

GANDER LAKERS SWIM CLUB
AA/AAA INVITATIONAL IRON MAN / WOMAN MEET
MARCH 09 - 11 , 2007.

- LOCATION: Arts and Culture Centre Pool, Airport Blvd., Gander, NL
- MEET MANAGER: Alice Ivany aivany@nl.rogers.com
60 Raynham Ave. 709-651-2566 [H]
Gander, NL
- SANCTIONED: Swimming Newfoundland and Labrador
- ELIGIBILITY: All swimmers must be members in good standing of SNL or a FINA affiliate. A "AA" swimmer with one [1] "AAA" time may compete in all "AA" events. A swimmer with at least two [2] "AAA" times must compete as "AAA".
- NOTE : AA & AAA standards will be based on the standards used for invitational meets in the 2005 - 2006 swim season.
- ENTRIES: All entries must be sent electronically to Alice Ivany and received no later than Friday, March 2, 2007, at 5 pm. A fine of \$100 will be charged to clubs not using electronic grids or missing the registration deadline.
- Note : Meet entries will not be accepted without a list of attending coaches. This is to verify membership and certification as per SNC policy.**
- MEET FORMAT: (I) All events will be "open" based on entry times.
(II) All events will be time finals.
- RELAYS: Relays are a competition between your own team. The winning relay team will be named the Iron Man / Woman Champion Relay team for that club. Coaches have the right to choose their own teams. Age and sex will not be a restrictive factor when choosing teams. Certificates will be given to each champion team.
- ENTRY FEES: Entry fees are set at \$30 per swimmer. This includes a \$7 levy per swimmer for the provincial electronic timing system and \$3 for the swimmer development fund. The Meet Manager must receive entry fees prior to the start of the 1st warm-up session.
- SCRATCHES: Scratches will be accepted without penalty prior to noon, Monday, March 5, 2007. This will be a cardless meet. After this date, scratches received may result in empty lanes for certain swims.
- RULES: SNC rules will govern this meet. Warm-up rules will be SNC procedures.

WARM-UP: Duration of each warm-up will be sixty minutes, split into two sessions of thirty minutes. Early and late times will alternate. The warm-up schedule will be e-mailed to coaches prior to arrival.

SCORING: Scoring will be by Pentathlon format. Lowest combined times for five events will determine the Iron Man / Woman Champions.

AWARDS: (I) Medals will be given to the top finisher in AA and AAA categories by age groups. That is to say that a IRON MAN / WOMAN CHAMPION will be named for each age group, male and female — 10 & under (AA), 11 - 12, 13 - 14, 15 & over (AA & AAA).
(II) Ribbons will be awarded for 1st to 6th place in all individual events by standard age groups (10 under, 11-12, 13-14, 15 and over).

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 persons)

This hotel charges per person. (Please Note : There is no kitchen facility at the Irving West.)

COACHES: SNC requires all coaches to be in good standing with the Coaches Association, NLSCA AND CSCTA. Coaches who are not in good standing may be refused deck access. When sending entries, please forward the names of all attending coaches.

OFFICIALS: If there are parents travelling with your team who would like to be officials, please send this information jkattenbusch@cehcib.nf.ca . If any parents are planning to volunteer, it would be helpful to have advance notice of the certified level and which sessions they are available to help. Each team will be expected to provide officials according to the motion passed at the AGM of June 2003.

SESSION #1 - Friday, March 09th

WARM-UP 5:30 pm

START 6:40 pm

<u>Event :</u>	1	800 Free (Female)
	2	800 Free (Male)

SESSION #2 - SATURDAY, March 10th

WARM-UP 8:00 am

START 9:10 am

<u>Event :</u>	3	200 Back (Female)
	4	200 Back (Male)
	5	100 Fly (Female)
	6	100 Fly (Male)
	7	200 Fly (Female)
	8	200 Fly (Male)

SESSION #3 -Saturday, March 10th

WARM-UP 5:00 am

START 6:10 am

<u>Event :</u>	9	200 Breast (Female)
	10	200 Breast (Male)
		4 x 200 Free Relay (Mixed)

SESSION #4 -Sunday, March 11th

WARM-UP 8:30 am

START 9:40 am

<u>Event :</u>	11	200 I.M. (Female)
	12	200 I.M. (Male)
	13	400 I.M. (Female)
	14	400 I.M. (Male)

***NOTE :** Events 5 , 6 , 11 & 12 are for swimmers (10 and under, 11-12 only).
Events 7 , 8 , 13 & 14 are for swimmers (13 - 14, 15 and over only).

Attention Coaches:

1. ENTRY DEADLINE is Friday, March 2nd at 5 pm.
2. Heat sheets will be e-mailed to you by Wednesday, March 7th. You must make your own copies. Please check sheets **CAREFULLY** for errors.
3. Coaches meeting will take place at the pool at 5:10 pm on Friday March 9th.
4. Coaches are to include swimmers SNC registration number.
5. When completing entries, **don't forget** to enter AA swimmers in lower case letters and AAA in capital letters.