



# Super 7 Meet Package

**Note: This event is available to the public for viewing and may be photographed and/or broadcasted.**

**Ladner Stingrays Swim Club  
Super 7 Meet Package**

**Saturday & Sunday,  
June 21st & 22nd , 2025**

This is the 13<sup>th</sup> Anniversary of the Ladner Stingrays Super 7. The Super 7 takes place early in the season, when swimmers are wanting every opportunity to race in all strokes. We have structured this meet to allow swimmers to compete in every stroke over the course of two days. In addition, most swimmers can swim any distance; you are NOT limited by your division (i.e. a Div. 3 swimmer can swim both the 50M and 100M Backstroke). The heats have been scheduled so that swimmers who choose to swim both distances in the same stroke will not have to do so on the same day.

Relays are supposed to be a fun part of the meet, so we want you to get your favorite team together, whether it includes your sister, your coach or even a friend from another team. Winning the relay will require coming closest to your entry time. Prizes will be awarded to the first, second and third place relay teams. Each swimmer can only do one relay. This year we have a Mixed 200 Metre Freestyle on Saturday, there will be no mixed Medley relay this year.

Aggregates will be awarded to first, second, and third place by division and gender. Heats will be swum with all divisions swimming together (seeded by time). The meet has a later start time (9:10 am) and hopefully ends early.

**Deadline for meet entries is 7pm Friday, June 6th (or earlier).**

#### LOCATION

Watermania

14300 Entertainment Blvd., Richmond, BC

[Map](#)

#### FACILITIES

Indoor – 8 Lane 25m pool. Extra 6 lanes for morning warm up

2 lanes for all day warm up and cool down

Public washrooms inside Watermania; Porta Potties outside

Lots of Bleacher Seating

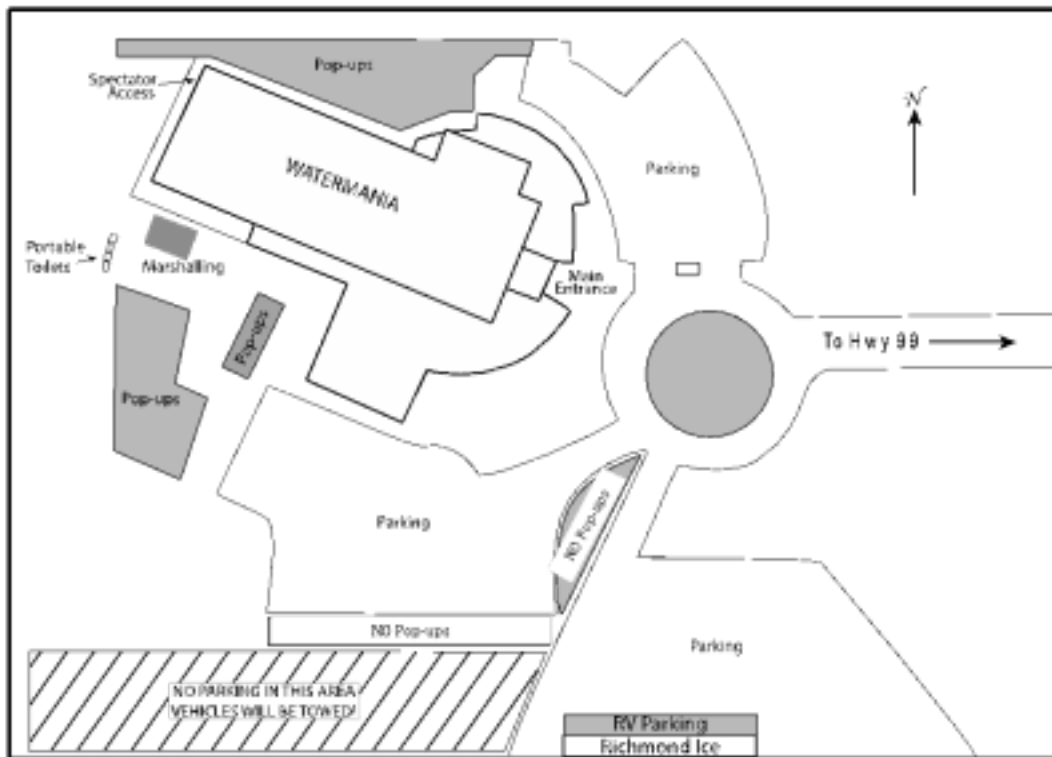
Ample space outside of the pool for Team Tents and Pop-Ups

