


Holiday Inn

EXPRESS®

VANCOUVER AIRPORT

Fastswim 2009

Hosted by



December 4th, 5th & 6th, 2009

Watermania,
Richmond B.C.
14300 Entertainment Blvd.
Richmond B.C. Canada
604- 275 -7946

\$ 50 free Eliminator \$
\$ Mystery 200 I M \$

Sanctioned by Swim BC: #8696

“We would like to thank the Province of British Columbia for their assistance”



Start times:

Friday	Heats 8:15am -9:20warm up 9:30am start Finals 4:00pm – 5:00pm warm up 5:10pm start
Saturday	Heats 8:15am -9:20warm up 9:30am start Finals 4:00pm – 5:00pm warm up 5:10pm start
Sunday	Heats 8:15am -9:20warm up 9:30am start

Finals warm up will be 2 hrs after heats conclude, finals will start after a 1 hour warm up.



Special meet rules and explanations are listed in the meet package as follows.

1. The meet will be run under SNC and Swim BC. Swim BC rules as per most current edition of SwimBC Technical Guide.
2. The meet will follow SNC's current swim suit rules
3. This meet is open to swimmers in the swim meet's designated age categories registered with Swim BC or other affiliated FINA organizations.
4. The FINA one start rule and SNC warm up procedures will be in effect.
5. Preliminaries will be double pooled, male, female. Finals single pooled.
6. Swimmers missing a preliminary heat will be considered a scratch and will not be entered in another heat in that event.
7. Para-swimmers who are registered with a FINA or IPC affiliate are welcome and will be seeded according to their entry time.
8. 2005-2009 IPC Swimming Rules will govern all SWAD events.
9. Classification numbers must accompany entries. i.e. (s6sb6sm6)
10. Preliminary heats will be start overs, with the previous heat remaining in the pool.
11. Richmond Rapids reserve the right to enter swimmers not meeting the qualifying standards.
12. 10 & unders are limited to 4 hours per session, excluding warm up. Coaches are requested to adhere to this limit when considering events entered.
13. Scratches for preliminaries are requested by the posted scratch deadlines.
14. Finalists are considered to be the top 8 plus 2 or the top 16 plus 2 in events with consolations. Failure to scratch a finalist or alternate will result in a scratch penalty if the alternate is called.
15. Scratches for finals must be into the clerk of the course ½ hour after the conclusion of preliminaries for re-seeding.
16. Last chance scratch. Up to ½ hour before start of finals session, coaches may find the alternate, notify the clerk of the course and the referee of the intent to scratch. The original swimmer will be penalized if the incorrect alternate shows or swims.
17. In adherence to Swim BC's scratch policy at heats/finals meets, the penalty for no shows or scratches after the deadline during finals will be \$20, with the swimmer not allowed to swim any other events, including relays, for the remainder of that finals session.
18. Awards will be medals for 1st to 3rd in both individual events and relays. Ribbons will be awarded for 4th through 8th place
19. Cash awards will be awarded on Sunday evening for the 50 Free Eliminator Events for 12&U, 13-14, 15&over and for the Mystery 200 IM top 4 finishers.
20. It is the visiting club's responsibility to ensure that their swimmers are supervised at all time during the competition and between sessions while in the Watermania facility.
21. All prelims will be senior seeded (i.e., no age groups), slowest to fastest, meaning none of the heats will be circle-seeded
22. Finals will be broken out into the following age divisions:
11 and under, 12, 13, 14, 15, 16 & Over.
23. Consolation finals will be held for the 16 & Over category in all 50, 100 and 200m events with 32 or more swimmers entered. The "B" final will precede the "A" final.
24. All 400 events (Free and IM) Only the fastest 20 in each age category will swim in the heats.
25. 800 and 1500 will be timed final.

26. The 400m finals will be swum, with four swimmers from each age and gender in the final. (ex. finals will feature the top four 11-year-olds and the top four 12-year-olds).
27. Each club attending the meet will be required to provide officials for all sessions at the meet. Please submit attached officials form with names of people available to work if needed during the preliminary sessions.
28. Each attending club must provide an officials contact to the meet Official's coordinator.
- 800 / 1500 free
- The fastest 16 entries per age group will be accepted. Teams will be notified via e-mail if their swimmers are in the 800 or 1500. Each heat will be swum as a timed final.

