

The 9th Annual Ladner Stingrays Super 7



June 23-24, 2018 Watermania 2018 Meet Package

2018 Super 7 Swim Meet

Note: This event is available to the public for viewing and may be photographed and/or broadcasted.



Ladner Stingrays Swim Club Super 7 Meet Package

Saturday & Sunday, June 23rd & 24th, 2018

Building on the success of past years, we are happy to be hosting the 2018 Super 7 Swim meet at Watermania. The Super 7 takes place in the middle of the summer swimming season and swimmers need as many chances as possible to race in all of the strokes, which is why we have structured this meet so that swimmers can swim all strokes over the 2 days. In addition, most swimmers can swim any distance; you are NOT limited by your division (i.e. a Div. 3 swimmer can swim both the 50M and 100M Backstroke). The heats have been scheduled so that swimmers who choose to swim both distances in the same stroke will not have to do so on the same day.

Relays are supposed to be a fun part of the meet, so we want you to get your favorite team together, whether it includes your sister, your coach or even a friend from another team. Winning the relay will require coming closest to your entry time. Prizes will be awarded to the first, second and third place relay teams. Each swimmer can only do one relay per day. Depending on how the meet is progressing with time a 200m Mixed Freestyle relay may occur on Sunday at the end of the meet. The Sunday relay will be determined at the end of the day on Saturday.

Aggregates will be awarded to first, second, and third place by division and gender. Heats will be swum with all divisions swimming together (seeded by time). The meet will start late (9:10 am) and hopefully end early.

Deadline for Meet entries is 7pm Friday, June 15 (or earlier)

Deadline for T-shirt orders is 7pm Friday June 8

Pool

Watermania 14300 Entertainment Blvd., Richmond, BC

- Indoor – 8 Lane 25m pool. Extra 6 lanes for morning warm up
- 2 lanes for all day warm up and cool down
- Bleacher Seating

ENTRIES

Entry Deadline

Friday, June 15, 2018 at 7:00 pm (or earlier if possible)

T-Shirt Request Deadline

Friday, June 8, 2018 at 7:00pm

Entry Fees

- One day = \$30.00 per swimmer (up to 5 events and 1 relay)
- Two days = \$45.00 per swimmer (up to 7 events and 1 relays)

Note: *This fee structure is beneficial for all clubs whether their swimmers compete for one day or two.*

The 25 metre Freestyle and Backstroke for 6 & under swimmers are **free**.

Please submit payment for your meet fees to the on Deck Office prior to meet start time on Saturday, June 23.

- Due to limited pool space and time, entries will be limited to 600 swimmers
- Email entries to meetentries@ladnerstingrays.com. If you do not receive an email confirmation within 24 hours, then we did not receive your entries.
- Please submit all entries in HYTEK FORMAT
- Ensure **all NTs have an approximate, but realistic time**, so that the meet can proceed efficiently
- Clubs with a large number of relay teams

must have an experienced coach in marshalling to help ensure their swimmers are on the right teams

- Relay cards must be submitted by 10am on Saturday
- Submit name and telephone number of your club's computer contact person.
- Each competitor may enter 7 individual events and a relay each day

INFO for COACHES

- Scratches are to be submitted **BY COACHES** to the Clerk of the Course no later than 8:30am and there is no refund for scratches.
- There will be **NO** deck entries.
- Submit your relay teams no later than 10am on Saturday.
- Swimmers can only be in one relay per day.
- Please bring a refillable water bottle.
- **Please ensure all HY-Tek entries submitted contain NO NTs.**

FORMAT

- **6 & Under events will only take place on the Saturday**
- **200m Free events** are reserved for **Divisions 4 and up.**
- **200m IM events** are reserved for **Divisions 3 and up.**
- Heats will be swum as timed finals
- Swimmers will be seeded by time, not by division
- Swimmers may enter 7 events and a relay
- This will be a cardless meet with marshalling
- 2015 BCSSA rules for swimming apply in addition to the latest rule changes
- Relays will be totally open as to age and gender. Awards will be given for closest to seed times (i.e. entry time 2:13.10 – actual time 2:13.09) tie goes to below seedtime.

