



June 18th and 19th, 2011



Ladner Stingrays Swim Club

Super 7 Meet Package

Saturday & Sunday, June 18th - 19th, 2011

Building on the success of last years Super7 meet, we are happy to once again be hosting our meet in 2011 at Watermania. It is still early in the season, and swimmers need to get lots of races in all of the strokes, which is why we have structured this meet in a unique way so that swimmers can swim all strokes in the 2 days. In addition, swimmers can swim any distance, you are NOT limited by your division (i.e. a Div.3 swimmer can swim both the 50M and 100M Backstroke). The heats have been scheduled so that swimmers who choose to swim both distances in the same stroke will not have to do so on the same day. First, second, and third place aggregate awards will be presented by division, boys and girls. Heats will be swum with all divisions swimming together (seeded by time). **Deadline for meet entries is noon Monday, June 13 (or earlier).**

T-Shirts will be provided for all participants fully participating in one day or the full two-day format. Heats will be swum with all divisions swimming together (seeded by time).

Relays are supposed to be a fun part of the meet, so we want you to get your favorite team together, whether it includes your sister, your coach or even a friend from another team. Winning the relay will require coming closest to your entry time. The meet will start late (9:10 am) and hopefully end early.

Note: We will also hosting a Harassment clinic (Saturday) and a Conflict Resolution clinic (Sunday) during the Super7 meet.

LOCATION

Watermania

14300 Entertainment Blvd., Richmond, BC

FACILITIES

Indoor - 8 Lane 25m pool. Extra 6 lanes for morning warm up

2 lanes for all day warm up and cool down

Club concession will be available 7:30 until 10 am. Then it is Watermania's

concession, Stanley's grill, Spaghetti Factory, or one of the local restaurants.
Washrooms located inside. Lots of Bleacher Seating.
Team Tents and Pop - Ups will have ample space outside of the pool.

SCHEDULE

Warm-ups - 8:00 am - 8:50 am / Cheers from 8:50-9:00am, **Heats** begin at 9:10 am
Coaches meeting at 8:00,
Officials meeting at 8:30

FORMAT

- Heats will be swum as timed finals
- Swimmers will be seeded by time, not by division
- Swimmers may enter 7 events and 2 relays (only one relay per day)
- This will be a cardless meet with marshalling
- 2011 BCSSA rules for swimming apply
- Relays will be totally open as to age and sex. Awards will be given for closest to seed times (i.e. entry time 2:13.10 - actual time 2:13.09) tie goes to below seed time.

TIMING SYSTEM

- Omega Timing System (Ares) will be used as the automatic judging and timing system in accordance with the BCSSA rules.
- Automatic timing system will be backed up by two electronic plungers per lane.
- Plungers will be operated by lane timer and recorder.
- Should the automatic judging and timing system fail for an extended period of time, the meet will proceed with manual timing (2 stopwatches with "starting gun")

AWARDS

All swimmers entering at the one day or two day rate receive a T-Shirt

- 1st, 2nd, and 3rd place aggregate awards for "S" and "O" Cat swimmers for each Division Male and Female. Scoring format is the 9 point system (9,7,6,5,4,3,2,1), so a maximum of 63 points (9 x 7).
- Relay awards will be based on closest to seedtime, with under beating over on a tie.
- Only the overall 1st, 2nd, and 3rd place Relay teams each day will get awards.

FEES

- Fees will be the same as last year, \$35.00 per swimmer for 7 events and 2 relays or \$25.00 for one day including up to 5 events and 1 relay.
- **THERE WILL BE NO DECK ENTRIES**
- The 25 metre Freestyle and Backstroke for young swimmers is free.

SCRATCHES

- Scratches are to be submitted to the Clerk of the Course by the coaches no later than 8:30. No refunds for scratches.

OFFICIALS

Each club will be required to supply timers and recorders.
Please supply a list of available deck officials to Cathy VonEnde
vp@ladnerstingrays.com

ENTRIES

- Must be in by noon Monday, **June 13, 2011 (or earlier if possible)**
- **DUE TO LIMITED POOL SPACE AND TIME, ENTRIES WILL BE LIMITED TO 600 SWIMMERS. Get your entries in early.**
- Email entries to meet@ladnerstingrays.com. If you do not receive an email confirmation within 24 hours, then we did not receive your entries.
- Please submit all entries in **HY TEK FORMAT!**
- Submit BCSSA Meet Entry Form and Validation List.
- Please submit your relay time estimate for seeding purposes. Times can be changed after the fact on the relay cards
- Clubs with a large number of relay teams must have an experienced coach in marshalling to help ensure their swimmers are on the right teams
- Relay cards must be submitted by 10am each day
- Submit name and telephone number of your Club's computer contact person.
- Each competitor may enter 7 individual events

If you have any questions regarding this meet, please contact the Meet Manager, Phil Freiburger @ 604-288-7488

The Ladner Stingrays look forward to your participation at our Meet

Phil Freiburger / Gordon Hunchak,
Meet Managers

LADNER STINGRAYS SUPER 7 SWIM MEET EVENT LIST

WARMS UPS: 8:00 - 8:50 AM

MEET COMMENCES: 9:10 AM

SATURDAY June 18th

- 1 Girls 100 Butterfly
- 2 Boys 100 Butterfly
- 3 Girls 50 Freestyle
- 4 Boys 50 Freestyle
- 5 Girls 6 & Under 25 Freestyle
- 6 Boys 6 & Under 25 Freestyle
- 7 Girls 200 IM
- 8 Boys 200 IM
- 9 Girls 100 Backstroke
- 10 Boys 100 Backstroke
- 11 Girls 50 Breaststroke
- 12 Boys 50 Breaststroke
- 13 Mixed 200 Medley Relay

SUNDAY June 19th

- 14 Girls 50 Butterfly
- 15 Boys 50 Butterfly
- 16 Girls 100 IM
- 17 Boys 100 IM
- 18 Girls 50 Backstroke
- 19 Boys 50 Backstroke
- 20 Girls 6 & Under 25 Backstroke
- 21 Boys 6 & Under 25 Backstroke
- 22 Girls 100 Breaststroke
- 23 Boys 100 Breaststroke
- 24 Girls 100 Freestyle
- 25 Boys 100 Freestyle
- 26 Mixed 200 Freestyle Relay