

LANGLEY FLIPPERS INVITATIONAL SWIM MEET

Saturday, July 5 & Sunday, July 6, 2008



LOCATION:

Al Anderson Memorial Pool, Langley City Park; 4949 – 207 Street, Langley, BC

SCHEDULE:

- Warm-ups: 6:00 A.M. – 7:30 A.M. (Lanes posted July 2nd at www.langleyflippers.com)
- Scratches & Deck Entries: 7:15 A.M. both days.
- Officials' meeting: 7:30 A.M. both days.
- Coaches' meeting: 7:45 A.M. both days.
- Heats: First marshalling at 8:00 A.M. Events start 8:15 A.M.
- Finals: Warm Up: 30 minutes after relays. Finals: 1 hour after relays.
- Fees paid: 8:30 A.M. Sunday
- Relay lists: 9:30 A.M. both days.

FACILITIES:

- 25 meter – 8 lane outdoor pool; Electronic Timing System.
- Walking trails, playground and waterpark in grounds.
- Concession on both days – breakfast & lunch.
- Consumption of alcohol is strictly prohibited.
- Park space for club and family tents.
- R.V. parking at east parking lot from 207th Street, starting Friday July 4th at 2:00 pm.
- Fee for overnight camping is \$10 per trailer/RV/ tent trailer.
- The Langley Community Music School will have classes in session. Please do not camp or park in front of the Music school. Thanks for respecting our neighbours.
- Please clean up your camping area and remove all garbage.
- Security personnel will patrol the area, however you are camping at your own risk, and we strongly recommend that you do not leave any valuables unattended.

FORMAT:

- BCSSA rules apply.
- Championship finals (1st – 8th) will be swum.
- This is an open meet; there will be no A/B distinction.
- Relays and Div 0 (6 & Under) will be timed finals.
- At this meet, the working deck includes all of the space behind the starting blocks to the fence, and all space within 1.8 meters of the other 3 edges of the pool. In order to ensure fairness to all swimmers, the working deck will remain off-limits to everyone except swimmers during their events, and officials. Spectators are not permitted inside the pool deck area. Swimmers can talk to their coaches, at the coaching tables, and then must exit by the north-east gate.
- Events are officially called by the Clerk of the Course in the marshalling area. It is the responsibility of the swimmers to be close enough to hear the Clerk call the events. Any calls made by the announcer over the P.A. system are courtesy calls only.
- Because serious injuries can occur, all loose fitting jewelry must be removed before events. Wearing of tightly fitting jewelry is done at the swimmer's own risk.

OFFICIALS:

- All clubs are required to supply a minimum of 2 Place Judges, Stroke and Turn, or Senior Deck Officials, throughout the meet. Please sign up on the Officials Board, on the north fence, by 7:30 A.M.
- Clubs will also be assigned lanes for timers and recorders. Two timers and one recorder are required at all times in each lane. Thanks everyone!

AWARDS:

Ribbons will be awarded to male and female categories:

Individual events:

- Div 1 to 8 and "O" CAT 1 & 2: 1st to 8th place ribbons
- No points or place ribbons are awarded for Div 0 (6 & under) events. They will receive goody bags.

Relays:

- 1st to 8th place ribbons

Aggregates:

- Individual aggregate awards – Div 1-7 "S"
- Individual runner up awards – Div 1-7 "S"
- Aggregates are awarded only if 3 or more swimmers are entered, in 3 or more events.

SCORING:

Individual events:

- | | | | | | | | | |
|----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| • Place | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th |
| • Points | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

Relay events:

- | | | | | | | | | |
|----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| • Place | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th | 8 th |
| • Points | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

FEES:

- Fraser Valley clubs will pay fees according to the regional fee agreement.
- Individual events - \$5.00 per event for swimmers from outside the Fraser Valley region.
- Relay events - \$6.00 per team.
- Deck entries - \$7.00 per deck entry.
- There will be no refunds for late scratches.
- Please make cheques payable to: Langley Flippers Swim Club
- Submit payment to the Meet Manager, Kelley Fripps Cheung by 8:30 A.M. Sunday morning.

ENTRIES:

- Swimmers may enter a maximum of **4** individual events and **2** relay events.
- The top 3 heats will be circle seeded for all preliminary rounds, and the remaining heats will be rank seeded, slowest to fastest. Swimmers entered with no time will be seeded in the slowest heats.
- Deck entries and scratches must be submitted to the Clerk of the Course, by 7:15 A.M. on the day of the event. Deck entries will be accepted as space and time permits without re-seeding. The Meet Manager reserves the right to refuse any deck entry.
- "O" swimmers should be entered in their corresponding "O" category events. The Clerk of the Course may, at his or her discretion, combine "O" swimmers with the "S" swimmers for the heats. They will swim in "O" Cat 1 or 2 for finals.
- The Clerk of the Course may combine events in heats and finals at his/her discretion.
- Relay teams may include swimmers from lower divisions but **MUST** include one team member from the entered division. One "O" cat swimmer may be included per "S" relay.
- Relay team lists must be written on the entry card and handed in to the Clerk of Course by 9:30 A.M. each morning.
- Entries for the "Hot Dog" relay must be submitted on relay entry forms by 9:30am on Saturday. This event will not be run on the HyTek system. There is no entry fee for this event. This event does not count as one of the 2 relays a swimmer is allowed to enter; it is counted as a bonus event. No points are awarded.

Deadline for Hytek entries is Monday, June 30, 2008; 5:00 P.M.

- Scratches may be emailed up until 11:59 pm Thursday, July 3, 2008
- Submit Hytek entries to Raj Shoker at: MeetEntries@langleyflippers.com
- Team rosters must be submitted along with your entries file.

