

**2020 STAND UP AND RACE MEET PACKAGE**

**Sunday January 19, 2020**

**Warm-up starts: 11:00am**

**Meet duration: 11:00am – 1:30pm**

**@ Saanich Commonwealth Place**

**Please contact Diana Shields if you have any questions.**

[meetadmin@islandswimming.com](mailto:meetadmin@islandswimming.com)



**STAND UP AND RACE MEET INFORMATON**

The Stand Up & Race meet is open to all members of Island Swimming Club’s School Swim and Race Program. Stand Up & Race meets are designed to provide swimmers with a fun and safe environment to try out their competitive swimming skills and prepare for the Elementary and Middle School Preliminary Swim Meet.

The emphasis at this meet will be **participation, fun and skill development**. Teachers are encouraged to enter as many swimmers as possible to have them experience the exciting aspects of competitive swimming.

**Meet Format:**

* Three individual events (freestyle, backstroke, breaststroke) and one relay per swimmer (swimmers do **NOT** have to swim all 3 events if they are not comfortable at this time, but as always, are encouraged to do their best!)
* Swimmers will be divided into 6 grade categories: Grade 3 & Under, Grade 4, Grade 5, Grade 6 & Over. *(Grades may be combined to save time.)*
* Swimmers in Grade 3 & Under and Grade 4 will swim 25 meter races, swimmers in Grade 5, and Grade 6 & Over will swim 50 meter races.
* Swimmers will be placed in a heat and lane – this will remain the same for all three races during the meet.
* Relays will be swum after all individual events (pending a 1:30pm finish) and can be organized on day of meet (no written entries necessary for relays).
  + Relays will be swum in 2 categories: Grade 4 & Under (junior) and Grade 5 and Up (senior).
  + Swimmers may swim on more than one relay to fill up teams and allow all students to participate.

**Meet Cost:**

* A flat rate of **$8.00** per swimmer will be charged for each participant (includes all 3 stroke events and a relay).
* To make administration easier, Island Swimming will bill you for the number of swimmers who participate in the meet (this means you will not have to pay for last-minute scratches). Please ensure that you keep a record of your swimmer numbers, so that they match up with your billing.

**Meet Entries:**

* Entries are due on the attached sheet by **6pm on Friday, January 10th, 2020**. Please email entries to the Island Swimming office at [meetadmin@islandswimming.com](mailto:meetadmin@islandswimming.com). The office will confirm received entries by email.

**Pre-meet Prep:**

* Stand Up & Race Meet will be on **Sunday January 19, 2020.**
* Please have swimmers arrive by **10:45am.** There will be a brief warm-up at 11:00am; the meet will start by approximately 11:20am.
* The heat sheets will be available online on January 15, 2020.
* We will need a number of parents to help with timing during the meet. Please have **2 or more volunteers** who are willing to time.
* Each school will need a parent volunteer to help with “marshalling” – due to time constraints, we will not be able to wait for swimmers who are late or missing – **swimmers will race about once every 15 minutes.**
* Encourage swimmers to bring plenty of water/juice and some snacks for the meet. There will **not be a lunch break or time to go out and get food.**
* **School banners, signs and school spirit are encouraged and welcome!!**

**Meet Day Prep:**

* **Heat sheets** will be ready in the Island Swimming deck office at about **11:00am** on Sunday morning (scratches or late additions will affect how soon the heat sheets are available). The heat sheets will also be available online but will not reflect scratches or late additions made on the day of the meet.
* Please bring any **scratches/additions to the booth as soon as possible** on Sunday morning, preferably before the start of warm-up.
* Remember a **marker** to mark the heat and lane number on each swimmers hand (this will be the same for all 3 races).
* Please remind swimmers prior to the start of the meet:
  + The starting command is **take your mark** followed by an electronic **beep.**
  + Swimmers should **try all three events** and stay to participate in a relay.
  + There will not be much time between events so **please don’t wander off**!

**Results:**

* Results (by grade) will be emailed to your school contact following the meet. Please keep these results for entering the Elementary Preliminary School Swim Meets (February 12). The results will also be available on line.

**2020 STAND UP AND RACE MEET ENTRY FORM**

**School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please enter swimmers by gender and grade to help with the formation of heats.**

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| **Girls Name** | **Grade** | **Boys Name** | **Grade** |
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