Lots of parking is available, but please refrain from parking in the Extreme Air Park lot.

**Note: This event is available to the public for viewing and may be photographed and/or broadcasted.**

Pop-ups are also not permitted on the grassy islands surrounding the Extreme Air Park lot. See below for the map for permitted pop-up areas.

RV parking in the Richmond Ice parking lot



### Pop-Up/RV/Parking

#### **FOOD**

We will have a concession with food on site.

#### **ACCOMMODATION**

Should you require RV parking please contact [Super7@ladnerstingrays.com](mailto:Super7@ladnerstingrays.com) by June 7, 7pm.

#### **Holiday Inn Express Hotel & Suites Riverport**

If you are planning on staying at the Holiday Inn they can be contacted at:

- 10688 No.6 Road
- Richmond, BC V6W 1E7
- 604.241.1830 | +1 (877) 660-8550 | Fax: 604.241.184

**Note: This event is available to the public for viewing and may be photographed and/or broadcasted.**

### **FEES**

Two days = \$50.00 per swimmer (up to 7 events and 1 relay)

One day = \$40.00 per swimmer (up to 5 events and 1 relay)

o **Note:** *This fee structure is beneficial for all clubs whether their swimmers compete for one day or two. This is a very good deal!*

The 25 metre Freestyle and Backstroke for 6 & under swimmers are **free**.

**Please submit payment for your meet fees to the on Deck Office prior to meet start time on Saturday, June 21st.** Make cheques payable to: Ladner Stingrays.

Programs will be available for \$5 each.

### **ENTRIES**

Must be in by 7:00 pm **Friday, June 6, 2025** (or earlier if possible)

DUE TO LIMITED POOL SPACE AND TIME, ENTRIES WILL BE LIMITED TO 600 SWIMMERS. Get your entries in early.

Email entries to [meetentries@ladnerstingrays.com](mailto:meetentries@ladnerstingrays.com). If you do not receive an email confirmation within 24 hours, then we did not receive your entries.

Please submit all entries in HYTEK FORMAT.

Submit BCSSA Meet Entry Form and Validation List.

Ensure **all NTs have an approximate, but realistic time**, so that the meet can proceed efficiently Submit your relay time estimate for seeding purposes. Times can be changed the day of the event on the relay cards.

Clubs with a large number of relay teams must have an experienced coach in marshalling to help ensure their swimmers are on the right teams.

Relay cards must be submitted by 10am on Saturday.

Submit name and telephone number of your club's computer contact person.

### **INFO for COACHES**

**Please bring a refillable water bottle.**

Scratches are to be submitted **BY COACHES** to the Clerk of the Course no later than 8:30am

**No refunds for scratches.**

**THERE WILL BE NO DECK ENTRIES.**

**Submit your relay teams no later than 10am on Saturday.**

Ensure that your swimmers can swim the distance they are entered in and have a reasonable chance of being able to complete the event (Many DQ's will delay the event).

**Please ensure all HY-Tek entries submitted contain NO NTs.**

## **FORMAT**

**Note: This event is available to the public for viewing and may be photographed and/or broadcasted.**

### **6 & Under events will only take place on the Saturday**

**200m Free events** are reserved for **Divisions 4 and up.**

**200m IM events** are reserved for **Divisions 3 and up.**

Heats will be swum as timed finals.

Swimmers will be seeded by time, not by division.

Swimmers may enter 7 events and a relay.

This will be a cardless meet with marshalling.

