

Lakers AA / AAA Invitational

May 4th - May 6th , 2007

DATES : May 4th - May 6th , 2007

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

ELIGIBILITY: All swimmers must be registered members in good standing with SNC or FINA affiliate. Any "AA" swimmer with one "AAA" time may compete in all "AA" events. (According to the standards used in 2005 - 2006 season.) Swimmers with two "AAA" times must compete in "AAA" events

ENTRIES: All team entries must be e-mailed to Alice Ivany before 5:00 P.M. Friday, April 27th, 2007 . No paper entries will be accepted. Any late entries will be subject to a \$100.00 penalty.

Exhibition swims will not be permitted at this meet.

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.

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 & over
15 & over	

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. The purpose of the relays is to build team spirit. No age or gender restrictions for these relay entries.

NOTE : Relays will NOT be scored.

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 \$30 per swimmer (\$7 for timing system and \$3 for swimmer development fund). No deck entries will be accepted. Cheque or money order should be made payable to G.L.S.C.

COACHES MEETINGS: There will be a coaches meeting at 4:30 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 30th, 2007**. After this date, no refunds will be issued for scratches.

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 : jkattenbusch@cehcib.nf.ca or forward them with your team entries.

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

SCORING : Individual : 5 - 2 - 1

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" .

TEAM AWARD : Top team award will be given to the team with the highest average points per swimmer, relays not included. The team must have 10 swimmers to be eligible.

BILLETS : Billeting is **NOT** available at this meet.

WARM-UP TIMES :

Friday evening	5:00 - 6:00 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 hotels are offering these rates for this meet. You must specify that you are here for the swimming competition to receive the reduced rates.
Sinbad's [651-2678] — \$80.00 (single — one bed) \$88.00 (double — two beds)
Albatross [256-3956] — \$80.00 (single — one bed) \$88.00 (double — two beds)
Irving West [256-2406] — \$68.00 (single — one person) \$74.00 (double — two people) This hotel charges per person. (Please Note : There is no kitchen facility at the Irving West.)

SCHEDULE OF EVENTS

FRIDAY EVENING, May 4th

WARM-UP 5:00 p.m.,

START 6:10 p.m.

100 free
400 IM
200 breast

SATURDAY MORNING, May 5th

WARM-UP 8:00 a.m.

START 9:10 a.m.

400 free
200 back
200 fly
4x50 Medley Relay

SATURDAY AFTERNOON, May 5th

WARM-UP 3:30 p.m.

START 4:40 p.m.

100 fly
50 free
100 breast
200 IM
4x50 Free Relay

SUNDAY MORNING, May 6th

WARM-UP 8:00 A.M.

START 9:10 A.M.

200 free
100 back
800 free
1500 free

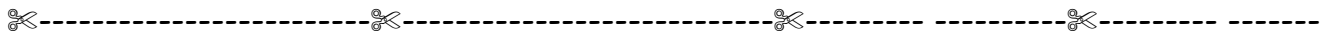
OFFICIALS FORM

Arts & Culture Centre Pool, Airport Blvd.
May 4th - May 6th , 2007

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 P.M.</i>	
<i>Saturday A.M.</i>	
<i>Saturday P.M.</i>	
<i>Sunday A.M.</i>	



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

I promised to work:

- Friday P.M. (Report time: 5:40 p.m.)
- Saturday A.M. (Report time: 8:40 a.m.)
- Saturday P.M. (Report time: 4:10 p.m.)
- Sunday A.M. (Report Time: 8:40 a.m.)

