

# Coquitlam Swim Meet

Contact: Melinda Markser [m.markser@gmail.com](mailto:m.markser@gmail.com)

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**Date: Sunday March 16**

**10:30-5:00 pm**

**Location: Poirier Sports and Leisure Complex  
633 Poirier Street, Coquitlam**

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## **Registration**

- Athletes may enter 2-6 events, plus relays
- Time entries can be from 2023/2024 or 2024/2025 season
- No deck entries and no substitutions after Coaches Meeting
  
- Entries due February 23, 2025
- Submit to [Melinda Markser \(m.markser@gmail.com\)](mailto:m.markser@gmail.com)

## **Payment**

- \$25 per athlete
- Cheques made payable to “Special Olympics BC - Coquitlam”
- Please bring payment to the meet
- Registration fees will be due and payable for all registered athletes, even if an athlete isn't able to attend. Registration fees are used to fund the meet.

## **Schedule**

- 10:30 am - Access to pool deck and changing rooms
- 11:00 am - Water Warm up
- 11:30 am - Coaches Meeting
- 12:00 pm - First Event

## **Nourishment**

- Athletes should eat lunch before or bring snacks to have during the meet
- Please bring a water bottle to use during the meet
- Gluten-Free snacks can be provided - please include in registration
- A snack will be distributed at 3:00 pm

# Coquitlam Swim Meet

## Ribbons & Results

- Ribbons will be mailed
- Digital results will be emailed

## Reminder for Coaches

- Coaches must have medical forms for athletes with them at all times, and be able to provide to medical professionals as required
- Coaches will be required to sign in at the start of the meet and provide their NCCP #
- Competition will follow Special Olympics Canada rules