



TEAM AQUATIC SUPPLIES
BC OPEN WATER SWIMMING CHAMPIONSHIPS
MONDAY, JULY 6, 2009
ELK LAKE PARK – VICTORIA, BC



- SANCTIONED BY SWIM BC:** #7415
- DATE:** July 6, 2009
- HOSTED BY:** UVic-Pacific Coast Swimming
- LOCATION:** Rowing docks at southeast end of Elk Lake; Elk Lake is a relatively small lake with the expected water temperature on race day to be around 22C.
- COURSE SPECS:** Open 5.0 KM → 8:40am Start
14&U 3.0 KM → 8:45am Start
12&U 1.5 KM → 8:50am Start

MEET MANAGERS: Margaret Penning and Moyra Brackley

GENERAL RULES:

- All swimmers must be registered with a Swim BC, SNC, USS or other FINA recognized club
- All FINA / SNC Open Water rules will be in effect unless otherwise stated.
- **All competitors must "sign in" prior to the race and "sign out" after they've left the water, regardless of whether or not they complete the race**
- Swimmers not already registered with one of the aforementioned organizations **MUST** obtain SwimBC/SNC Special one-day registration prior to the entry deadline (**\$7.00 fee**)
 - Registrations are accepted at the race site up to one hour prior to race start
- No wetsuits will be allowed for the sanctioned competition, but there may be additional "exhibition-only" races which would allow wetsuits.
- Age groups are based on the age of the swimmer as of July 6, 2009.
- All competitors **MUST** have a reached the minimum pool standards in order to compete in the Open Water Competition. Please enter swimmers in HyTek with 800 Free (girls) or 1500 Free (boys) time, regardless of which age/distance they will competing in.

Minimum Entry Standards (SC or LC):

WOMEN (800)	EVENT	MEN (1500)
12:40.00	12 & U	24:00.00
12:00.00	14 & U	22:30.00
11:20.00	Open	21:00.00

- Entries are to be submitted on www.meetlist.notlong.com;
 - Swimmers not affiliated with a Swim BC club may enter via email to meets@pacificcoastswimming.com.
- **Email a Microsoft Word printout of your entries to the Meet Manager:**
meets@pacificcoastswimming.com
- Entry fees are **\$24.00 per competitor** which includes the Swim BC splash fee of \$4.00 per swimmer
- Please provide team contact person name and phone number with the entries
- **For clubs attending BC AAA Champs, entry fees must be paid by July 2, 2009; for those not attending AAA Champs, payment is due on race morning at registration**
- Fees payable to: **"PCSPA"**

DEADLINE: The entry deadline is **Wednesday, June 24, 2009.**



TEAM AQUATIC SUPPLIES
BC OPEN WATER SWIMMING CHAMPIONSHIPS
MONDAY, JULY 6, 2009
ELK LAKE PARK – VICTORIA, BC



AWARDS:

Individual Awards:

- Gold, Silver & Bronze medals for 1st, 2nd & 3rd places in each age group (12&U, 14&U, Open) and gender.

Registrations and warm-up:

- All competitors **MUST** register at the registration tent at Elk Lake by 8:00am on Monday July 6th.
 - No refunds will be available for no-shows or late arrivals
- The race course will be available for warm-up from 7:30am-8:00am on July 6th.
- Race organizers will have the discretion to accept late entries from 7:30-8:15am at a fee of \$35.00

Pre-Race Briefing:

- A mandatory pre-race briefing will be held for all competitors at precisely 8:20am.
- Competitors will receive their **mandatory** numbered competition cap, which must be worn

Safety Craft:

- Race organizers will have a number of safety crafts and personnel available throughout the race course, as per the Swim BC and SNC Open Water Safety Guidelines. No individual escort craft are permitted.