**Swimming Newfoundland and Labrador AAA Time Standards
2005-2006**

MALE

FEMALE

15 & over	13 - 14	12 & under		12 & under	13 - 14	15 & over
SC: 28.70 LC: 29.30	SC: 30.90 LC: 31.50	SC: 34.30 LC: 35.00	50 Free	SC: 34.60 LC: 35.30	SC: 32.90 LC: 33.60	SC: 31.90 LC: 32.50
SC: 1:02.40 LC: 1:03.60	SC: 1:07.10 LC: 1:08.40	SC: 1:14.50 LC: 1:16.00	100 Free	SC: 1:16.20 LC: 1:17.80	SC: 1:10.90 LC: 1:12.30	SC: 1:08.80 LC: 1:10.10
SC: 2:16.40 LC: 2:19.20	SC: 2:26.70 LC: 2:29.60	SC: 2:43.00 LC: 2:46.30	200 Free	SC: 2:45.50 LC: 2:48.80	SC: 2:33.90 LC: 2:37.00	SC: 2:29.30 LC: 2:32.30
SC: 4:52.10 LC: 4:57.90	SC: 5:14.10 LC: 5:20.30	SC: 5:49.00 LC: 5:55.90	400 Free	SC: 5:50.40 LC: 5:57.40	SC: 5:25.10 LC: 5:31.70	SC: 5:15.40 LC: 5:21.70
SC: 10:09.80 LC: 10:22.00	SC: 10:55.70 LC: 11:08.80	SC: 12:08.60 LC: 12:23.10	800 Free	SC: 12:21.60 LC: 12:36.40	SC: 11:11.10 LC: 11:24.60	SC: 10:51.00 LC: 11:04.00
SC: 19:36.90 LC: 20:00.50	SC: 21:05.50 LC: 21:30.80	SC: 23:26.10 LC: 23:54.20	1500 Free	SC: 22:58.30 LC: 23:25.90	SC: 21:21.90 LC: 21:47.50	SC: 20:43.40 LC: 21:08.30
SC: 1:11.60 LC: 1:13.10	SC: 1:17.40 LC: 1:19.00	SC: 1:26.10 LC: 1:27.80	100 Back	SC: 1:27.70 LC: 1:29.50	SC: 1:21.60 LC: 1:23.20	SC: 1:18.30 LC: 1:19.90
SC: 2:34.60 LC: 2:37.70	SC: 2:47.20 LC: 2:50.50	SC: 3:05.80 LC: 3:09.50	200 Back	SC: 3:07.30 LC: 3:11.00	SC: 2:54.20 LC: 2:57.60	SC: 2:47.20 LC: 2:50.50
SC: 1:21.40 LC: 1:23.00	SC: 1:27.50 LC: 1:29.30	SC: 1:37.30 LC: 1:39.20	100 Breast	SC: 1:38.20 LC: 1:40.10	SC: 1:30.80 LC: 1:32.60	SC: 1:28.10 LC: 1:29.90
SC: 2:55.80 LC: 2:59.30	SC: 3:09.00 LC: 3:12.80	SC: 3:30.00 LC: 3:34.20	200 Breast	SC: 3:31.00 LC: 3:35.20	SC: 3:16.20 LC: 3:20.10	SC: 3:10.30 LC: 3:14.10
SC: 1:08.90 LC: 1:10.30	SC: 1:15.30 LC: 1:16.80	SC: 1:26.50 LC: 1:28.30	100 Fly	SC: 1:27.00 LC: 1:28.80	SC: 1:19.20 LC: 1:20.80	SC: 1:16.80 LC: 1:18.40
SC: 2:37.40 LC: 2:40.60	SC: 2:52.00 LC: 2:55.50	SC: 3:20.00 LC: 3:24.00	200 Fly	SC: 3:16.00 LC: 3:19.90	SC: 2:54.40 LC: 2:57.90	SC: 2:49.20 LC: 2:52.60
SC: 2:34.60 LC: 2:37.70	SC: 2:47.20 LC: 2:50.50	SC: 3:05.80 LC: 3:09.50	200 IM	SC: 3:06.20 LC: 3:09.90	SC: 2:53.20 LC: 2:56.60	SC: 2:48.00 LC: 2:51.30
SC: 5:31.00 LC: 5:37.70	SC: 5:57.90 LC: 6:05.00	SC: 6:37.60 LC: 6:45.60	400 IM	SC: 6:41.10 LC: 6:49.20	SC: 6:09.90 LC: 6:17.30	SC: 5:58.80 LC: 6:05.90

NOTES:

- Swimmers must achieve a minimum of 2 standards to become a AAA swimmer.
- Swimmers must achieve the time standards 12 months prior to the competition.
- Qualification for the 2005-2006 season will be based on the 2004-2005 season.
- It is expected that swimmers entered in invitational meets have achieved a time of 2:00.00 in the 100 IM and 3:30.00 in the 200 free during in-house, club level events.

