

Lakers Spring Invitational Swim Meet
Hosted by
G.L.S.C.
April 29- May 1, 2005

DATES: April 29th - May 1st ,2005

LOCATION: Arts & Culture Centre Pool, Gander

POOL: 25 meters, 6 lanes

SANCTIONED: Swimming Newfoundland and Labrador

MEET MANAGER: Alice Ivany
60 Raynham Ave.
Gander, NL
A1V 2N2
aivany@nl.rogers.com

ENTRIES: All team entries must be e-mailed to Alice Ivany no later than 5:00 P.M. Friday, April 22th, 2005 . No paper entries will be accepted. Any late entries will be subject to a \$100.00 penalty.

All entries must include:

1. Completed electronic grids, including dates of birth of swimmers.
2. Please enter AAA swimmers in upper case and AA swimmers in lower case. Please complete preferred name section in this manner also.
3. Meet entries will not be accepted without a listing of attending coaches. This is to verify membership and certification as per SNC policy.

ELIGIBILITY: All swimmers must be registered members in good standing with SNC or FINA affiliate. Any "AA" swimmer with one (1) "AAA" time may compete in all "AA" events. Swimmers with two(2) "AAA" times must compete in "AAA" events

MEET FORMAT: All events will be swum as time-finals. All individual events will be open events based on entry times (rather than age groups). Following completion of each event, swimmers will be scored and results published on an age group and gender basis.

<u>"AA" Age Groups:</u>	<u>"AAA" Age Groups</u>
10 & under	11 - 12
11 - 12	13 - 14
13 - 14	15 - 17
15 & over	18 & over*

*A senior category will be designated if sufficient numbers warrant.

RELAYS: Relay entries must include names of swimmers. If names are not included the entry will be considered invalid and removed from the team entries. Changes in relay cards will not be accepted after 30 minutes before the start of the session in which the team is entered. Clubs may complete relay teams by adding a maximum of two (2) swimmers from a lower age group. Each swimmer may enter only one (1) relay per session.

ENTRY LIMITS:

- A. All events will be timed finals.
- B. Each qualified swimmer shall be permitted to enter a maximum of five (5) individual events plus relays.

ENTRY FEES: Entry fees are set at \$25 per swimmer (\$5/swimmer to SNL clock fund). No deck entries will be accepted. Cheque or money order should be made payable to G.L.S.C. Late fees will be subjected to a \$25.00 fine.

COACHES MEETINGS: There will be a coaches meeting at 5:10 p.m. on Friday evening. All coaches should attend.

SCRATCHES: All events will be pre-seeded. Scratches will be accepted prior to **noon Monday April 25th, 2005**. After this date, no refunds will be issued for scratches. **Coaches will have their programs two (2) days before the meet along with the warm-up schedule. Please check program carefully for errors.**

RULES: SNC rules will govern the meet. SNC warm-up procedures will be in effect and will be posted.

OFFICIALS MEETING: There will be an Officials Meeting 30 minutes prior to the start of each session. If there are parents who could help us as officials we would appreciate their help. Please distribute the attached form to your parents and submit these to John Kattenbusch, Chair of Officials. (see the attached *Officials Form*). John's email : john.kat@nf.sympatico.ca

SNL POLICY STATES: Officials

- (a) Clubs participating in sanctioned meets shall be required to provide Officials for each session. As a minimum, Clubs registering:
 - (i) 5 swimmers or less – 1 Official per session
 - (ii) 6 to 20 swimmers – 2 Officials per session
 - (iii) Over 21 swimmers – 3 Officials per session

- (b) The Meet Manager or designate, shall be responsible to ensure that there are sufficient Officials from the Host club to fill vacant positions not covered by officials from the participating clubs.

- (c) Clubs are required to submit the list of officials with team entries.

- (d) Exception to this requirement will be granted to St. Pierre and Labrador.

Heat Sheets: Heat sheets will be made available to coaches via email by: Wednesday, April 27th, 2005.

Again take note that the entry deadline is :
5:00 p.m., Friday, April 22th, 2005.

SCORING;

Individual : 5 - 2 - 1

Relays : 50 - 30 - 20 - 15 - 14 - 13 - 12 - 11

AWARDS:

Individual Awards:

— Place ribbons will be awarded to top 6 finishers in all events. "AA" & "AAA".

— Top Achiever Awards will be given to the highest individual point scorers, both male and female, in each age group, Top 3 "AA" & "AAA" .

Awards for "AAA" 18 & over category limited to 1st place male and female top achiever.

Team Award:

Top team award will be given to the team with the highest average points per swimmer. The team must have 10 swimmers to be eligible.

BILLETS:

The SNL billeting policy will be in effect and billeting will be provided on a first-come, first-served basis, to a maximum number of twenty (20). Swimmers traveling with parents must be looked after by parents. Questions concerning billeting should be addressed to the Chairperson of Billeting, Betty Tibbo , e-mail : etibbo@nl.rogers.com

Please forward name of swimmer, age, sex, and any special circumstance,.. Billet requests are due on Friday, April 22nd, 2005. Late requests for billets will not be accepted.

WARM-UP TIMES:

Friday evening	5:30 - 6:30 p.m.
Saturday morning	8:00 - 9:00 a.m.
Saturday afternoon	3:30 - 4:30 p.m.
Sunday morning	8:00 - 9:00 a.m.

ACCOMMODATIONS : The following have offered a special rate with up to four people in a room.

Albatross \$73 + tax per night
Toll Free: 1- 800- 563 - 4900

Sinbad's \$67 + tax per night
Toll Free: 1-800- 563 - 8330

Specify that you are attending the Lakers Swim Meet to avail of the rates.

SCHEDULE OF EVENTS

FRIDAY EVENING, April 29th

WARM-UP 5:30 p.m.,

START 6:40 p.m.

100 free
200 breast
400 I M

SATURDAY MORNING, April 30th

WARM-UP 8:00 a.m.,

START 9:10 a.m.

400 free
200 back
200 fly
4x50 Medley Relay

SATURDAY AFTERNOON, April 30th

WARM-UP 3:30 p.m.,

START 4:40 p.m.

100 fly
50 free
100 breast
200 I M
4x50 Free Relay

SUNDAY MORNING, May 1st

WARM-UP 8:00 A.M.

START 9:10 A.M.

200 free
100 back

800 free
1500 free

OFFICIALS FORM

Arts & Culture Centre Pool, Airport Blvd.

April 29th - May 1st, 2005

Name of Official:	_____		
Address:	_____		
City:	_____	Postal Code:	_____
Telephone:	(H) _____	(W) _____	
Email:	_____	Level of Official:	_____

Please write in your name to indicate which session(s) you can work:

<i>Friday evening</i>	
<i>Saturday morning</i>	
<i>Saturday evening</i>	
<i>Sunday morning</i>	

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Friday evening

9

(Report time: 6:10 p.m.)

Please return the above form to the Chair of Officials. Keep this part for your records.

I promised to work:

Saturday morning	9	(Report time: 8:40 a.m.)
Saturday afternoon	9	(Report time: 4:10 p.m.)
Sunday Morning	9	(Report Time: 8:40 a.m.)