



Winter Splash Regional Meet

February 7, 2010

Hosted by the Nanaimo Riptide Swim Team

Sanctioned by Swim BC - #9010

Pool Nanaimo Aquatic Center
741 Third Street Nanaimo, BC
(250) 714-1800
8 Lane, 25m pool with Colorado Timing System

Meet Manager Sylvia Wilson
250-714-1800
sbwilson@shaw.ca

Start Times

Sunday, February 7, 2010 Warm-ups 10:30-11:00 am
Start time: 11:10 am
Estimated time out 3:30 pm

Eligibility

- Open to all VIR teams
- All swimmers must be registered with Swim BC or FINA Affiliated club.
- Age groups are based on the age of the swimmer as of Feb 7th, 2010
- Entries limited to 220 swimmers.

Entry Fee

- Cost per swimmer - \$20.00 (Includes SWIM BC Provincial Team Splash Fee). Swimmers are limited to four individual events and unlimited relays.
- **Cheques made payable to NRST**

Entry Deadline

- All entries must be received by **Friday, January 29th, 2010**

Meet Entries

Meet entries must be uploaded prior to January 29th, 2010, to the SNC Meet website (www.meetlist.notlong.com). Entries sent directly to the meet manager will not be accepted.

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

Meet Rules

1. SNC and Swim BC rules will apply
2. All events are timed finals
3. All events will be swum mixed gender.
4. SNC/FINA 'one start' starting rule will be used.
5. Maximum 4 event plus one relay per swimmer
6. All events will be seeded together.
7. Seeding will be slowest to fastest.
8. Results will be broken in the following age groups: 10 & Under, 11-12, 13-14, 15 & Over.

Meet management reserves the right to limit the # of heats and/or to reschedule events based on the # of entries received.

Deck Entries

For deck-entry swimmers not already in the meet, their entries must be accompanied by the swimmer's correct **SNC nine digit ID number**, as well as the swimmer's correct date of birth.

No new heats will be formed. Deck entries will be limited to fulfilment of lanes.

Scratches Please email known scratches to Scott Flood at sflood@nanaimoriptides.com by Thursday, February 4, 2010.

Awards Award cards will be given to all swimmers.

Officials If members of your club would be interested in assisting us with any Deck positions please contact Sylvia Wilson (Sylvia@nanaimoriptides.com), any help would be appreciated.



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Warm Up **10:30 am**
Start **11:10 am**

<u>EVENT#</u>	<u>EVENT Description</u>
1	Mixed 100 IM
2	Mixed 200 IM
3	Mixed 25 Free
4	Mixed 50 Free
5	Mixed 25 Breast
6	Mixed 50 Breast
7	Mixed 200 Breast
8	Mixed 25 Back
9	Mixed 50 Back
10	Mixed 100 Back
11	Mixed 200 Free
12	Mixed 400 Free

Nanaimo Riptides Swim Club is a non-profit society proudly supported by funds from
BC Lottery Corporation through PLAYTIME BINGO