

NSWC Marlins

Annual A/B

Swim Meet

June 25th & 26th, 2016



Saturday June 25th - IM, 50 Free, Fly, Mixed Medley
Relays

Sunday June 26th - 50 Fly (Divs 5-8), 100 Free, Back, Breast, Parent
Relay & Alumni Event, Freestyle Relays

All events are timed finals.

The Marlins are going green! Coaches, Parents, Swimmers - PLEASE BRING YOUR OWN
REUSABLE COFFEE CUP/WATER BOTTLE! Help us reduce the waste!

LOCATION - North Shore Winter Club:
1325 East Keith Road, North Vancouver, B.C. V7J 1J3
Telephone: 604 985-4135 ... Fax: 604 985-1519

A map of our location for our outdoor pool is found on the North Shore Winter Club website at www.nswc.ca.

DATE & TIME - Saturday June 25th and Sunday June 26th, 2016
Warm-Ups: 6:15am, 6:45am, or 7:15am (see section K)*. At the discretion of the meet manager, warm ups may be moved to begin 1 hour later. Clubs and coaches will be notified in advance.

Timed Finals – meet will begin at 8:00 am SHARP each day*. At the discretion of the meet manager the meet may begin at 9:00 am SHARP

MEET MANAGERS –Kerry Somerville & Susanne MacKillop

Email: mikeandkerry@shaw.ca or susannemackillop@gmail.com

CHIEF MEET RECORDER – Jeff Wong

E-Mail: j-wong@shaw.ca

Phone: 604 830-2339

MEET REFEREES – Wade Bartok

Email: wade@elitebodyshop.ca;

A. FACILITIES

- The North Shore Winter Club has a 25 metre, 6 lane outdoor pool.
- Access to and from the washrooms, located inside the club, will require that swimmers and other guests travel well marked routes through the club. ***Any person found outside these areas will be asked to leave the club. There will be no exceptions.***
- Due to insurance requirements, the pool is totally enclosed by a chain link fence. Tents will not be allowed in the area directly surrounding the pool, however pop-up tents are acceptable, but must be removed each day. Absolutely no tarps or tents with bottoms will be allowed on the grass area surrounding the pool.
- The Lynmouth Avenue, adjacent to the NSWC, will be blocked off. The grass and the cul-de-sac can be used for tenting and there will be easy access to the pool from a side entrance for the swimmers.
- **No bbq's, coleman stoves, rice cookers or cooking of any kind is allowed on club property.** There will be a food concession providing breakfast and lunch.
- There are licensed areas on the grass and on the Tiki deck. No coolers or outside food is allowed in these areas as part of the liquor licensing rules.
- **Parking:** Visitors to the North Shore Winter Club **must park underground or on the street**, the upper parkade is reserved for members, violators will be towed.
- **Post meet: On Sunday, join us on the Tiki Deck for a bbq!**

B. MEET FORMAT

- A/B meet for registered BCSSA members.
- All heats swum as timed finals.
- The Clerk of the Course may combine heats and events at their discretion.
- Deck entries will be accepted on the day of the meet subject to the discretion of the Clerk of the Course and/or the Meet Manager.
- Vancouver and District Region "A" cut-off times apply for divisions 1 through 4.
- No cut offs for Divisions 5 - 8.
- There will be a "6 and under" category for 25 meter freestyle, 25 meter back stroke, 25 meter kick, 25 meter breast stroke and a mixed medley relay. Stroke violations will not result in disqualifications but coaches and swimmers are encouraged to comply with the Rules.
- The medley relay is a mixed event with each team composed of 2 boys and 2 girls (where possible) all of whom must be "S" swimmers except for Division 8 swimmers. **Each relay team must have at least one swimmer from the entered division.**
- The one start rule is in effect and all other BCSSA rules are in effect and will be strictly adhered to (save for stroke violations in the "6 and under" category).

