



**2010 Fall Invitational
October 23 & 24th
Swim BC Sanction #**

Location: Nanaimo Aquatic Center
741 Third Street
Nanaimo, B.C.
Club Contact: 250-714-1800

Pool: 25 meter 8 lane pool, bleachers on deck

Participating clubs: This meet is open to all clubs who wish to attend.

Start Times:

Sat. October 23	Sun. October 24
Warm-up: 9:30 – 10:20 am	Warm-up: 8:00- 8:50 am
Start: 10:30 am	Start: 9:00 am
Estimated out time: 4:30	Estimated out time: 3:00

Open warm-ups. Lanes one and eight will be opened as dive lanes for the last 25 minutes of warm-up. Safety Marshals must be present during the warm-up period.

Eligibility: All swimmers must be registered with Swim BC or FINA Affiliated club. Age groups are based on the age of the swimmers as of October 23, 2010

Entries will be limited to 250 swimmers with the 250th swimmers team being the last team accepted.

Reservations: Will be accepted via e-mail to: meets@nanaimoriptides.com on a first come first serve basis. A deposit of \$100.00 will be needed to secure your spots. Deposits must be received by NRST within 14 calendar days of your request to confirm entries, after which time spots will not be held until payment has been received. Deposits are non-refundable. Confirmations will be made via e-mail after deposit has been received.

Entries: Meet entries must be uploaded prior to the entry deadline through the Swimming Canada www.swimmeet.ca website. Entries sent directly to the meet manager will not be accepted. Please re-send the entire entry file if making changes.

- Entry Deadline: All entries must be received by **October 17, 2010**
- Entry Fees: Individual Events: \$7.00 event
Relay Events: \$8.50 per team entered
SWIM BC Provincial Team Splash Fee \$4.00 swimmer
Cheques payable to NRST must be received prior to Saturday's Warm Ups to Meet Manager
Please submit one cheque for all swimmers entered under the club acronym payable to NRST
- Meet Rules: - SNC and Swim BC rules as stated in the SNC Rule book and the Swim BC Technical Guide will apply.
- 10 & Under will be swum in all individual events
- Coaches please be aware of the Swim BC suggested 4 hour timeline for 10 and Unders and enter your swimmers accordingly.
- 11 & Over will be seeded together. Seeding will be slowest to fastest.
- All events are timed finals.
- Swimmers are limited to a maximum of 4 events per day.
Meet management reserves the right to limit the # of heats and/or to reschedule events based on the # of entries received.
- Deck Entries: Deck entries will be accepted on a first come first serve basis to fill empty lanes at a cost of \$ 10.00/event. All deck entries must have the swimmer's SNC ID # and be received thirty (30) minutes prior to the start of the meet each day.
- Scratches: Please email known scratches to Lynn Krynowsky by email at meets@nanaimoriptides.com by **12:00pm October 22nd, 2010**
Scratches made after this time will be subject to the entry fees and will not be reimbursed.
- Officials: All clubs will be required to supply 3 timers plus on deck official for the duration of the meet. Please submit official's names to Lynn Krynowsky by email at lkrynowsky@shaw.ca before October 17, 2010
- Meet Manager: Lynn Krynowsky
Phone: 250 714-1800
Email: meets@nanaimoriptides.com

SATURDAY

GIRLS	EVENT	BOYS
1	200m Free Relay	2
3	10 & Under 50 Back	4
5	11 & Over 50m Back	6
7	11 & Over 100m Back	8
9	10 & Under 100m Free	10
11	11 & Over 100m Free	12
13	10 & Under 50m Fly	14
15	11 & Over 50m Fly	16
17	11 & Over 100m Fly	18
19	10 & Under 100m Breast	20
21	11 & Over 200m Breast	22
23	11 & Over 400m Free	24

SUNDAY

GIRLS	EVENT	BOYS
25	200m Medley Relay	26
27	10 & Under 50m Free	28
29	11 & Over 50m Free	30
31	10 & Under 100 Back	32
33	11 & Over 200 back	34
35	10 & Under 50m Breast	36
37	11 & Over 50m Breast	38
39	11 & Over 100m Breast	40
41	11 & Over 200m Free	42
43	10 & Under 100 IM	44
47	11 & Over 200 IM	48