

Salt Spring Stingrays

summer swim club



Salt Spring Stingrays Invitational Open Water and Swim Meet July 17/18/19 2015

Come play on our beautiful island & eat some amazing food!

- Friday July 17 Open Water – St. Mary’s Lake
Starting at 3:30 pm Div. 3-5,
4:30pm. Div 6-8
Please respect these times so we can better manage
safety/congestion/marshalling.
Marshalling at Portlock Park
145 Vesuvius Bay Road, SSI, BC V8K 1K3
- Saturday July 18 Warm ups at 8:30 am
Officials Meeting 9:15 am
Coaches Meeting 9:30 am
Meet Starts 10:00 am.
Reminder Parent Relay Saturday at the end of the day!
- Sunday July 19 Warm ups at 7:45 am
Officials Meeting 8:30 am
Coaches Meeting 8:45 am
Meet starts at 9:15 am.

All Meet Information Available on Meet Mobile or on our website
www.saltspringstingrays.com under our meet.

Please check BC Ferries for updated ferry schedules prior to the meet!

Locations: **Open Water Event** : St. Mary's Lake Marshalling at
Portlock Park 145 Vesuvius Bay Road, SSI, BC V8K 1K3

Swim Meet: Rainbow Road Pool
262 Rainbow Road, SSI, BC

Course : Open Water
1.0 Kilometers (approx) @ St. Mary's Lake

Swim Meet 25 meters, 6 lanes, starting blocks, Dolphin timing system

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

Entries: Club entries must be received before midnight Tuesday 14th July, 2015. Please e-mail Hy-Tek entries to vicepresident@saltspringstingrays.com and include a club roster list for deck entries. *Please enter Open Water swimmers in Hy-Tek.

Swimmers must be entered with an official BCSSA time. If a swimmer has never swum an event, enter them with 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 in their respective O event, AND their respective S event, as described in "How to enter O swimmers available on the region website.

Meet Fees : Are payable to the SS Aquatic Society. Please pay the Clerk of the Course Sunday afternoon.

Meet Managers: Jenn Smith and Michelle Bennett
Meet Referee: Brian Webster

Fees :			
Open Water swim	\$7.00	Individual events	\$6.50
Relays	\$8.00	Deck entries	\$10.00
Novices	Free		

Warm Ups: Saturday 8:30am	Group A	Sunday 7:45am.	Group C
8:50am	Group B	8:05am.	Group B
9:10am	Group C	8:25am.	Group A

All clubs will be notified of their Group assignments via e-mail on Thursday 16th of July based on the number of swimmers registered.

Coaches, Officials and Timers will receive wonderful food during the meet.

Scratches and Deck Entries: Must be submitted to the Clerk of the Course by **9:00 AM Saturday** and **8:00 AM Sunday**. No refunds for missed or scratched events. Once Heats have been established, no new heats will be created for late entries. **Athlete BCSSA # and birth date must be provided if you do not sent a club roster with your entries.**

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.

Relay: 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 **10:00am. Saturday** and **9:15am. Sunday**.

Parent Relay: \$40/ team. This includes the BCSSA insurance fee for each swimmer. Do not enter teams using Hytek. Please have a Coach submit a cheque payable to SS Aquatic Society to Clerk of the Course by 12 noon Saturday.

Marshalling: Swimmers will report to marshalling when their event number is posted.

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 a proper stroke.

Saturday Events	Sunday Events
100 IM / 200 IM	50m Fly
	50 Back / 100 Back
25 Novice Free	
25 Novice Fly	25 Novice Back
	25 Novice Breast
50 Free	50 Breast / 100 Breast
50 Fly / 100 Fly	100 FREE
200 Medley Relay	200 Free Relay
Parent Relay	

Concessions:

We will be serving many healthy and some gluten free & vegetarian options: Roly Poly Rice Balls, Breakfast Bagel sandwiches, Organic Granola & Yogurt, Veggie Burgers, Beef burgers, beef and chicken hotdogs, & of course the ever famous *Fruitsicles* just to name a few options. Bring Cash \$\$

** Please help us with recycling and bring your water bottle to refill everyone!! **THINK GREEN**

Meet Information:

- Please check the BC Ferries website for up-to-date ferry information.
- Parking is available for free at Rainbow Road although crowded, please park just down the road at the high school, roadside parking is discouraged! Please be courteous to our neighbours.
- 50/50 draw
- Fabulous Silent Auction
- Club tents allowed on grass on all three sides of pool.
- No camping or over night parking at pool.
- Please keep your area clean, litter pick-up and recycling is your clubs responsibility!
- All Swimmers must be registered with BCSSA
- *Open Water Swim Meet T-shirts* will be sold for **\$20.00** As always your swimmers name will be put on the back. Can be purchased/ordered at the Silent Auction!!!

Officials, Coaches, and volunteers – please bring re-usable water bottle for filling at our meet, NO bottled water will be served.

Camping and Accommodations

We recognize there is a shortage of camping options on Salt Spring Island for our meet and encourage you to sort out your accommodations NOW!!! (Likely a fire ban by then). **Contact our Accommodation Coordinator Loretta Rithaler via e-mail with any questions: lrithaler@telus.net**

Ganges Campground
250-537-1210
www.gangescampground.com

Garden Faire Campground
250-537-4346
email gardenfaire@saltspring.com
www.gardenfaire.ca

Harbour House Hotel
250-537-5571
www.saltspringharbourhouse.com

Seabreeze Inne
250-537-4145
www.seabreezeinne.com

Salt Spring Inn
250-537-9339
www.saltspringinn@sisland.com

Maple Ridge Lakeside Cottages
250-537-5977
www.mapleridgecottages.com

Green Acres Lakeside Cottage Resort
250-537-2585
www.ultranatural.com

Lakeside Gardens Resort
250- 537-5773
lakesidegardens@saltspring.com

We may have other options available for clubs who wish to camp together. Please contact Loretta at lrithaler@telus.net if you are unable to find accommodation and would like to attend our meet!