C. ENTRIES

- The Hy-Tek Meet Manager and Team Manager programs will be used for this meet. All entries are to be submitted by email and must be received by **Monday, June 20th**. Meet entries should be found in the TM5Data file located on the c:\ drive and can be sent to the meet recorder, Jeff Wong, at J-Wong@shaw.ca. If it is not possible to send the entries in this format, please contact Jeff Wong at 604 830-2339. **Please make certain that all "A" swimmers are entered in "A" events.** The Meet Recorder will give any "A" swimmer registered in a "B" event a NS (no swim). Regional "A" times are included on the last page of this meet package. O swimmers are to be entered in their respective O Cat events. They will swim with their corresponding division, however scored separately.
- **Team rosters must be submitted along with your entries file.** The rosters are exported in a similar fashion to the entries and become invaluable when processing deck entries. If you do not know how to export a team roster, please email Jeff Wong.
- The chief meet recorder will send confirmatory return email messages to all clubs upon receipt of entries. If a club does not receive a confirmatory email it means the entries have not been received. In this case, please contact Kerry Somerville, the meet manager at mikeandkerry@shaw.ca as soon as possible.
- Entrants may swim a maximum of six individual events and two relays (mixed medley and freestyle). All swimmers must be registered with BCSSA. No exhibition swims are allowed.
- For individual events, entrants must be entered in their age-appropriate division. Entrants will not be allowed to "swim up" in higher divisions for individual events. (Six & Under swimmers are technically in Division 1 and may be entered in either Division 1 events or in Six & Under events. Please note however, that if a Six & Under swimmer is entered in any Division 1 individual event, he/she must be entered as a Division 1 swimmer in all individual events and will not be allowed to enter any Six & Under individual events.)

- **Non-refundable** meet entry fees are \$8.00 for each individual event; \$10.00 for each mixed medley relay team.
- Cheques for meet entry fees are to be made payable to North Shore Winter Club.
- Cheques for meet entries may be delivered before the meet to the meet manager, or may be brought on the first day of the meet. Cheques brought on the first day of the meet must be delivered to the Clerk of the Course by no later than 7:00 am.

D. DECK ENTRIES

- If you are aware of any late or deck entries, please email them to Jeff Wong any time after June 20th, preferably before Friday, June 24th.
- Deck entries will be allowed if presented to the Clerk of the Course **before, but no later than, 8:00 am** on each day. Deck entries will be accepted on the day of the meet subject to the discretion of the Clerk of the Course and/or Meet Manager.
- Payment for deck entries is by cash or cheque and due June 25th prior to 7:00AM or at the time of entry, to the Clerk of the Course. The non-refundable fee for deck entries is \$10.00 for each individual event and \$10.00 for each relay event.

E. SCRATCHES

- Scratches are to be handed to the Clerk of Course by the coaches at the swim meet each morning by 8:00am Please continue to hand in scratches throughout the day. Scratches must be in writing.

F. RESULTS

- Swimmer results will be calculated using two plunger times and one touch pad time. There will be one stopwatch time, but it will only be used if the electronic timing system fails.

G. POINTS

- Scoring is in accordance with section 10 of BCSSA rules of swimming (page 50): “Meets with no Consolation Finals shall be scored as follows: In 6 lanes 7-5-4-3-2-1 for individual events and double scores for relay events.”

H. AWARDS

- In individual events, ribbons for first through sixth place are awarded. In the mixed medley and freestyle relays, ribbons for first through third are awarded.
- *Although "O" swimmers will swim in "S" events*, there will be separate awards for “O” swimmers, based on their appropriate “O” categories.
- Individual aggregate awards will be presented for Divisions 1 through 4, for both “A” and “B” tiers as well as for Divisions 5 and 6.
- There are no team awards.

I. SPECIAL EVENTS

- A parent relay will take place on Sunday afternoon. This is always a popular event. Mixed teams of eight swimmers (4 female and 4 male) will swim a 200 meter relay (25 meters each). Please have teams and names to the announcer’s booth before 11:00am on Sunday.
- Due to NSWC insurance requirements, **each participant must sign a registration form and waiver before the race.** This is not a BCSSA approved event.
- **Please note that only parents of BCSSA members are eligible for this relay.**

J. OFFICIALS

- Each participating club is requested to provide at least 2 timers and 1 recorder for each time slot of each day of the meet. Volunteer duties will be emailed to each club during the week of the meet.
- Each participating club is requested to provide at least 2 stroke and turn/ senior officials for each day of the meet.
- Sign up sheets for all officials will be posted in a prominent place poolside at 7 am on each day of the meet.
- There will be an Officials meeting commencing at 7:20 am sharp on each day of the meet.
- There will be a coaches meeting at 7:40 immediately following the final warm-up session prior to commencement of the meet on each day.

