

CHILLIWACK STINGRAYS “B” MEET

WEDNESDAY, JULY 15, 2009

ROTARY POOL, 46245 REECE AVE, CWK

TIME: 5:30 to 8:00 / 8:30ish (pm) . Warm-ups will begin at 5:30 & end at 5:45.
The meet will begin immediately following warm-ups.

FACILITY: Aging 25m, outdoor, jewel of a swimming pool. Separate changing rooms for boys & girls. **PLEASE LOCK YOUR CAR DOORS & STOW ITEMS OUT OF SIGHT.**

Stingrays are planning, tentatively, to bbq smokies/dogs as a fundraising venture. Timmies just down the street if you prefer.

ELIGIBILITY: **Div 3 or Under.** This meet is for “**B**” **swimmers**- see your club Registrar / Meet Registrar to determine if swimmers meet the entry criteria. “O Cat 1” swimmers may participate and will swim within their age appropriate S Divisions. “O Cat” results will be listed separately.

RELAYS: Relays will be the last events of the evening- time permitting. Relay teams may include swimmers from lower divisions but **MUST** include one team member from the entered division. One “O Cat 1” swimmer may be included per relay team. Relay cards with names of swimmers must be submitted at the start of the meet.

There will be a maximum of two heats per relay event. Each club may enter 2 teams per event; if there is a vacant lane available after this initial allotment, the Whalers will have the first opportunity to place a third team as theirs is such a large club & they helped us lots last year.

COACHES: please...I beg you... **ONLY** place 6&U swimmers on a Div 1 relay team if they can complete their 50m leg in a reasonable time. We don't want to be at the pool all night, do we?

RULES: BCSSA rules apply.

FEES: none- this is a freebie

ENTRIES: Hy-tek entries must be submitted by **7:12 PM, Saturday, July 11th** to:
Philip Van der Veen at <grant.vdv@shaw.ca>
NO LATE ENTRIES / DECK ENTRIES WILL BE ACCEPTED!!!

AWARDS: Ribbons will be awarded for 1st to 12th place in individual events & for 1st to 6th place in relay events unless a swimmer/ team dequalifies, whereupon the swimmer/ team will be roundly booed from the pooldeck as he/she/they seek(s) shelter in our aforementioned modern changing rooms. The athletes will only later be awarded a special certificate to mark the event of “Achieving an “A” Time” which should go some way in alleviating their shame and hurt.

OFFICIALS: This is a real meet so we will need real live officials from each of the Valley teams to pull this off.

EVENTS: ~ 6&U 25m backstroke, Divs 1,2,&3 50 m backstroke

~ 6&U 25m freestyle

~ Divs 1,2,&3 50m breaststroke

~ Divs 1,2,&3 50m butterfly

~ Divs 1,2,&3 200m freestyle relay, TIME PERMITTING