



LANGLEY FLIPPERS INVITATIONAL SWIM MEET



June 22 & 23 | 2019 | OFFICIAL MEET PACKAGE

LOCATION:

Al Anderson Memorial Pool, Langley City Park; 4949 – 207 Street, Langley, BC

SCHEDULE:

- Warm-ups: 6:15 – 7:30 A.M. (Lanes will be sent out via email.)
- Scratches & Deck Entries: 7:20 A.M. both days.
- Officials' meeting: 7:30 A.M. both days.
- Coaches' meeting: 7:45 A.M. both days.
- Heats: First marshalling at 8:00 A.M. Events start 8:15 A.M.
- Relays: 10 minutes after prelims
- Finals: Warm Up: 10 minutes after relays.
- Fees paid: 8:30 A.M. Sunday
- Relay lists: 9:30 A.M. both days.

FACILITIES:

- 25 meter – 8 lane outdoor pool; Electronic Timing System.
- "Track-Start" Blocks
- Walking trails, playground and waterpark in grounds.
- Concession on both days – breakfast & lunch.
- Consumption of alcohol is strictly prohibited.
- Park space for club and family tents.
- **PLEASE NOTE:** Both the music school and baseball fields surrounding the pool also have events going on over the same weekend as the swim meet. Please allow extra time for finding parking.

FORMAT:

- BCSSA rules apply.
- Cardless Meet format
- Championship finals (1st – 8th) will be swum.
- This is an open meet; there will be no A/B distinction.
- Div 0 (6 & Under) and Relays will be timed finals.
- At this meet, the working deck includes all of the space behind the starting blocks to the fence, and all space within 1.8 meters of the other 3 edges of the pool. In order to ensure fairness to all swimmers, the working deck will remain off-limits to everyone except swimmers during their events, and officials. Spectators are not permitted inside the working deck area. Swimmers can talk to their coaches, at the coaching tables, and then must exit working deck.
- No parents or guests will be permitted on the pool deck or within the marshalling area. The Warm-Up rules will be in effect and coaches must pre-clear lanes prior to any dive sprints. Safety Marshals will be monitoring lanes and ensuring this rules adhered to.
- Events are officially called by the Clerk of the Course in the marshalling area. It is the responsibility of the swimmers to be close enough to hear the Clerk call the events. Any calls made by the announcer over the P.A. system are courtesy calls only.
- Because serious injuries can occur, all loose fitting jewelry must be removed before events. Wearing of tightly fitting jewelry is done at the swimmer's own risk.
- Meet Manager reserves the right to modify meet format if required.

***RETURNING* FAMILY RELAY:**

- There will be a Family relay (4 x 25 any stroke and no diving in the shallow end) on Saturday following the Medley Relays.
- Any **non-BCSSA** swim member wishing to participate MUST complete the [Parent Relay Membership Form](#) and submit it Saturday morning to the Meet Manager with the **\$5.00 fee in cash**.
- **Themes and costumes highly recommended!**
- **RULES:** All relay participants must be family members (does not necessarily have to be within immediate family).
- **Relays can consist of combinations of any of the following:**
 1. 4 Family members
 2. 3 Family members + 1 non-related swimmer
 3. 2 Family members from one family + 2 family members from another family
- **ALL RELAY MEMBERS MUST BE ABLE TO SWIM 25M UNASSISTED.**

***NEW* TREASURE TRAWL:**

- At any point throughout the meet, the announcer will play a Pirates of the Caribbean theme song over the PA and announce that the upcoming race is a “treasure trawl”. When that happens, the race swum immediately after that message will provide swimmers an opportunity to win a prize if they win their heat. Prizes will be determined by the Langley Flippers Swim Club and will not be disclosed prior to the meet.

SNAPCHAT FILTER:

- The Langley Flippers will feature a custom Snapchat filter for swimmers and parents to use at the meet. To use the filter, take an image using the “Snapchat” app, and then swipe to the left of the screen until you see our filter. We encourage users to share their Snapchat stories on Instagram using the hashtag #lfscmeet2019.

***NEW* INSTAGRAM GIFS:**

- The Langley Flippers will feature custom Instagram GIFs (animated images) for swimmers and parents to post on their Instagram stories. Search “Langley Flippers” in the GIFs section to find them!