29. Free Swims

1QT = 4 free swims
 2QT = 3 free swims
 3QT = 2 free swims
 4QT = 1 free swim

A swimmer wishing to swim in more than five events must have met or exceeded the qualification standard for those events.

- A positive check is required by 10:00 am on the day of the event. The events may then be re seeded. Failure to check in will result in a scratch and an alternate will be selected.

****Clubs entering swimmers in the 800 or 1500 must supply at least one timer per swimmer for the event. ****

Relays; It is the intention of the meet management to have relays at the meet. If individual swim numbers are oversubscribed then relays may not be held. Relays will be timed finals with the fastest heat swum during finals.

Relay cards will be due in by 10:00 am Friday and Saturday.

Special Races:

50 Freestyle Eliminator

Round 1 – Friday AM
 Round 2 – Top 8 Friday PM
 Round 3 – Top 4 Saturday PM
 Round 4 - Top 2 Sunday PM

CASH PRIZES 1st 2nd 3rd 4th
 12 & under \$ 50, \$ 25, \$ 15, \$ 10
 14 & under \$ 60 \$ 30 \$ 20 \$ 15
 15 & over \$ 100 \$ 50 \$ 35 \$ 20

Swimmers in the 50 free eliminator must be entered and swim a minimum of 4 other events

Holiday Inn - Mystery IM:

Timed final for the Top 8 - male and female swimmers. This is a separate event listed as event 111 and 112. Only the top 8 will swim.

Entries:

Swimmers in the Mystery IM must be entered and swim 4 other events.

1st \$ 200 2nd \$ 125 3rd \$ 75 4th \$ 50

Entry Fees:

Individual events \$ 8.00
 Swim B.C. \$ 4.00 Splash Fee
 Relays \$ 10.00
 Deck entries \$ 10.00 Deck entries are for time only and are not eligible for awards or finals
 Relay deck entry \$ 20.00

- NT** will not be accepted except for relays and will not be refunded.

Entry deadline **Monday November 23rd, 2009 5pm**

The meet will not exceed 3000 entries. Teams will be entered into the meet based on the date of their original entry file is sent. Coaches will be notified if there entries will not be accepted

Entries to: Meet entries must be uploaded prior to the entry deadline to the Swimming Canada meet list website (www.meetlist.notlong.com) website. Entries sent directly to the meet manager will not be accepted.

Cheques should be made payable to the "Richmond Rapids Swim Club".

- Associations must submit one cheque only; no individual cheques will be accepted from members of the association.
- If couriering, please mark package "no signature required"

Proof of times in "Word format" must accompany all meet entries.

Last Chance to scratch deadline

- Tuesday November 30th, 2009 5pm.

Please submit your scratches to boopers@telus.net

Contact List

Co-Meet Manager Jennifer McCord jennifermccord@shaw.ca
 Co-Meet Manager Pam Gosel pgosel9342@shaw.ca
 Meet Secretary Betty Lum boopers@telus.net
 Head Coach Rob Pettifer rapidrob@richmondrapids.com
 Official's coordinator: Jennifer McCord jennifermccord@shaw.ca

Friday December 4th, 2009				
Female	QT	Event	QT	Male
1	3.09.52	11 & under 200 IM	3.12.70	2
	2:59.03	12	3.01.99	
	2:53.53	13	2.50.34	
	2:49.33	14	2.43.51	
	2:45.78	15	2.36.19	
	2:45.78	16 and over	2.36.19	
3	34.90	11 and under 50 Free	35.05	4
	32.93	12	33.07	
	32.04	13	31.09	
	31.29	14	29.85	
	30.93	15	28.23	
	30.93	16 and over	28.23	
5	1.29.38	11 and under 100 Back	1.31.08	6
	1.24.34	12	1.25.93	
	1.21.08	13	1.19.51	
	1.19.28	14	1.17.40	
	1.17.46	15	1.12.26	
	1.17.46	16 and over	1.12.26	
7	2.47.44	11 and under 200 Free	2.50.60	8
	2.37.97	12	2.40.94	
	2.33.31	13	2.30.32	
	2.29.78	14	2.24.25	
	2.25.57	15	2.16.97	
	2:25.57	16 and over	2.16.97	
9	47.00	11 and under 50 Breast	46.00	10
	45.00	12	43.00	
	42.00	13	39.00	
	40.50	14	37.50	
	39.00	15	36.00	
	38.00	16 and over	35.00	
11	NT	12 & under 200 free relay	NT	12
13	NT	14 & under 200 free relay	NT	14
15	NT	15 & over 200 free relay	NT	16
17	11.36.16	Girls 12 & under 800 free		
		Boys 12 & under 1500 free	23:03.27	18
19	11:03.94	Girls 14 & under 800 free		

