



OAK BAY ORCAS INVITATIONAL

SATURDAY JUNE 19 & SUNDAY JUNE 20, 2010

Saanich Commonwealth Pool, 4636 Elk Lake Dr., Saanich, BC

Course: 25 meter, 8 lanes, starting blocks and Electronic Timing System

Rules: British Columbia Summer Swim Association (BCSSA) rules apply.

Entries: **Club entries must be received before midnight, Tuesday June 15, 2010**
e-mail Hy-Tek entries to oakbayorcas@telus.net and include athlete roster

Swimmers may enter a maximum of 6 individual events (Div. 5 and up may enter 7 events) plus 2 relays.

Meet fees payable to Oak Bay Orcas, handed in to the Clerk of the Course before the end of the meet on Sunday.

Meet Managers: Colette Wood oakbayorcas@telus.net

Meet Referee: TBA

Fees: \$4.25 per individual event. \$5.00 per relay. \$1.00 per novice event.

An additional \$5.00 "High Performance Fee" charged by the Commonwealth Pool, must be included for each athlete, including novice swimmers.

\$5.50 per individual deck entry. (Deck entries must have payment attached.)

Warm-ups: Saturday - 11:00am Group A
 11:20am Group B
 11:40am Group C

Sunday - 8:00am Group B
 8:20am Group C
 8:40am Group A

All clubs will be notified of their Group assignments by e-mail on Thursday June 17th based on the number of swimmers registered. Lane assignments will be posted at the pool.

Start Times: **Saturday - Officials Meeting 11:45am**
 Coaches Meeting 12:00pm
 Meet Start 12:15pm

Sunday - Meet Start 9:15am

Welcome Coaches: Coaches will be offered deck food during the meet.

Deck Entries: **Must be submitted to the clerk of the Course by 11:45am on Saturday and 8:45am on Sunday.** Deck entries will be allowed at the discretion of the Clerk of the Course on the day of the meet. Athlete BCSSA # and birthdate must be provided.

Scratches: Scratches must be submitted to the Clerk of the Course by **11:45am on Saturday and 8:45am on Sunday.**
No refunds for missed or scratched events.

Novice: A novice swimmer is defined as a swimmer who takes 30 seconds or more to complete 25 meters of the pool. Novices are stroke specific. Once a novice has swum a 50 m event (including relays) they will no longer be a novice swimmer in that stroke.

Relays: Relay teams will be seeded in their appropriate Division regardless of the number of "O" swimmers on the team. If more than one "O" swimmer is on a relay team, that relay will be treated as an "O" Cat relay in the final results.
Relays will be timed finals. Relay entry cards must be handed in to the Clerk of the Course by **1:00pm Saturday and 10:00am Sunday.**

No Pinks and Blues: Coaches – Please inform your swimmers that there will be no cards at this meet. Your swimmers will report to marshalling when their event number is posted. Only Divisions 1-4 will be marshaled, all others must check in for their event at the marshalling table but then are responsible to be behind the blocks in time for their races.

Event Seeding: Individual timed heats.
"O" swimmers will be seeded with "S" swimmers.
Heats will be seeded according to times entered.
Swimmers with no times will be seeded in the slower heats.

Disabled Swimmers: Coaches must notify the Meet Manager at the beginning of the meet of any swimmers with disabilities. Disabled swimmers must attempt to swim the proper stroke.

Awards: Divisions 1 through 8	Individual ribbons 1 st to 8 th place
Cat 01 and 02	Individual ribbons 1 st to 8 th place
Relays	Individual ribbons 1 st to 3 rd place
Novice	Participation goodies

Ribbons will be available to Club coaches or designate at the end of the meet.

Saturday Events	Sunday Events
100 IM	50 Fly Div. 5-8
200 IM	25 Back
25 Free	50 Back
50 Free	100 Back
25 Fly	25 Breast
50 Fly	50 Breast
100 Fly	100 Breast
200 Medley Relay	100 Free
	200 Free Relay

Meet Information:

- ◆ Silent auction
- ◆ Club tents will be allowed in the grass field to the west of the pool.
- ◆ No camping or overnight parking in the Commonwealth Pool parking lot.
- ◆ Parking is prohibited in loading, fire or reserved areas.
- ◆ Access to the recreational areas of the complex is prohibited, unless through paid admission.
- ◆ Please keep your area clean, litter pick-up is your Club's responsibility.
- ◆ All swimmers must be registered with BCSSA.

Accommodation Suggestions:

Goldstream Provincial Campground

159 campsites located on the west side of Highway 1.

Reservations are accepted.

Pit and flush toilets, showers, sani-station and wheelchair access.

Approximately 20 minutes from the pool.

Howard Johnson Hotel

4670 Elk Lake Drive 250-704-4656

One block from the pool.

Days Inn Victoria Waterway

123 Gorge Road East 250-386-1422

Approximately 20 minutes from the pool.

Please consult the BC Accommodation Guide for further listings.