SOCIAL MEDIA

- The Langley Flippers will be using Instagram, Snapchat, and Facebook to post various updates as a means to foster inter-club engagement and cohesion. Be sure to follow our social media handles to get the most out of our swim meet!
- Use the hashtag #lfscmeet2019 on Instagram and Facebook!
Instagram: [@langleyflippers](#)
Facebook: [LangleyFlippersSwimClub](#)
Snapchat: @langleyflippers

OFFICIALS:

- All clubs are required to supply a minimum of 2 Stroke and Turn or Senior Deck Officials, throughout the meet. Please sign up on the Officials Board, on the north east fence corner, by 7:30 A.M.
- Clubs will also be assigned lanes for timers and recorders. Two timers and one recorder are required at all times in each lane. Thanks everyone!
 - Meet Referee: **Leah Esplen**
 - Meet Manager: **Donna Lachance**
 - Clerk of the Course: **TBD**
 - Chief Meet Recorder: **Craig and Kevin**

FEES:

- Fraser Valley clubs will pay fees according to the Regional Fee Agreement.
- Individual events - \$6.00 per event for swimmers from outside the Fraser Valley region.
 - **Submit payment to the Meet Manger, by 8:30 A.M., Sunday morning. Cheques are payable to:Langley Flippers Swim Club.**
- Relay events - \$7.00 per team.
- Deck entries - \$10.00 per deck entry.
 - **Submit payment to the Crash Desk (Fraser Valley Rapids), by 7:20 A.M. each morning; CASH ONLY.**
- There will be no refunds for late scratches.
- **Submit payment to the Meet Manager, by 8:30 A.M. Sunday morning.**

ENTRIES:

- Meet has a maximum capacity of 600 swimmers.
- Swimmers may enter a maximum of **4** individual events and **2** relay events.
- The top 3 heats will be circle seeded for all preliminary rounds, and the remaining heats will be rank seeded, slowest to fastest. Swimmers entered with no time will be seeded in the slowest heats.
- **Deck entries and scratches** must be submitted to the Clerk of the Course, by 7:20 A.M. on the day of the event. Deck entries will be accepted as space and time permits without re-seeding. The Meet Manager reserves the right to refuse any deck entry.
- "O" swimmers should be entered in their corresponding "O" category events. The Clerk of the Course may, at their discretion, combine "O" swimmers with the "S" swimmers for the heats. They will swim in "O" Cat 1 or 2 for finals.
- The Clerk of the Course may combine events in heats and finals at their discretion.
- Relay teams may include swimmers from lower divisions but **MUST** include one team member from the entered division. One "O" cat swimmer may be included per "S" relay.
- **Relay team lists must be written on the entry card and handed in to the Clerk of Course by 9:30 A.M. each morning.**

Deadline for Hy-tek entries is Tuesday, June 18th, 2019 @ 2:00 pm

Scratches may be emailed up until 9:00 pm Friday, June 21st, 2019

- Submit Hy-tek entries: nick.todd@live.ca
- Team rosters must be submitted along with the entry file in Excel format, matching Active columns. Required information: athletes First and Last Name, Swimmer Number, DOB and Gender.
 - For swimmers attending their first swim meet, please include the "S" or "O" designationn.

Behaviour:

- It is expected that everyone in attendance will show good sportsmanship and respect for others. In promoting safety, fun and good competition, everyone will try to eliminate behaviour which detracts from a positive environment. Abuse and harassment is not tolerated.

For inquiries, please contact the Meet Manager:

- Donna Lachance, (604) 530-1203 | (604)789-0672
langleyflippersmeetmanager@gmail.com