K. WARM-UP TIME ASSIGNMENTS* at the discretion of the meet manager, the meet may start 1 hour later, clubs will be notified by June 23rd if there is a change in the start time.

7:15 - Group Home	7:45 - Group Near	8:15 - Group Far
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- Note: These are tentative warm up times and may be subject to change as we wish to start the meet at 9:00 am SHARP each day.
- The meet manager will confirm warm up times and will send these to each club approximately three days before the Meet.

L. SCHEDULE OF EVENTS

- The following schedule is for both days’ events and will start at 9:00am* SHARP each day. * Clubs will be notified at least 2 days prior to the meet if the time will be moved forward 1 hour, to a start time of 10:00 am

North Shore Winter Club “Marlins”

A/B Swim Meet - Saturday June 25th, 2016

Girls	Boys	Events	
1	2	Div 1	100 IM
3	4	Div 1A	100 IM
5	6	Div 2	100 IM
7	8	Div 2A	100 IM

North Shore Winter Club “Marlins”

A/B Swim Meet - Saturday June 25th, 2016

Girls	Boys	Events	
9	10	Div 3	100 IM
11	12	Div 3A	100 IM
13	14	“O”Cat 1	100 IM
15	16	Div 4	200 IM
17	18	Div 4A	200 IM
19	20	Div 5	200 IM
21	22	Div 6	200 IM
23	24	“O”Cat 2	200 IM
25	26	Div 7	200 IM
27	28	Div 8	200 IM
29	30	6 & U	25 Free
31	32	Div 1	50 Free
33	34	Div 1A	50 Free
35	36	Div 2	50 Free
37	38	Div 2A	50 Free
39	40	Div 3	50 Free
41	42	Div 3A	50 Free
43	44	“O”Cat 1	50 Free
45	46	Div 4	50 Free
47	48	Div 4A	50 Free
49	50	Div 5	50 Free
51	52	Div 6	50 Free
53	54	“O”Cat 2	50 Free
55	56	Div 7	50 Free
57	58	Div 8	50 Free
59	60	6 & U	25 Kick
61	62	Div 1	50 Fly
63	64	Div 1A	50 Fly
65	66	Div 2	50 Fly
67	68	Div 2A	50 Fly
69	70	Div 3	50 Fly
71	72	Div 3A	50 Fly
73	74	“O”Cat 1	50 Fly
75	76	Div 4	50 Fly
77	78	Div 4A	50 Fly
79	80	Div 5	100 Fly
81	82	Div 6	100 Fly
83	84	“O”Cat 2	100 Fly
85	86	Div 7	100 Fly
87	88	Div 8	100 Fly
90		Div 1	4 x 50 Mixed Medley Relay
91		Div 2	4 x 50 Mixed Medley Relay
92		Div 3	4 x 50 Mixed Medley Relay
93		Div 4	4 x 50 Mixed Medley Relay
94		Div 5	4 x 50 Mixed Medley Relay
95		Div 6, 7 & 8	4 x 50 Mixed Medley Relay

North Shore Winter Club "Marlins"

A/B Swim Meet - Sunday June 26th, 2016

Girls	Boys	Events	
97	98	Div 5	50 Fly
99	100	Div 6	50 Fly
101	102	"O"Cat 2	50 Fly
103	104	Div 7	50 Fly
105	106	Div 8	50 Fly
107	108	Div 1	100 Free
109	110	Div 1A	100 Free
111	112	Div 2	100 Free
113	114	Div 2A	100 Free
115	116	Div 3	100 Free
117	118	Div 3A	100 Free
119	120	"O"Cat 1	100 Free
121	122	Div 4	100 Free
123	124	Div 4A	100 Free
125	126	Div 5	100 Free
127	128	Div 6	100 Free
129	130	"O"Cat 2	100 Free
131	132	Div 7	100 Free
133	134	Div 8	100 Free
135	136	6 & U	25 Back
137	138	Div 1	50 Back
139	140	Div 1A	50 Back
141	142	Div 2	50 Back
143	144	Div 2A	50 Back
145	146	Div 3	50 Back
147	148	Div 3A	50 Back
149	150	"O"Cat 1	50 Back
151	152	Div 4	100 Back
153	154	Div 4A	100 Back
155	156	Div 5	100 Back
157	158	Div 6	100 Back
159	160	"O"Cat 2	100 Back
161	162	Div 7	100 Back
163	164	Div 8	100 Back
165	166	6 & U	25 Breast
167	168	Div 1	50 Breast
169	170	Div 1A	50 Breast
171	172	Div 2	50 Breast
173	174	Div 2A	50 Breast
175	176	Div 3	50 Breast
177	178	Div 3A	50 Breast
179	180	"O"Cat 1	50 Breast
parent relay & alumni event			
181	182	Div 4	100 Breast
183	184	Div 4A	100 Breast
185	186	Div 5	100 Breast
187	188	Div 6	100 Breast
189	190	"O"Cat 2	100 Breast
191	192	Div 7	100 Breast
193	194	Div 8	100 Breast

