



2010 Golden Dolphins Swim Meet

The Golden Dolphins Swim Club would like to extend an invitation to your Swim Club to join us at our Swim Meet on **Saturday, July 24th and Sunday, July 25th, 2009.**

Location: Golden Swimming Pool

Facility: 25 meter, 6 lane outdoor pool

Meet Manager: Janne Arlt

Meet Referee: Saskia Acton

Director of Officials: Julie Nездoly

Format: All events will swim as timed finals
BCSSA rules apply
Swimmers may enter 6 individual events and 2 relays
"O" Cat will swim with "S" divisions

Schedule:	<u>Saturday</u>	<u>Sunday</u>	
Warm ups –	8:00 am	7:30 am	ALL TIMES MST
Officials' Meeting	8:30 am	8:00 am	(Mountain Standard Time)
Coaches' Meeting	8:50 am	8:20 am	
Races begin	9:00 am	8:30 am	

Officials: All clubs are requested to supply deck officials
Clubs are asked to provide some timers & recorders (manual timing)

Fees: \$20 per swimmer + \$1 surcharge per swimmer for the Regional Timing Improvement Fee = \$21
-Late entries: \$31
Relays - \$10 each

Entries: -Entries must be received **NO LATER than Tuesday, July 20, 2009 9:00 p.m. MST**
-All entries received past the deadline will be considered late entries
-DECK ENTRIES will be charged DOUBLE and are **payable by cash prior to the start of the meet to the Clerk of the Course**
-Late entries cannot be guaranteed to be seeded
-**Please bring club cheques to the meet made out to Golden Dolphins Swim Club**
-E-mail entries in Hy-tek format file and validation list
-Relay entries must be submitted to the Clerk of the Course prior to 10:00 am each day
-There are two events in a '6 and under' category for new, young swimmers aged 6 and younger that are just learning the strokes. They must be members of a swim club and they will not be

disqualified. They cannot be entered in Div. 1 events also. [These would be considered Turtles at another swim meet.]

-We also have 1 race each day for 'Turtles' that are younger siblings of club members. **They are not swim club members.** They can have an older person in the water with them. Turtle events are right after lunch each day, before the regular events begin. A trial registration form and \$5 fee (covers a swim on both days) must be handed in on Saturday morning for these Turtles.

Mail: Golden Dolphins Swim Club
c/o Janne Arlt
656 Lafontaine Road
Golden, B.C. V0A 1H3

e-mail: goldendolphins@hotmail.com

Phone: 250-344-2969

Scratches: Phone or e-mail scratches between 6:00 and 9:00 PM Thursday, July 22nd.

Accommodations: (no camping by the pool)

- The Town of Golden Campground - #250-344-5412. (Right across the road from the pool.)
- The Whispering Spruce Campground is also nearby (top of the Golden Hill) 250-344-6680.
- For more accommodations information check out <http://www.stayinggolden.com/>.

SCHEDULE OF EVENTS

<u>Saturday</u>	<u>Sunday</u>
100 IM	50 Fly
200 IM	50 Back
25 Free - 6 and under	100 Back
50 Free	25 Back - 6 and under
50 Fly	50 Breast
100 Fly	100 Breast
Medley Relay	100 Free
**Fun Relay	Free Relay

**We will not be doing our 'Creative Relay'. People were so creative with costumes that it caused problems for pool filtering system. However, we will have a different fun event for swimmers after the medley relays on Saturday. Come and enjoy!