SATURDAY EVENTS

Girls			Boys		
Event #	Division	Event	Event #	Division	Event
101	1	50 Free	102	1	50 Free
103	2	50 Free	104	2	50 Free
105	3	50 Free	106	3	50 Free
107	OCAT-1	50 Free	108	OCAT-1	50 Free
109	4	50 Free	110	4	50 Free
111	5	50 Free	112	5	50 Free
113	6	50 Free	114	6	50 Free
115	7	50 Free	116	7	50 Free
117	8	50 Free	118	8	50 Free
119	OCAT-2	50 Free	120	OCAT-2	50 Free
121	6&U	25 Free	122	6&U	25 Free
123	1	100 IM	124	1	100 IM
125	2	100 IM	126	2	100 IM
127	3	100 IM	128	3	100 IM
129	OCAT-1	100 IM	130	OCAT-1	100 IM
131	4	200 IM	132	4	200 IM
133	5	200 IM	134	5	200 IM
135	6	200 IM	136	6	200 IM
137	7	200 IM	138	7	200 IM
139	8	200 IM	140	8	200 IM
141	OCAT-2	200 IM	142	OCAT-2	200 IM
143	6&U	25 Dolphin Kick	144	6&U	25 Dolphin Kick
145	1	50 Fly	146	1	50 Fly
147	2	50 Fly	148	2	50 Fly
149	3	50 Fly	150	3	50 Fly
151	OCAT-1	50 Fly	152	OCAT-1	50 Fly
153	4	50 Fly	154	4	50 Fly
155	5	100 Fly	156	5	100 Fly
157	6	100 Fly	158	6	100 Fly
159	7	100 Fly	160	7	100 Fly
161	8	100 Fly	162	8	100 Fly
163	OCAT-2	100 Fly	164	OCAT-2	100 Fly
187	6&U	100 Mdly Rly	188	6&U	100 Mdly Rly
189	1	200 Mdly Rly	190	1	200 Mdly Rly
191	2	200 Mdly Rly	192	2	200 Mdly Rly
193	3	200 Mdly Rly	194	3	200 Mdly Rly
197	4	200 Mdly Rly	198	4	200 Mdly Rly
199	5	200 Mdly Rly	200	5	200 Mdly Rly
201	6	200 Mdly Rly	202	6	200 Mdly Rly
203	7	200 Mdly Rly	204	7	200 Mdly Rly
205	8	200 Mdly Rly	206	8	200 Mdly Rly
209	8 (Mixed)	100 Family Rly			

SUNDAY EVENTS

Girls			Boys		
301	5	50 Fly	302	5	50 Fly
303	6	50 Fly	304	6	50 Fly
305	7	50 Fly	306	7	50 Fly
307	8	50 Fly	308	8	50 Fly
309	OCAT-2	50 Fly	310	OCAT-2	50 Fly
311	6&U	25 Back	312	6&U	25 Back
313	1	50 Back	314	1	50 Back
315	2	50 Back	316	2	50 Back
317	3	50 Back	318	3	50 Back
319	OCAT-1	50 Back	320	OCAT-1	50 Back
321	4	100 Back	322	4	100 Back
323	5	100 Back	324	5	100 Back
325	6	100 Back	326	6	100 Back
327	7	100 Back	328	7	100 Back
329	8	100 Back	330	8	100 Back
331	OCAT-2	100 Back	332	OCAT-2	100 Back
333	6&U	25 Breast	334	6&U	25 Breast
335	1	50 Breast	336	1	50 Breast
337	2	50 Breast	338	2	50 Breast
339	3	50 Breast	340	3	50 Breast
341	OCAT-1	50 Breast	342	OCAT-1	50 Breast
343	4	100 Breast	344	4	100 Breast
345	5	100 Breast	346	5	100 Breast
347	6	100 Breast	348	6	100 Breast
349	7	100 Breast	350	7	100 Breast
351	8	100 Breast	352	8	100 Breast
353	OCAT-2	100 Breast	354	OCAT-2	100 Breast
357	1	100 Free	358	1	100 Free
359	2	100 Free	360	2	100 Free
361	3	100 Free	362	3	100 Free
363	OCAT-1	100 Free	364	OCAT-1	100 Free
365	4	100 Free	366	4	100 Free
367	5	100 Free	368	5	100 Free
369	6	100 Free	370	6	100 Free
371	7	100 Free	372	7	100 Free
373	8	100 Free	374	8	100 Free
375	OCAT-2	100 Free	376	OCAT-2	100 Free
397	6&U	100 Free Relay	398	6&U	100 Free Relay
399	1	200 Free Relay	400	1	200 Free Relay
401	2	200 Free Relay	402	2	200 Free Relay
403	3	200 Free Relay	404	3	200 Free Relay
405	OCAT-1	200 Free Relay	406	OCAT-1	200 Free Relay
407	4	200 Free Relay	408	4	200 Free Relay
409	5	200 Free Relay	410	5	200 Free Relay
411	6	200 Free Relay	412	6	200 Free Relay
413	7	200 Free Relay	414	7	200 Free Relay
415	8	200 Free Relay	416	8	200 Free Relay
417	OCAT-2	200 Free Relay	418	OCAT-2	200 Free Relay