North Shore Winter Club "Marlins"

A/B Swim Meet - Sunday June 26th, 2016

Girls	Boys	Events
195	196	Div 1 4x50 Freestyle Relay
197	198	Div 2 4x50 Freestyle Relay
199	200	Div 3 4x50 Freestyle Relay
201	202	Div 4 4x50 Freestyle Relay
203	204	Div 5 4x50 Freestyle Relay
205	206	Div 6,7&8 4x50 Freestyle Relay

Vancouver and District "A" Times

		Div 1	Div 2	Div 3	Div 4	Div 5	Div 6,7&8
Free	50 G	:52	:44	:39	:36	:34	N/A
	50 B	:53	:45	:38	:35	:31	N/A
	100 G	1:48	1:36	1:27	1:21	1:18	N/A
	100 B	1:51	1:37	1:24	1:16	1:12	N/A
Back	50 G	:59	:52	:47	N/A	N/A	N/A
	50 B	1:02	:53	:47	N/A	N/A	N/A
	100 G	N/A	N/A	N/A	1:36	1:34	N/A
	100 B	N/A	N/A	N/A	1:33	1:27	N/A
Fly	50 G	1:06	:57	:48	:43	:39	N/A
	50 B	1:09	:58	:47	:42	:37	N/A
	100 G	N/A	N/A	N/A	N/A	1:30	N/A
	100 B	N/A	N/A	N/A	N/A	1:26	N/A
Breast	50 G	1:07	:57	:50	N/A	N/A	N/A
	50 B	1:08	:58	:50	N/A	N/A	N/A
	100 G	N/A	N/A	N/A	1:45	1:42	N/A
	100 B	N/A	N/A	N/A	1:40	1:32	N/A
I.M.	100 G	1:58	1:45	1:36	N/A	N/A	N/A
	100 B	2:03	1:48	1:36	N/A	N/A	N/A
	200 G	N/A	N/A	N/A	3:18	3:11	N/A
	200 B	N/A	N/A	N/A	3:09	3:00	N/A

ALL PARTICIPANTS OF THE PARENT RELAY MUST DELIVER THIS SIGNED FORM TO CLERK OF THE COURSE PRIOR TO RACING

Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement

In consideration for participating in the parent swim relay at the North Shore Winter Club (“NSWC”) on June 26 , 2016, which is in no way associated with the BCSSA sanctioned swim competition hosted by the NSWC Marlins on June 25 and June 26, 2016,

I, _____, hereby agree as follows:

1. To waive any and all claims that I have or may have in the future against the NSWC or the BCSSA and their directors, officers, employees, agents, representatives and successors and assigns (collectively the “Releasees”) and to release the Releasees from any and all liability for any loss or damage or expense or injury, including death that I may suffer or that my next of kin may suffer from my participation in the parent relay due to any cause whatsoever, including negligence, breach of contract or breach of any statutory or other duty of care on the part of the Releasees.
2. To hold harmless and indemnify the Releasees from any and all liability for any damage to property or the third parties that result from my participation in the parent swim relay.
3. This agreement shall enure to be and effective upon my heirs, next of kin, executors, administrators and personal representatives, in the event of my death or incapacity.

By Signing this Agreement, which I have read and understood, I am aware that I am waiving certain legal rights, which I or my heirs, next of kin, executors, administrators and representatives may have against the Releasees.

Signature of Witness

Signature of Participant

Print Name Clearly

Print Name Clearly

Date: _____

Date: _____