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AWARDS

- 1st, 2nd, and 3rd place aggregate awards for “S” and “O” Cat swimmers for each Division Male and Female. Scoring format is the 9 point system (9,7,6,5,4,3,2,1), so a maximum of 63 points (9 x 7).
- Relay awards will be based on closest to seedtime with under beating over on a tie.
- Only the overall 1st, 2nd, and 3rd place Relay teams each day will get awards.
- 6 and under swimmers will receive a goody bag.

OFFICIALS

- Each club will be required to supply timers, recorders and deck officials.
- We will have a Designated Disqualifying Official (DDO) who is responsible for disqualifications. All Stroke & Turn Judges will still need to ensure the starter/ref signs off on the DQ slips, but from there, the DDO will take the DQs to the coaches, and the coaches will inform the swimmer of their infraction.
- Please supply a list of available deck officials to Peter Zed officials@ladnerstingrays.com
- **Please bring a refillable water bottle**

TIMING SYSTEM

- Omega Timing System (Ares) will be used as the automatic judging and timing system in accordance with the BCSSA rules.
- Two electronic plungers per lane will back up the automatic timing system.
- One lane timer and one recorder will each operate a plunger.
- Should the automatic judging and timing system fail for an extended period of time, the meet will proceed with manual timing (2 stopwatches with “starting gun”)

FOOD

There are a number of restaurants nearby: **Watermania Concession**, Stanley’s Sports Bar and Grill, Subway, and the Old Spaghetti Factory.

Additional food options are being worked on as the Stingrays Breakfast **Will Not** be offered this year.

T-Shirts / Programs

- Each registered swimmer who competes for a full day or both days will receive a Stingrays original design T-shirt.
- T-shirt orders must be submitted by June 8 to ensure correct sizing.
- Programs will be available for \$5 each.

ACCOMMODATION

Should you require RV parking please contact Super7@ladnerstingrays.com by **June 8, 7pm.**

Holiday Inn Express Hotel & Suites Riverport

If you are planning on staying at the Holiday Inn they can be contacted at:

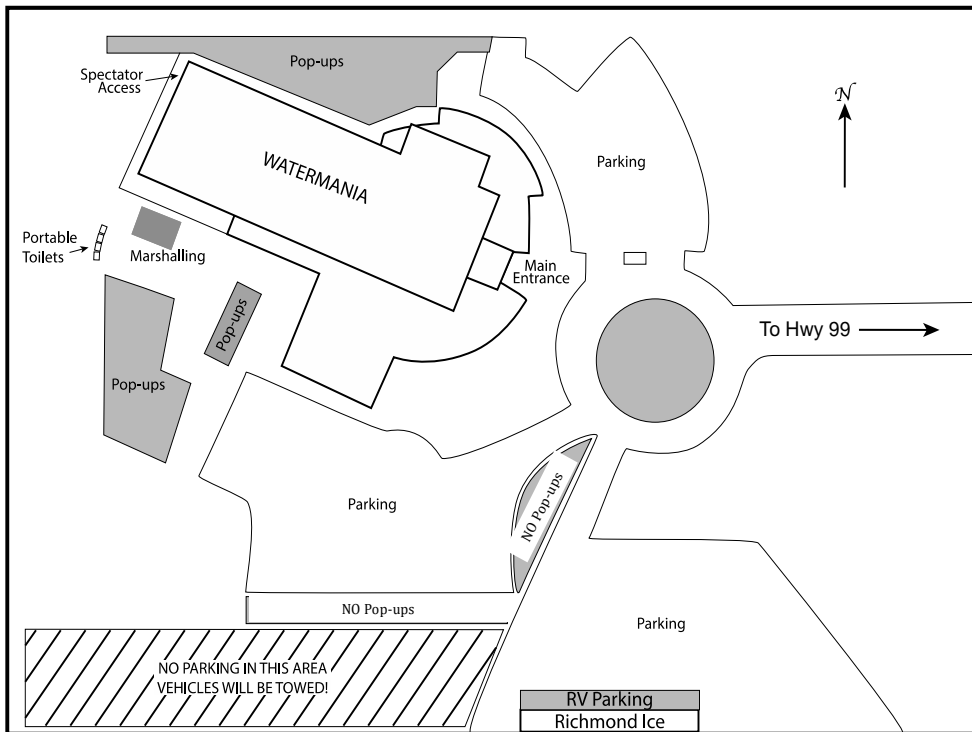
- 10688 No.6 Road
- Richmond, BC V6W 1E7
- 604.241.1830 | +1 (877) 660-8550 | Fax: 604.241.184

