

# CRKW Spring Regional Meet



Sunday, March 21, 2010  
Sanctioned by SwimBC: #9321

Pool: Strathcona Gardens Recreation Center  
225 S Dogwood St  
Campbell River, BC  
6 Lane, 25 meters – Electronic Timing

**Sunday, March 21, 2010**

Warm-up: 11:00 - 11:50 am

Start: 12:00 noon

Projected Finish: 4:00 pm

Eligibility: All swimmers must be registered with Swim BC or FINA Affiliated club. Age groups are based on the age of swimmer as of March 21, 2010. Entries limited to 200 swimmers.

Meet Entries: Entries will only be accepted via upload to SNC Meet Website ([www.meetlist.notlong.com](http://www.meetlist.notlong.com)) please email a print out of your entries to the meet secretary for verification.

Entry Deadline: All entries must be received by **Friday, March 12, 2010**

**Please e-mail hard copy reports to:**

Kim Windle - Meet Secretary

Phone (250) 923-2562

E-mail [meetsecretary@crkw.ca](mailto:meetsecretary@crkw.ca)

Entry Fees: Cost per swimmer - \$20.00 (Includes SWIM BC Provincial Team Splash Fee). Swimmers are limited to four individual events. There are no relays at this meet.

**Make cheques payable to CRKW.**

Meet Rules: **SNC and Swim BC rules will apply.**

- Novice events are for novice swimmers only.
- The SNC one start rule will be in effect.
- The current SNC swimsuit rule will be in effect.
- The meet will be run cardless.
- 10 & Unders will be swum separately.
- 11 & Over will be seeded together but awarded separately by age group.
- Seeding will be slowest to fastest.
- All events are timed finals.

Deck Entries: Deck entries will be accepted on a first come first serve basis to fill empty lanes only. Deck entries must include the swimmers correct nine-digit SNC ID and date of birth for those swimmers not already in the meet.

Scratches: Please phone known scratches to Kim Windle at (250) 923-2562 by **Wed. Mar. 17, 2010**

Officials: If members of your club would be interested in assisting us with any deck positions please contact Laura Boyle at (250) 923-9424 or by email [officials@crkw.ca](mailto:officials@crkw.ca). Any help would be greatly appreciated.

Safety Marshals: Safety Marshals will be present during warm up session.

Meet manager: Heather Miller  
Phone (250) 926-0410  
E-mail [meetmanager@crkw.ca](mailto:meetmanager@crkw.ca)

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**Warm Up** 11:00 am  
**Start** 12:00

	<b>Girls</b>	<b>Event Description</b>	<b>Boys</b>
1		Mixed 10 and Under 50 Breast	
3		11 and Over 50 Breast	4
5		Mixed Novice 50 Free	
7		Mixed 10 and Under 200 Free	
9		11 and Over 200 Free	10
11		Mixed Novice 25 Back	
13		Mixed 10 and Under 50 Back	
15		11 and Over 50 Back	16
17		Mixed Novice 25 Breast	
19		Mixed 10 and Under 100 Breast	
21		11 and Over 100 Breast	22
23		Mixed Novice 25 Fly	
25		Mixed 10 and Under 50 Fly	
27		11 and Over 50 Fly	28
29		Mixed Novice 25 Free	
31		Mixed 10 and Under 50 Free	
33		11 and Over 50 Free	34
35		Mixed Novice 50 Back	
37		Mixed 10 and Under 100 Back	
39		11 and Over 100 Back	40
41		Mixed Open 100 IM	
43		Mixed 10 and Under 200 IM	
45		11 and Over 200 IM	46

**“Our aim is not to produce champions, but to create  
an environment where champions are inevitable”**