2025 BCSSA rules for swimming apply in addition to the latest rule changes.

Relays will be totally open as to age and gender. Awards will be given for closest to seed times (i.e. entry time 2:13.10 – actual time 2:13.09) a tie goes to below seedtime.

## **SCHEDULE**

### **Saturday**

Warm-ups: 8:00–8:40am

Officials meeting: 8:15am

**Scratches Submitted: 8:30am (no later)**

Coaches meeting: 8:40am

Cheers & O'Canada: 8:50-9:00am

Marshaling begins: 9:00am

Heats begin: 9:10am

**Relay Cards Submitted: 10:00am (no later Saturday only)**

### **Sunday (this year Sunday will start 15 minutes later than Saturday)**

Warm-ups: 8:15-8:55am

Officials Meeting 8:30am

**Scratches Submitted: 8:45am (no later)**

Coaches meeting: 8:55am

Cheers & O'Canada: 9:05- 9:15am

Marshalling begins: 9:15am

Heats begin: 9:25am

## **AWARDS**

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place aggregate awards for “S” and “O” Cat swimmers for each Division Male and Female. Scoring format is the 9 point system (9,7,6,5,4,3,2,1), so a maximum of 63 points (9 x 7). Relay awards will be based on closest to seedtime with under beating over on a tie. Only the overall 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place Relay team will get awards.

6 and under swimmers will receive a goody bag.

**Note: This event is available to the public for viewing and may be photographed and/or broadcasted.**

### **OFFICIALS**

Each club will be required to supply timers, recorders and deck officials.

We will have a Designated Disqualifying Official (DDO) who is responsible for disqualifications. All Stroke & Turn Judges will still need to ensure the starter/ref signs off on the DQ slips, but from there, the DDO will take the DQs to the coaches, and the coaches will inform the swimmer of their infraction.

A sign-up schedule will be provided in the week leading up to the meet.

**Please bring a refillable water bottle**

### **TIMING SYSTEM**

Omega Timing System (Ares) will be used as the automatic judging and timing system in accordance with the BCSSA rules.

Two electronic plungers per lane will back up the automatic timing system.

One lane timer and one recorder will each operate a plunger.

Should the automatic judging and timing system fail for an extended period of time, the meet will proceed with manual timing (2 stopwatches with "starting gun")

If you have any questions regarding this meet,  
please contact  
Kelly, Kaely or Mel at [Super7@ladnerstingrays.com](mailto:Super7@ladnerstingrays.com)

**The Ladner Stingrays look forward to your participation in our Meet!**

## LADNER STINGRAYS SUPER 7 SWIM MEET EVENT LIST

WARMS UPS: 8:00 – 8:40 AM

**MARSHALING BEGINS: 9:00 AM**

MEET COMMENCES: 9:10 AM

**(PLEASE NOTE: SUNDAY WILL START 15 MINUTES LATER THAN SATURDAY)**

### Saturday June 21st

1. Girls 200 IM (Div.3 & up)
2. Boys 200 IM (Div.3 & up)
3. Girls 50 Free
4. Boys 50 Free
5. Girls 6 & under 25 Free
6. Boys 6 & under 25 Free
7. Girls 100 backstroke
8. Boys 100 Backstroke
9. Girls 6 & under 25 back
10. Boys 6 & under 25 back
11. Girls 50 Breaststroke
12. Boys 50 Breaststroke
13. Girls 100 Butterfly
14. Boys 100 Butterfly 15.
- Mixed 200 Free Relay

### Sunday June 22nd

1. Girls 100 IM
2. Boys 100 IM
3. Girls 50 Butterfly
4. Boys 50 Butterfly
5. Girls 200 Free (Div. 4 & up)
6. Boys 200 Free (Div. 4 & up)
7. Girls 100 Breaststroke
8. Boys 100 Breaststroke
9. Girls 50 Backstroke
10. Boys 50 Backstroke
11. Girls 100 Freestyle
12. Boys 100 Freestyle