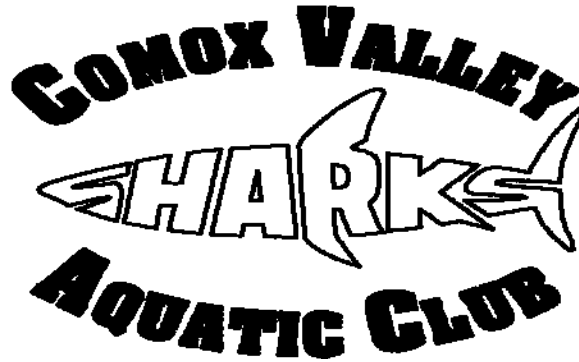


VIR Tri – Meet #2



*“In Pursuit of Personal Excellence”*  
Sunday November 18<sup>th</sup>, 2007  
Sanction Number:

Pool: Comox Valley Sports Center  
3001 Vanier Drive  
Courtenay, BC  
250) 334-9622

Participating clubs: Comox, GVAC, CRKW and LCSC

Start Times: November 18<sup>th</sup>, 2007  
Warm-up: 9:00 AM  
Start: 10:00 AM

Eligibility:

- All swimmers must be registered with Swim BC or FINA Affiliated Club. Age groups are based on the age of the swimmers as of November 18<sup>th</sup>, 2007.

Meet Entries:

- Meet entries must be uploaded prior to the entry deadline to the Swimming Canada [www.swimmeet.ca](http://www.swimmeet.ca) website. Entries sent directly to the meet manager will not be accepted

Entry Fees: Cost per swimmer - \$20.00 (includes SWIM BC Fee) Swimmers are limited to four individual events and unlimited relays. **Make cheques payable to Comox Valley Aquatic Club.**

Awards: Ribbons will be awarded to swimmers 1<sup>st</sup> to 8<sup>th</sup> in each age group.

COMOX VALLEY AQUATIC CLUB

Entry Deadline: All entries must be uploaded prior to Wednesday November 14th, 2007 to the Swimming Canada [www.swimming.ca](http://www.swimming.ca) website. Entries sent directly to the meet manager will not be accepted.

Meet Rules:

- SNC and Swim BC rules will apply.
- All events are timed finals.
- 25-meter events for NOVICE swimmers only
- 10&Unders will be swum separately
- 11& Overs will be seeded together and swum together, separate gender.
- Swim BC “ one start “starting rule will be in effect at this meet

Meet management reserves the right to limit the # of heats and/or to reschedule events based on the number of events received.

Deck Entries: Deck entries will be accepted on a first come first serve basis to fill empty lanes only.

Scratches: Please phone or email known scratches to **Tom Langridge** at (250) 890 - 0562 by Wednesday November 14<sup>th</sup>, 2007

Officials: If members of your club would be interested in assisting us with any Deck positions please contact **Tom Langridge**.

Meet manager: **Barrie Turnham**  
(250) 339 0 1808  
chemist@telus.net

**VIR Tri – Meet #2**  
**Comox Valley Aquatic Club**

1	10 and under 200 Freestyle Relay	2
3	11 and over 200 Freestyle Relay	4
5	Novice 25 Freestyle	6
7	Open 400 Freestyle	8
9	Open 200 Individual Medley	10
11	Open 50 Freestyle	12
13	Novice 25 Backstroke	14
15	Open 400 Individual Medley	16
17	10 and under 50 Butterfly	18
19	Open 100 Butterfly	20
21	Open 200 Freestyle	22
23	Open 100 Backstroke	24
25	Open 100 Breaststroke	26
27	Novice 25 Breaststroke	28
29	10 and under 50 Backstroke	30
31	Open 200 Backstroke	32
33	Open 100 Freestyle	34
35	Open 200 Breaststroke	36
37	10 and under 50 Breaststroke	38
39	Open 200 Butterfly	40

**COMOX VALLEY AQUATIC CLUB**

41	Novice mixed 100 Freestyle Relay	42
43	10 and under 200 Medley Relay	44
45	11 and over 200 Medley Relay	46