Behaviour:

- It is expected that everyone in attendance will show good sportsmanship and respect for others. In promoting safety, fun and good competition, everyone will try to eliminate behaviours which detract from a positive environment. Abuse and harassment will not be tolerated.

For inquiries, please contact the Meet Manager:

- Kelley Fripps Cheung (604) 603-0569 Competitions@langleyflippers.com

“Hot Dog” Relay:

- This relay will be swum as the last relay event on Saturday, before the lunch break. It is meant to be a fun, multi-discipline event for our registered swimmers.
- Teams must include at least one Div 2 or under swimmer.
- Each team must have at least one boy and one girl.
- Proper relay take-overs are required.
- There can be no interfering with other teams or their equipment.
- Swimmers 3 and 5 must touch the wall at 25 meters.

Swimmers 1 & 2 – Synchro: Swimmers will start in the water at the shallow end, touching the wall. The two swimmers will complete 25 meters of sculling. They may use either foot first or head first sculling. They must stay beside each other throughout the 25 meters. There can be no kicking with the feet.

Swimmer 3 – Water Polo: This swimmer cannot enter the water until both synchro swimmers have touched the wall. The swimmer must enter the water with the ball (the ball cannot be thrown ahead). The swimmer will swim with the ball using head-up front crawl, keeping the ball between their arms (dribbling), for 50 meters.

Swimmer 4 – Diving: The swimmer must dive from the starting block, and retrieve their team’s hoop from the bottom of the deep end. The swimmer must then swim to the red line to collect their team’s flag, and then return to the starting block wall, with both items.

Swimmer 5 – Speed: This swimmer must wear flippers and hand paddles. Please use caution with flippers if you choose to dive from the blocks. The swimmer must complete 50 meters while wearing this equipment.

Have fun!!

Langley Flippers Invitational Swim Meet

July 5th 2008

MEET EVENTS - Saturday

GIRLS EVENTS	DESCRIPTION			BOYS EVENTS
101	DIV	1	100 IM	102
103	DIV	2	100 IM	104
105	DIV	3	100 IM	106
107	"O" CAT	1	100 IM	108
109	DIV	4	200 IM	110
111	DIV	5	200 IM	112
113	DIV	6	200 IM	114
115	DIV	7	200 IM	116
117	DIV	8	200 IM	118
119	"O" CAT	2	200 IM	120
121	DIV	0	25 Free	122
123	DIV	1	50 Free	124
125	DIV	2	50 Free	126
127	DIV	3	50 Free	128
129	"O" CAT	1	50 Free	130
131	DIV	4	50 Free	132
133	DIV	5	50 Free	134
135	DIV	6	50 Free	136
137	DIV	7	50 Free	138
139	DIV	8	50 Free	140
141	"O" CAT	2	50 Free	142
143	DIV	0	25 Fly	144
145	DIV	1	50 Fly	146
147	DIV	2	50 Fly	148
149	DIV	3	50 Fly	150
151	"O" CAT	1	50 Fly	152
153	DIV	4	50 Fly	154
155	DIV	5	100 Fly	156
157	DIV	6	100 Fly	158
159	DIV	7	100 Fly	160
161	DIV	8	100 Fly	162
163	"O" CAT	2	100 Fly	164
165	DIV	1	200 MEDRLY	166
167	DIV	2	200 MEDRLY	168
169	DIV	3	200 MEDRLY	170
171	DIV	4	200 MEDRLY	172
173	DIV	5	200 MEDRLY	174
175	DIV	6	200 MEDRLY	176
177	DIV	7	200 MEDRLY	178
179	DIV	8	200 MEDRLY	180
181	Mixed		125+Hot Dog Rly	

July 6th 2008

MEET EVENTS - Sunday

Girls EVENTS	DESCRIPTION			Boys EVENTS	
201	DIV	5	50	Fly	202
203	DIV	6	50	Fly	204
205	DIV	7	50	Fly	206
207	DIV	8	50	Fly	208
209	"O" CAT	2	50	Fly	210
211	DIV	0	25	Back	212
213	DIV	1	50	Back	214
215	DIV	2	50	Back	216
217	DIV	3	50	Back	218
219	"O" CAT	1	50	Back	220
221	DIV	4	100	Back	222
223	DIV	5	100	Back	224
225	DIV	6	100	Back	226
227	DIV	7	100	Back	228
229	DIV	8	100	Back	230
231	"O" CAT	2	100	Back	232
233	DIV	0	25	Breast	234
235	DIV	1	50	Breast	236
237	DIV	2	50	Breast	238
239	DIV	3	50	Breast	240
241	"O" CAT	1	50	Breast	242
243	DIV	4	100	Breast	244
245	DIV	5	100	Breast	246
247	DIV	6	100	Breast	248
249	DIV	7	100	Breast	250
251	DIV	8	100	Breast	252
253	"O" CAT	2	100	Breast	254
255	DIV	1	100	Free	256
257	DIV	2	100	Free	258
259	DIV	3	100	Free	260
261	"O" CAT	1	100	Free	262
263	DIV	4	100	Free	264
265	DIV	5	100	Free	266
267	DIV	6	100	Free	268
269	DIV	7	100	Free	270
271	DIV	8	100	Free	272
273	"O" CAT	2	100	Free	274
275	DIV	1	200	FRLY	276
277	DIV	2	200	FRLY	278
279	DIV	3	200	FRLY	280
281	DIV	4	200	FRLY	282
283	DIV	5	200	FRLY	284
285	DIV	6	200	FRLY	286
287	DIV	7	200	FRLY	288
289	DIV	8	200	FRLY	290