Saturday December 5th , 2009				
Female	QT	Event	QT	Male
21	6.48.27	11 & under 400 IM	6.56.17	22
	6.25.17	12	6.36.29	
	6.12.44	13	6.10.38	
	6.03.09	14	5:52.95	
	5.58.03	15	5.41.91	
	5.58.03	16 and over	5.41.91	
23	1.30.53	11 and under 100 Fly	1.32.58	24
	1.25.41	12	1.27.34	
	1.22.03	13	1.20.42	
	1.18.86	14	1.16.66	
	1.17.09	15	1.10.61	
	1.17.09	16 and over	1.10.61	
25	3.34.56	11 and under 200 breast	3.43.86	26
	3.22.43	12	3.31.19	
	3.18.38	13	3.14.84	
	3.16.17	14	3.11.01	
	3.13.00	15	3.02.56	
	3.13.00	16 and over	3.02.56	
27	42.00	11 and under 50 Back	39.00	28
	39.00	12	36.00	
	37.50	13	34.50	
	36.00	14	33.00	
	34.50	15	31.50	
	33.50	16 and over	30.50	
29	1.16.57	11 and under 100 Free	1.17.60	30
	1.12.24	12	1.13.21	
	1.10.17	13	1.08.18	
	1.08.64	14	1.05.24	
	1.07.03	15	1.01.67	
	1.07.03	16 and over	1.01.67	
31	NT	12 & under 200 med relay	NT	32
33	NT	14 & under 200 med relay	NT	34
35	NT	15 & over 200 med relay	NT	36
		Boys 14 & under 1500 free	21.02.76	20
37	10.51.55	Girls 15 & over 800 free		
		Boys 15 & over 1500 free	20.09.68	38

Sunday December 6th, 2009				
Female	QT	Event	QT	Male
39	5.53.57	11 & under 400 Free	6:01.68	40
	5.33.56	12	5.41.21	
	5.21.98	13	5.19.66	
	5.16.34	14	5.06.24	
	5.08.58	15	4.57.27	
	5.08.58	16 and over	4.57.27	
41	3.09.30	11 and under 200 Back	3.14.21	42
	2:59.59	12	3.03.22	
	2.51.79	13	2:50.20	
	2.49.83	14	2.47.28	
	2.45.95	15	2.36.47	
	2.45.95	16 and over	2.36.47	
43	43.00	11 and under 50 Fly	44.00	44
	41.00	12	40.00	
	39.50	13	37.50	
	38.00	14	36.00	
	36.50	15	34.00	
	35.00	16 and over	32.50	
45	1.40.48	11 and under 100 Breast	1.44.84	46
	1.34.76	12	1.38.90	
	1.33.05	13	1.30.89	
	1.31.73	14	1.28.41	
	1.29.79	15	1.23.31	
	1.29.79	16 and over	1.23.31	
47	3.28.75	11 and under 200 Fly	3.36.46	48
	3.16.94	12	3.24.22	
	3.07.74	13	3.07.01	
	2:58.47	14	2.58.76	
	2.55.30	15	2.42.52	
	2.55.30	16 and over	2.42.52	
49	NT	Open 200 Mystery IM	NT	50

Fastswim Officials Forms

Club :	
Friday Preliminaries	
Timers	
1	4
2	5
3	6
Stroke and Turn	
1	3
2	4
Saturday Preliminaries	
Timers	
1	4
2	5
3	6
Stroke and Turn	
1	3
2	4
Sunday Preliminaries	
Timers	
1	4
2	5
3	6
Stroke and Turn	
1	3
2	4