects the environment and strongly encourages all patrons to bring re-usable water bottles as no bottled water is available in the facility.

Accommodation Suggestions:

Please consult the BC Accommodation Guide for hotel, RV and camping listings.

<http://www.tourismvictoria.com/hotels/> or <http://www.tourismvictoria.com/hotels/campgrounds-rv/>

Goldstream Provincial Campground

For bookings, consult <https://secure.camis.com/Discovercamping/> (cut and paste the link into your browser) and look for Goldstream Provincial Park in the "In a List" option.