Pop-Up/RV/Parking

- Ample space outside of the pool for Team Tents and Pop-Ups
 - Lots of parking is available, please refrain from parking in the Extreme Air Park lot your vehicle may be towed
 - Pop-ups are not permitted on the grassy islands surrounding the Extreme Air Park lot. See below for the map for permitted pop-up areas.
 - RV parking in the Richmond Ice parking lot

If you have any questions regarding this meet,
please contact
Chris or Roger at
Super7@ladnerstingrays.com

The Ladner Stingrays look forward to your participation in our Meet!



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Schedule

Saturday June 23, 2018

Warm-up	08:00-08:40
Officials Meeting	8:15
Scratches	8:30 (No later)
Coaches Meeting	8:40
Cheers and O'Canada	8:50 - 09:00
Marshalling	9:00
Heats Begin	9:10
Relay Cards Submitted	10:00 (No later Saturday Only)

Sunday June 24,2018 (Note Sunday starts 15 minutes later than Saturday)

Warm-up	08:15-08:55
Officials Meeting	8:30
Coaches Meeting	8:55
Cheers and O'Canada	09:05- 09:15
Marshalling	9:15
Heats Begin	9:25

LADNER STINGRAYS SUPER 7 SWIM MEET EVENT LIST

WARMS UPS: 8:00 – 8:40 AM

MARSHALING BEGINS: 9:00 AM

MEET COMMENCES: 9:10 AM

(PLEASE NOTE: SUNDAY WILL START 15 MINUTES LATER THAN SATURDAY)

Saturday June 23rd

1. Girls 50 Fly
2. Boys 50 Fly
3. Girls 6 & under 25 Free
4. Boys 6 & under 25 Free
5. Girls 50 Free
6. Boys 50 Free
7. Girls 200 IM (Div. 3 & up)
8. Boys 200 IM (Div. 3 & up)
9. Girls 6 & under 25 Back
10. Boys 6 & under 25 Back
11. Girls 100 Back
12. Boys 100 Back
13. Girls 50 Breast
14. Boys 50 Breast
15. Mixed 200 Medley Relay

Sunday June 24th

1. Girls 100 Fly
2. Boys 100 Fly
3. Girls 100 IM
4. Boys 100 IM
5. Girls 200 Free (Div. 4 & up)
6. Boys 200 Free (Div. 4 & up)
7. Girls 100 Breast
8. Boys 100 Breast
9. Girls 50 Back
10. Boys 50 Back
11. Girls 100 Free
12. Boys 100 Free

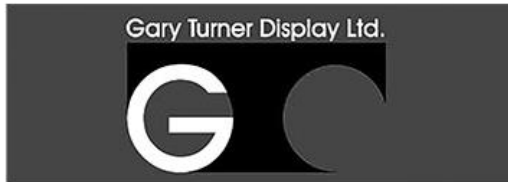
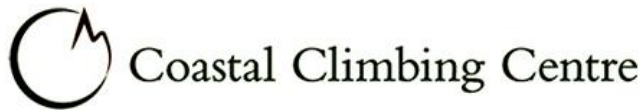


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