

Salt Spring Stingrays
Invitational Open Water and Swim Meet 2010
July 23/24/25

Friday July 23 Open Water starting at 4:00 pm

Saturday July 24 Warm ups at 10:00 am

Sunday July 25 Warm ups at 7:00 am

Locations : Open Water meet at Portlock Park
145 Vesuvius Bay Rd

Swim Meet
Rainbow Road Pool
262 Rainbow Road

Course : Open Water 1.1 Kilometers across St Marys Lake

Swim Meet 25 meters, 6 lanes, starting blocks, Manuel timing

Events : Swimmers may enter 6 individual events plus 2 relays. Heats will be swum from the slowest to the fastest. "O" swimmers will be combined with "S" swimmers where there are not a sufficient number of swimmers for their own event. "O" swimmers will be separated in the final results. Clearly designate "O" swimmers. Novice events are for swimmers not capable of swimming 50 meters. Coaches please use your discretion when entering swimmers in Novice events.

Relays : Saturday relays will be Medley relays. Sunday will be Free style

Entries : Entries must be submitted by e-mail to wkharris@telus.net. Each team must submit their Team Manager Roster to facilitate deck entries.

Entry Deadlines : Tuesday 20, 2010 9:00 PM

Entries must be received by the above date by e-mail wkharris@telus.net Please attach an e-mail contact so that we can provide your club's warm up times by the Thursday.

Meet Fees : Are payable to the SS Aquatic Society. Please pay the Clerk of the Course Sunday afternoon.

Fees :

Open Water swim	\$5.00
Individual events	\$4.50
Relays	\$6.00
Deck entries	\$6.00
Novices	\$1.00

Scratches: On the days of the Meet, please hand in your scratch sheets to the Clerk of the Course by 11:00 AM Saturday and 7:30 AM Sunday.. No refunds for missed or scratched events.

Deck Entries: Deck entries will be accepted at the discretion of the Clerk of the Course or Meet Manager, and will be subject to available space. Once Heats have been established, no new heats will be created for late entries. Individual deck entries must be by 11:00 Am Saturday and 7:30 AM Sunday. Relay deck entries must follow the same time line.

Results : Results will be printed and posted. Result files will be e-mailed to participating clubs using the original file address.

Camping and Accommodations

Mowhinna Creek Campground

www.mowhinnacreekcampground.com

email camphos@mowhinniacreekcampground.com

250-537-7861

Ganges Campground

250-537-1210

www.gangescampground.com

Garden Faire Campground

250-537-4346

email gardenfaire@saltspring.com

www.gardenfaire.ca

Cedar Beach Resort

250-537-2205

www.saltspring-accommodations.com

Harbour House Hotel

250-537-5571

www.saltspringharbourhouse.com

Seabreeze Inne

250-537-4145

www.seabreezeinne.com

Salt Spring Inn

250-537-9339

www.saltspringinn@ssisland.com